



Keep Warm & Well this Winter



- For **free impartial advice** on keeping your house warm, how to reduce your bills & what grants may be available towards insulation & heating (subject to availability/eligibility) **Call 0800 988 2881** www.warmerworcestershire.com
- Could you qualify for a rebate on electricity bills? Contact the **Warm Homes Discount** Helpline on **0345 603 9439**
- Are you entitled to the **Winter Fuel Payment?** www.gov.uk/cold-weather-payment
- For **free Home Fire Safety advice** call Hereford & Worcester Fire and Rescue Service on **0800 032 1155**
- Find out 5 top tips to **staying healthy & well** online at NHS Choices: www.nhs.uk/winterhealth
- The free non-emergency medical helpline: **NHS 111**
- Keep up to date on **weather forecasts:** www.metoffice.gov.uk

Little things - big difference



- Are you 50+?
- Do you need an extra hand to make life easier?
- We offer a flexible service working around your needs*

**This is a chargeable (non-profit making) service operating across North Worcestershire*

Free Information and Advice

At Home with
Call **01527 871840**
www.ageuk.org.uk/brwf

ageUK
Bromsgrove, Redditch & Wyre Forest

Registered Charity No. 1165891

If you need this information in another language or format, please contact us to discuss how we can best meet your needs. Phone: **01527 548284** or Email: equalities@bromsgroveandredditch.gov.uk

New Horizons

Services for Bromsgrove's over 50s



Healthy & Safe | Be Active
Connect | Learn | Give
Winter Edition 2019

Bromsgrove
Your District Your Future **Partnership**



Bromsgrove
District Council
www.bromsgrove.gov.uk

Connect

Artrix - Theatre, cinema, music & comedy:

01527 577330 www.artrix.co.uk

Events & Places to Visit - What's going on in your local area: **01527 881381** (Huw Moseley) www.bromsgrove.gov.uk/events

Bromsgrove Carers Group -

Last Wednesday of the month at Breme House:

0300 012 4272 www.carersworcs.org.uk

Bromsgrove Forum For Older People -

Local people, local voices: **01527 876283**

Email: maryhedgehog944@gmail.com

Churches Together in Bromsgrove (CTiB) -

Activities, info & spiritual support:

www.churchestogetherinbromsgrove.org.uk

Citizens Advice: **03444 111 303** (Local rate)

0300 330 0650 (Mobiles)

Crosslinks - Lunch Plus, Holiday at Home &

Befriending Services: **01527 835843**

www.bromsgrovemethodist.org.uk/crosslinks

Day Plus - Activities open to all on Wednesdays at

Shenstone Court: **0800 0850 160** www.bdht.co.uk

Knowledge Bank - Online Directory of local services:

www.bromsgrove.gov.uk/knowledgebank

Talking Newspaper: **01527 451292**

Email: mmountford@blueyonder.co.uk

The Silver Line - Free 24hr confidential helpline offering info, friendship & advice:

0800 470 8090 www.thesilverline.org.uk

Worcestershire Integrated Carers Hub - Do you

look after someone for a few hours a week? If so, call: **0300 012 4272** www.carersworcs.org.uk

Be Active

Bromsgrove Sport & Leisure Centre -

01527 916434 www.everyoneactive.com

Keep Active - Info on a variety of local activities

& exercises: **01527 881404** (Hayley Gwilliam)

www.bromsgrove.gov.uk/things-to-do

Strong & Steady (Falls Prevention) - Exercise programme for people who are at risk of falls.

For information on local classes: **01527 881404**

Walking for Health: **01905 766155** or **01527**

871571 www.walkingforhealth.org.uk/walkfinder

Be Active - Transport

Bluwave Community Transport:

01527 759650 www.bluwave.org.uk

BURT Bromsgrove's Community Minibus:

01527 585893 www.burtrides.org.uk

CTWF Rural Rides - Community Car Scheme:

01299 405820 www.ctwyre.org.uk

Keep Learning

Avoncroft Arts Society - Arts & craft classes:

01527 833829 www.avoncroftarts.org.uk

BARN (Bromsgrove and Redditch Network) -

Learn new skills through your local Volunteer Centre:

01527 60282 www.barn.org.uk/volunteering

HoW (Heart of Worcestershire) College - Courses

& activities: **0844 880 2500** www.howcollege.ac.uk

Libraries & Learning: **01905 822722**

www.worcestershire.gov.uk/libraries

Onside Advocacy - Free support about your rights:

01905 27525 www.onside-advocacy.org.uk

University of the 3rd Age - Share knowledge,

experience & talents: **01527 870449**

<https://u3asites.org.uk/bromsgrove/welcome>

Give

BARN (Bromsgrove and Redditch Network) - Your

Local Volunteer Centre - Meet new people & stay

active: **01527 60282** www.barn.org.uk/volunteering

Foodbanks - In need of support from a foodbank?

CBC Foodbank in Catshill: **07542 102649**

www.catshillbaptist.org.uk/cbc

& NewStarts in Aston Fields: **01527 882410**

New Starts - Buy or donate good quality used

furniture & PCs/laptops. Other support & activities

available: **01527 882410** www.newstarts.org.uk

Healthy & Safe

Non-emergency: NHS 111 & Police 101

Act on Energy - Free, impartial advice on your energy bills & keeping your house warm:

0800 988 2881 www.actonenergy.org.uk

Age UK Bromsgrove, Redditch and Wyre

Forest - Trained advisors offer a free & confidential information & advice service on a range of topics, including keeping well in winter. The charity is also offering FREE Home Energy Checks to help people stay warm this winter. Find out more about our local support & services: **01527 570490**

www.ageuk.org.uk/brwf

Community Safety Team - Crime prevention & community safety advice: **01527 881472** Email:

communitysafety@bromsgroveandredditch.gov.uk

Deaf Direct: **01905 746301** www.deafdirect.org.uk

Fire Service - Free home fire safety advice:

0800 032 1155 www.hwfire.org.uk/

[safety-and-advice](http://www.hwfire.org.uk/safety-and-advice)

Life After Stroke Centre: **01527 903903**

Live Well with Dementia - Free guide to activities, support & services across Bromsgrove & Redditch.

For a free copy, call: **01527 810855** (Ask for Zoe or Annie) or email: rbdementiafriendly@gmail.com

NEW Lifeline Community Alarm - 24hr peace of mind at the touch of a button: **01527 534060**

www.bromsgrove.gov.uk/lifeline

Relate - Counselling Service: **01905 28051**

www.relate.org.uk/worcestershire

Shopmobility: **01527 837736**

www.bromsgrove.gov.uk/shopmobility

Sight concern: **01905 723245**

www.sightconcern.co.uk

Stroke Helpline: **0303 3033 100**

www.stroke.org.uk

Wellbeing Hub - info on low mood, anxiety or stress:

01905 766124 www.hacw.nhs.uk/wellbeinghub