



## 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](http://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](http://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](http://www.nhs.uk/winterhealth)
- The free non-emergency medical helpline: **NHS 111**
- Keep up to date on **weather forecasts:** [www.metoffice.gov.uk](http://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](http://www.ageuk.org.uk/brwf)



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](mailto:equalities@bromsgroveandredditch.gov.uk)

# New Horizons

## Services for Bromsgrove's over 50s



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





## Connect

**Artrix** - Theatre, cinema, music & comedy:

01527 577330 [www.artrix.co.uk](http://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](http://www.bromsgrove.gov.uk/events)

**Bromsgrove Carers Group** -

Last Wednesday of the month at Breme House:

0300 012 4272 [www.carersworcs.org.uk](http://www.carersworcs.org.uk)

**Bromsgrove Forum For Older People** -

Local people, local voices: 01527 876283

Email: [maryhedgehog944@gmail.com](mailto:maryhedgehog944@gmail.com)

**Churches Together in Bromsgrove (CTiB)** -

Activities, info & spiritual support:

[www.churchestogetherinbromsgrove.org.uk](http://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](http://www.bromsgrovemethodist.org.uk/crosslinks)

**Day Plus** - Activities open to all on Wednesdays at

Shenstone Court: 0800 0850 160 [www.bdht.co.uk](http://www.bdht.co.uk)

**Knowledge Bank** - Online Directory of local services:

[www.bromsgrove.gov.uk/knowledgebank](http://www.bromsgrove.gov.uk/knowledgebank)

**Talking Newspaper:** 01527 451292

Email: [mmountford@blueyonder.co.uk](mailto:mmountford@blueyonder.co.uk)

**The Silver Line** - Free 24hr confidential helpline

offering info, friendship & advice:

0800 470 8090 [www.thesilverline.org.uk](http://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](http://www.carersworcs.org.uk)

## Be Active

**Bromsgrove Sport & Leisure Centre** -

01527 916434 [www.everyoneactive.com](http://www.everyoneactive.com)

**Keep Active** - Info on a variety of local activities

& exercises: 01527 881404 (Hayley Gwilliam)

[www.bromsgrove.gov.uk/things-to-do](http://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](http://www.walkingforhealth.org.uk/walkfinder)

**Be Active - Transport**

**Bluwave Community Transport:**

01527 759650 [www.bluwave.org.uk](http://www.bluwave.org.uk)

**BURT Bromsgrove's Community Minibus:**

01527 585893 [www.burtrides.org.uk](http://www.burtrides.org.uk)

**CTWF Rural Rides** - Community Car Scheme:

01299 405820 [www.ctwyre.org.uk](http://www.ctwyre.org.uk)

## Keep Learning

**Avoncroft Arts Society** - Arts & craft classes:

01527 833829 [www.avoncroftarts.org.uk](http://www.avoncroftarts.org.uk)

**BARN (Bromsgrove and Redditch Network)** -

Learn new skills through your local Volunteer Centre:

01527 60282 [www.barn.org.uk/volunteering](http://www.barn.org.uk/volunteering)

**HoW (Heart of Worcestershire) College** - Courses

& activities: 0844 880 2500 [www.howcollege.ac.uk](http://www.howcollege.ac.uk)

**Libraries & Learning:** 01905 822722

[www.worcestershire.gov.uk/libraries](http://www.worcestershire.gov.uk/libraries)

**Onside Advocacy** - Free support about your rights:

01905 27525 [www.onside-advocacy.org.uk](http://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](http://www.barn.org.uk/volunteering)

**Foodbanks** - In need of support from a foodbank?

CBC Foodbank in Catshill: 07542 102649

[www.catshillbaptist.org.uk/cbc](http://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](http://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](http://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](http://www.ageuk.org.uk/brwf)

**Community Safety Team** - Crime prevention &

community safety advice: 01527 881472 Email:

[communitysafety@bromsgroveandredditch.gov.uk](mailto:communitysafety@bromsgroveandredditch.gov.uk)

**Deaf Direct:** 01905 746301 [www.deafdirect.org.uk](http://www.deafdirect.org.uk)

**Fire Service** - Free home fire safety advice:

0800 032 1155 [www.hwfire.org.uk/](http://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](mailto:rbdementiafriendly@gmail.com)

**NEW Lifeline Community Alarm** - 24hr peace of

mind at the touch of a button: 01527 534060

[www.bromsgrove.gov.uk/lifeline](http://www.bromsgrove.gov.uk/lifeline)

**Relate - Counselling Service:** 01905 28051

[www.relate.org.uk/worcestershire](http://www.relate.org.uk/worcestershire)

**Shopmobility:** 01527 837736

[www.bromsgrove.gov.uk/shopmobility](http://www.bromsgrove.gov.uk/shopmobility)

**Sight concern:** 01905 723245

[www.sightconcern.co.uk](http://www.sightconcern.co.uk)

**Stroke Helpline:** 0303 3033 100

[www.stroke.org.uk](http://www.stroke.org.uk)

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

01905 766124 [www.hacw.nhs.uk/wellbeinghub](http://www.hacw.nhs.uk/wellbeinghub)