



# A Guide to our Local Support and Services

- If you are 50+ and live in Bromsgrove, Redditch or Wyre Forest, then Age UK BRWF is here to help! As a local charity, our aim is to make North Worcestershire a better place for people to grow older, by delivering a range of local services aimed at promoting independence and wellbeing, enabling people to make the most of later life
- The following guide provides an overview of our support and services. For more information, please do get in touch with us and let us see how we can help!

## Our Information & Advice Team - 01527 570490

Service	Location/ Additional Information
<p><b>Our Information &amp; Advice Service</b> - our trained advisors offer help and support on a range of topics including social care, benefits advice, staying safe, warm and independent at home, as well as support for carers. <b>This is a free service</b> (donations welcomed).</p>	<ul style="list-style-type: none"> <li>• This service operates across North Worcestershire</li> <li>• The service mainly operates as a Telephone Service, but Home Visits and pre-booked appointments at one of our offices/ outreach venues are available</li> </ul>
<p><b>Wheel Chair Loan Service</b> - Wheel Chairs available for a short-term loan. The is a weekly hire charge plus a refundable deposit of £50.00.</p>	<ul style="list-style-type: none"> <li>• Wheel Chairs need to be collected from, and returned to, our Bromsgrove office</li> </ul>
<p><b>Later Life Planning</b> - Our service can connect you with a specialist team at Age UK Birmingham that can help with <b>Will Writing</b> and <b>Power of Attorney</b>.</p>	<ul style="list-style-type: none"> <li>• This is a chargeable service and by appointment only (at our Bromsgrove office)</li> </ul>

## Our 'At Home' Team - 01527 570490

Service	Location/ Additional Information
<p>Our <b>At Home Service</b> focuses upon supporting people to remain independent in their own homes and is ideal for anyone who just needs an extra hand to make life easier, whether it be housework or preparing meals, help with the shopping or collecting prescriptions, accompanying to an appointment, through to help with the garden and odd jobs around the home.</p>	<ul style="list-style-type: none"> <li>• We have Home Workers, Handypersons and Gardeners working across all three districts</li> <li>• This is a chargeable service, but is non-profit making. For details of our charges please call our team on <b>01527 570490</b> or visit our website <a href="http://www.ageuk.org.uk/brwf/our-services/at-home-with-age-uk-brwf/">www.ageuk.org.uk/brwf/our-services/at-home-with-age-uk-brwf/</a></li> </ul>
<p><b>Community Foot Care Service</b> - Our trained Foot Care assistants provide a basic toe nail cutting service . This is a chargeable service and referral forms need to be signed/ stamped by a GP or nurse .</p>	<ul style="list-style-type: none"> <li>• This service is available at Amphlett Hall (Bromsgrove), Willow Trees Community Centre (Redditch) and the Tulip Tree Centre (Kidderminster). Visit our website, <a href="http://www.ageuk.org.uk/brwf/our-services/footcare/">www.ageuk.org.uk/brwf/our-services/footcare/</a> for details on how to access the service</li> </ul>

# Staying Connected & Active Communities

Service	Location/ Additional Information
Our <b>Befriending Service</b> offers support to older people in their own home through regular visits or calls from a volunteer. The service is based on friendship and all of our volunteers have been carefully selected for the role, and are DBS (criminal records) checked.	<ul style="list-style-type: none"> <li>• This service is operates across North Worcestershire</li> <li>• A person can self-refer to this service by calling our team on <b>01527 570490</b></li> <li>• This is a free service, but donations are welcomed to support our costs.</li> </ul>
<b>Age UK BRWF Computer Club</b> - for Beginners and those who have a little more understanding.	<ul style="list-style-type: none"> <li>• Sessions are held three times a week at Amphlett Hall (Bromsgrove). For more information visit <a href="http://www.ageuk.org.uk/brwf/activities-and-events/bromsgrove-activities-events/">www.ageuk.org.uk/brwf/activities-and-events/bromsgrove-activities-events/</a></li> </ul>
<b>'Move More' Exercise Classes</b> (including Resistance Band exercises) in <b>Romsley</b> and <b>Bromsgrove</b> plus a weekly <b>Tai Chi Class</b> in <b>Catshill</b>	<ul style="list-style-type: none"> <li>• For more information visit <a href="http://www.ageuk.org.uk/brwf/activities-and-events/bromsgrove-activities-events/">www.ageuk.org.uk/brwf/activities-and-events/bromsgrove-activities-events/</a></li> </ul>
<b>Bromsgrove Art Group</b> - From beginners to those with more experience, all are welcome	<ul style="list-style-type: none"> <li>• For more information visit <a href="http://www.ageuk.org.uk/brwf/activities-and-events/bromsgrove-activities-events/">www.ageuk.org.uk/brwf/activities-and-events/bromsgrove-activities-events/</a></li> </ul>
<b>Bromsgrove Men In Sheds</b> - The Sheds brings together people who want to share and learn new skills in a relaxed and friendly environment.	<ul style="list-style-type: none"> <li>• The Shed is located in Stoke Prior (Bromsgrove), with sessions held Mon-Thurs. For more information visit <a href="http://www.ageuk.org.uk/brwf/activities-and-events/men-in-sheds/">www.ageuk.org.uk/brwf/activities-and-events/men-in-sheds/</a></li> </ul>
<b>Redditch Activities</b> - A variety of classes and activities (including Keep Fit, Move More, Tai Chi, Art Classes & Bowls) are held at venues across Redditch.	<ul style="list-style-type: none"> <li>• For more information visit <a href="http://www.ageuk.org.uk/brwf/activities-and-events/redditch-activities-events/">www.ageuk.org.uk/brwf/activities-and-events/redditch-activities-events/</a></li> </ul>
<b>Tulip Tree Friendship Group</b> - A variety of fun, social and therapeutic activities take place at his group, which meets weekly on a Tuesday afternoon (1-3pm).	<ul style="list-style-type: none"> <li>• The Group meet at the Tulip Tree Centre (Kidderminster). For more information visit <a href="http://www.ageuk.org.uk/brwf/activities-and-events/wyre-forest-activities-events/">www.ageuk.org.uk/brwf/activities-and-events/wyre-forest-activities-events/</a></li> </ul>

## Volunteering for Age UK BRWF

- By **volunteering** for Age UK BRWF you can make a real difference to the lives of local older people living in North Worcestershire and enable us to continue providing services. For more information about our range of different volunteering opportunities, please visit our website ([www.ageuk.org.uk/brwf/get-involved/volunteer/](http://www.ageuk.org.uk/brwf/get-involved/volunteer/)) or call our team on **01527 570490**

## Age UK BRWF's Retail Operations

- As a self-funding charity our **Retail Operations** are an incredibly important part of the organisation. We have Charity Shops across North Worcestershire in addition to an Online Sales & Distribution Hub. For more information and to find your nearest shop, please visit our website ([www.ageuk.org.uk/brwf/shops/](http://www.ageuk.org.uk/brwf/shops/))

To find out more about services and/ or our work as a local charity

**Call 01527 570490**

Email: [enquiries@ageukbrwf.org.uk](mailto:enquiries@ageukbrwf.org.uk) Visit: [www.ageuk.org.uk/brwf](http://www.ageuk.org.uk/brwf)



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