



As some of you will be aware, Della, the Bromsgrove Partnership Manager has now gone on maternity leave. We are pleased to announce that Della gave birth to a little girl on 27th December and has called her Danielle – mother and daughter are both doing well. While Della is away there will be maternity cover and the person who has been appointed is Debbie Parker-Jones. Debbie's contact details are:

Email: d.parkerjones@bromsgroveandredditch.gov.uk
Direct Dial: 01527 881411

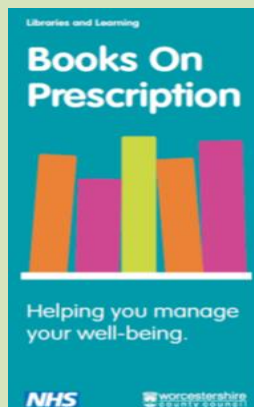
Della is planning to return in the New Year of 2019. Debbie will be officially taking over from 2 January 2018.

Health & wellbeing at the heart of Worcestershire County Libraries

Worcestershire County Council is committed to supporting customers in maintaining and improving their well-being in a number of ways. One of the ways is through public libraries. Did you know that public libraries across the county stock a range of 'Books on Prescription' and 'Shelf Help' titles designed to support people's mental health and wellbeing?

'Shelf Help' consists of 35 titles aimed at 13 to 18 year-olds. The collection provides support and advice on common mental health conditions such as depression, anxiety and stress. All of the titles, which include self-help guides, memoirs and fiction have been chosen by young people and endorsed by experts. The books are designed to provide practical guidance and helpful strategies to young people and their families experiencing such things as bullying, exam stress, self-esteem issues, gender identity, body image and much more. They also highlight young people's experiences of living with conditions such as autism, OCD and eating disorders.

'Books on Prescription' and 'Shelf Help' titles are available to loan free from your local library with some titles now available to download in e-book format. Remember, library membership is free and provides access to a wealth of information in the library and online. For more information on what your public library can do for you click [here](#)



Do you know of a person living independently in their own home who may be vulnerable to doorstep crime? This is a particularly unpleasant crime type involving rogue traders, bogus official callers and distraction burglars who call at the doors of targeted homes and seek to take advantage of the elderly and vulnerable.

Traditionally residents have been told; "Don't answer the door to people you don't know" but this can result in isolation or victims become anxious over the consequences of failing to respond to callers; "I'm from the Gas Board, there's a leak and I need to turn your gas off!"

Bromsgrove and Redditch Community Safety are promoting the Nominated Neighbour Scheme which aims to put in place a more tailored crime prevention measure involving an identified local person who agrees to double check a caller's credentials before the resident allows them in or interacts with them.

For more details or to refer a vulnerable or elderly resident of Bromsgrove or Redditch just Email communitysafety@bromsgroveandredditch.gov.uk

New Funding Portal

You can now access a free funding portal operated by Bromsgrove and Redditch Network, and designed just for our area.

It is open to all local voluntary and community sector organisations and groups. Search hundreds of local and national funding opportunities relevant to your organisation - all you will need to do is register, and you can get free access to the search.

You will be able to:

- See the latest funding news
- Search by funding type and keywords
- Look through the funding directories

Go to www.barn.org.uk/funding to find out more and access the site.

The portal is supported by Redditch Borough Council.

Could YOU prevent a suicide?

Could you spot the signs in someone contemplating suicide? Even if you could, how confident would you be to intervene? ... read on to find out how YOU could prevent a tragic death by suicide, and it'll only take you 20-30 minutes!

Recently the UK Zero Suicide Alliance was launched, part of a global movement to prevent suicide. The UK collaboration, led by Mersey Care NHS FT and the MindEd Trust, is providing free online training for individuals to provide them with skills to identify, manage and signpost those contemplating suicide. The Alliance has cross-government and NHSE support and believes all suicides are preventable.

The Zero Suicide Alliance launch was covered by BBC news [here](#)

Please could as many colleagues as possible spend 20-30 minutes to undertake the training, which provides the essential life-skills required to spot and manage risk and signpost to appropriate support. For more information about the Zero Suicide Alliance and access to the online training, click on the link [here](#).



Adult Learning in Worcestershire

The Spring 2018 term prospectuses for adult learning courses in Worcestershire are now available. The service is able to deliver a range of courses in a variety of settings and would be happy to discuss bespoke learning provision that matches your organisation's needs.

Details of the courses can be viewed via this link: [Adult Learning Courses](#)

Prospectuses can be viewed on the following links:

[Adult Learning Prospectus](#)

[Adult Learning Prospectus Leisure Spring 2018](#)

[Adult Leisure Prospectus Business Spring 2018](#)

Childcare Choices

Calling all parents – new childcare offers launched by the government.

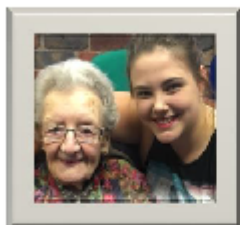
You can now find a straightforward explanation of all government childcare support on the new Childcare Choices website: www.childcarechoices.gov.uk

Childcare Choices brings all the government childcare offers together for the first time, providing a simple way of seeing which schemes are available, with easy next steps to where you can find out more.

Using the website's Childcare Calculator, you can quickly find out which of the offers are available to you and choose what works best for your family: www.gov.uk/childcare-calculator

Reconnections – Tackling Loneliness in Worcestershire

Reconnections is a FREE service funded by the County Council and NHS for residents of Worcestershire who are over 50 and want to connect with people, places or activities in their area. If you know someone who is feeling lonely or isolated then this could be for them. Over 1,000 people have signed up so far and the team of volunteers are busy helping clients to get more out of life.



It's easy to get stuck in a rut after a change of circumstances knocks you down. Bereavement, illness, divorce, retirement or redundancy can have a big impact on our lives and we can find that our social connections shrink as a result. We soon lose the confidence or will power to get out and do things. Maybe you have a family at home but you want to find some things that are just for you. Perhaps you want to make friends but don't know where to start. Maybe you are stuck indoors nowadays and would like some company. Whatever your situation, why not get in touch and see if Reconnections can help.



Sandra did just that and she's not looked back. She was overweight with several health issues and spent most of her time on the sofa watching TV. Her doctor's surgery told her about Reconnections.

Change came in the form of Rosanna - a volunteer from Reconnections, Not everyone likes the same things, and so Reconnections starts by getting to know each person individually.

Sandra admits that she was initially nervous about getting involved with Reconnections because "I didn't feel that I had anything to offer". Six months later, Sandra now has a busy schedule of regular activities and even supports two other people by volunteering.

"Now I'm laughing and chatting with people... I haven't done that for seven years, since my husband died". Since starting to use Reconnections Sandra has lost weight, reduced her blood pressure and got her confidence back. From armchair aerobics to weekly group singing, she's happy, healthy and having fun – and supporting others to discover that change too.

Alf had a different story – he lived with his family in a busy household but missed connecting with people his own age since his wife died. He got in touch with Reconnections after seeing an advert in the paper. He was matched to a volunteer who helped him access groups nearby and he now plays his harmonica with his new friends. He also wanted to be able to communicate with his teenage grandchildren so Reconnections helped him use his Smartphone.

Whether you are looking for time to chat with someone at home, company to get out, or motivation to join in with activities, Reconnections may be the answer. Do you know someone who is feeling lonely or do you think that you or someone you know could make a difference by volunteering, Reconnections would love to hear from you.

You can get in touch by calling – 01905 740954, or emailing reconnections@ageukhw.org.uk

Or to volunteer online - <https://www.surveymonkey.co.uk/r/RECONNECTIONS>

VOLUNTEERS required @ Catshill Library

We are seeking volunteers to help support the day-to-day running of Catshill Library.

Do you have a regular morning or afternoon free to dedicate to your local community?

Do you enjoy talking to people, using computers, shelving and tidying library stock and think you could encourage the next generation to discover a love of reading?

For more information come and join us at
Catshill Library for a cup of tea and a chat on
Friday 26th January 2018
between 9.00am and 11.00am.

Catshill Library, The Community Room, Catshill Middle School, Meadow Road,
Catshill, Bromsgrove, B61 0JW

Find out more online:
www.worcestershire.gov.uk/libraries

 **worcestershire**
county council



New Carers Group in Bromsgrove

Are you an unpaid carer looking after a family member or friend who needs help because of illness, age, disability or addiction?

Do you need support in your caring role?

Come along and **join** us at our new **Carers Group** in **Bromsgrove** starting:

**Wednesday 31st January 2018 at
Crabtree Court in Sidemoor
(B61 8UA) from
2pm – 3.30pm.**

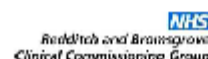
This group will then take place on the **last Wednesday** of every month.

This is an opportunity for **people who care** to come together and **take some time out** for themselves.

If you would like to know more, please contact:

Maureen Oliver (WAC) on 01905 751 350

Worcestershire Association of Carers is a charity providing support for unpaid adult carers in Worcestershire. The charity delivers services via the new Worcestershire Integrated Carers Hub which provides a telephone helpline, website, training, information points, fact sheets and regular newsletters. For more information please contact Maureen Oliver on 01905 750980 or visit our website at www.carersworcs.org.uk



SHAPE

SUPPORTING HEALTH AND PROMOTING EXERCISE

ARE YOU EXPERIENCING LOW MOOD, DEPRESSION OR ANXIETY?

Did you know that keeping active can improve your mood?

Are you willing to give it a try?

SHAPE is a **FREE*** twelve week exercise and wellbeing programme that will help you regain and retain a healthy mind and a healthy body!

You'll experience a wide range of exercise experiences so that you can decide which best suits you and your lifestyle.



The next course will be starting on: **5th January 2018 for 12 weeks**

The sessions will run from: **11:00 to 12:30**

The course will be held at: **Simply Limitless, Kidderminster DY11 5DF**

You can book online at: **www.worcestershire.gov.uk/adultlearning**

Or call: **01562 751144**



*Dependent upon concessions being met. Limited spaces available, you must be aged 19 or over.



Warmer
Winter



Keep Warm,
Keep Safe,
Keep Well

Advice Events

Bromsgrove Library, 9.30am - 1.00pm

13th December 17th January

14th February 14th March

Grants - insulation, boilers

Energy and Water bills*

Damp and Condensation

Personal Alarm Service -

NEW Lifeline

Home Fire Safety

Home Energy Checks -

Age UK

Home Repairs -

Care and Repair

**please bring
a recent bill*

