

Feeling lonely? Want to meet new people?

*Why not come along
to one of
Redditch's many
social groups
& activities....*



Bingo

TEA DANCE

Lunch Club

Support

CHESS CLUB

SOCIAL

Friendship

ACTIVITIES

Bowls

Crafts

REDDITCH BOROUGH COUNCIL



making
a
difference

www.redditchbc.gov.uk

Redditch Older People's Forum



Who are we?

We are a group of over 55's supported by Redditch Borough Council, Worcestershire County Council and Age UK.

What do we do?

We ensure the views of older people are heard by services providers at a national and local level.

When?

We hold our coffee morning in the Ecumenical Centre (Emmanuel Church) on the second Thursday of every month (except August) 10am - 12pm. Here we have speakers and receive lots of information about health, service changes, community updates and events happening locally in Redditch. We also organise group outings.

If you are an older person living in Redditch, do come and join us to meet new people and to learn more about what's going on locally in Redditch for older people and how we can help shape future changes within services and our local community.

For more information please contact
Pat and John 01527 65436
or Lorna 01527 522030.



General Social Groups			
Group	Where	When	For more details contact:
Redditch Older People's Forum Coffee morning Social coffee morning. Advice with local issues & information.	Ecumenical Centre	Second Thursday of each month 10.00am	John Witherspoon 01527 65436 Lorna White 01527 522030
The Sunset Pensioners Club	Redditch Town Hall	Tuesdays 2.00pm-4.00pm	Madge Tillsley 01527 67427
Reddishare Social group & lunch for the elderly & disabled. Day trips organised.	Churchill Community Centre	Friday mornings 10.30am-1.30pm	Joyce Harding 01527 457138
The Autumn Club Social group with activities.	The Space, Winyates	Tuesdays 1.45pm-3.45pm	
Astwood Bank Sunshine Club	Retreat Street, Astwood Bank	Wednesdays 2.00pm-4.00pm	Sandra Beck 01527 893128
Senior Citizens Group Social group with regular bingo, raffle, lotto, tea & biscuits.	Winyates Green, Community Centre	Mondays 2.00pm-3.30pm	Ann 01527 522000
Parkinson's UK Redditch & Bromsgrove Friendship Group Social opportunity for people affected by Parkinson's. Lunches, outings, chatting, support. Fundraising activities.	Rocklands Social Club, Headless Cross	Second Wednesday of every month 2.00pm-4.00pm	Hilary Holland 01527 871857
The With It Group (WIG)	Christchurch Centre, Matchborough West	Alternate Monday Mornings, 10.15am-12.15pm	Alan Walker on 01527 841025

General Social Groups			
Group	Where	When	For more details contact:
Reconnections Coffee Morning (local interest/activities)	Ecumenical Centre	4th Tuesday, each month	01905 740954
Mount Carmel Seniors Group Social group with refreshments.	St Benedict's Church, Batchley	First & third Thursday of the month	Angela Alan 01527 545180
Coffee Morning (first hour parents, after that usually older people)	St Mary's Church Coppice School, Wythall	8.30am-11.30am during term time, 9.30am in school holidays	
Windmillians Over 60's Social Club Mixed social group meeting for cards, bingo, dominoes, outings, lunches, entertainment.	Windmill Community Centre	Tuesdays 2.00pm-4.00pm	Contact the Community Centre 01527 451732 01527 403729
Every Woman's Circle	The Bridge Memorial Hall, Headless Cross	Alternate Thursdays, 7.30pm	Sandra Boreham 01527 402 657
Café & Charity shop		Thursdays 9.00am-2.00pm Fridays 9.00am-1.15pm	The Bridge Memorial hall
U3A (University of the Third Age) Social & information group with a range of topics & speakers.	The Community House, Easemore Road	First & third Tuesday of each month 2.00pm-4.00pm	www.u3asites.org.uk
Ipsley Women's Institute	Winyates Green Community Centre	Second Wednesday of every month 7.30pm	Carol Kinsey 01527 451452
Redditch Contact the Elderly Group For those aged 75+.	A different local volunteer's house every month	Once a month on a Sunday afternoon	Kath Davies 01743 232992
Coffee Morning	Gospell Hall, Foxlydiate Crescent, Batchley	Fridays 10.30am (except August)	Derek Platt 01527 893204
Crabbs Cross Pop-in Social afternoon with tea & coffee.	Crabbs Cross Methodist Church	Thursdays 2.00pm-3.30pm	Ruth Wilson 01527 541885

Support Groups

Group	Where	When	For more details contact:
<p>The Lamppost Club A warm welcome & a listening ear.</p>	The Mettis Club, Cherry Trees Walk, Batchley	Mondays 10.00am-12.00pm	01527 62820
<p>Redditch Dementia Café Social support for people living with dementia & their carers.</p>	The Bridge Memorial Hall, Headless Cross	First Wednesday of the month 11.00am-1.00pm	Jo Weir 01905 621868 07484 040574
<p>Quest Bereavement Support</p>		The last Thursday of each month 2.00pm-4.00pm	Roger Ling 01527 401238
<p>Parkinson's UK Redditch & Bromsgrove Friendship Group Social opportunity for people affected by Parkinson's. Lunches, outings, chatting, support. Fundraising activities.</p>	Rocklands Social Club, Headless Cross	Second Wednesday of every month 2.00pm-4.00pm	Hilary Holland 01527 871857
<p>Asian Older People's Outreach/Advice Surgery Support & advice drop-in for older people.</p>	The Sandycroft Centre	Wednesdays 11.00am-2.00pm	Tanweer Dean
<p>Redditch Stroke Support Group Help & encouragement for stroke survivors & their carers.</p>	Churchill Community Centre	Alternate Wednesdays 10.30am-1.00pm	Ann Hill 01527 528586 Jill Easton 01789 488605
<p>Redditch & Bromsgrove Friends Together Individuals with dementia who meet for support & to improve their communities.</p>	Terry Springs Court, Smallwood Street	Wednesday and Thursday 10.00am-4.00pm	01527 66565
<p>Friendship & Support Group For those suffering from mental ill health & their carers.</p>	The Space, Winyates Centre	Thursdays 11.00am-1.00pm 6.30pm-8.00pm	Mary 07989 154258

Support Groups			
Group	Where	When	For more details contact:
Macmillan Cancer Information & Support Centre	The Alexandra Hospital	Monday to Friday 9.30am-3.30pm	Angie Gillett 01527 503030 ex. 44238
Relate Counselling	Ecumenical Centre	Wednesdays 4.30pm - 8.30pm (by appointment only)	01905 28051 reception@relate- worcestershire.org
Carers Careline Drop in support for unpaid carers.		Monday to Thursday 10.00am -12.00pm	01527 66177 info@ carerscareline.co.uk
Victim Support (for victims of crime)			01527 66462
Local Eyes Redditch Sight loss support group.	Christ Church Centre, Matchborough	Mondays 1.30pm - 4.00pm	Michelle Coyle 07505 766850 m.coyle@ sightconcern.co.uk
Singing for the Brain A group singing session for people with dementia.	The Bridge Memorial Hall Headless Cross	Second & fourth Tuesday of the month, 10.30am - 12.00pm	01905 621868
Redditch Dementia Cafe		First Wednesday each month, 11.00am - 1.00pm	01905 621868
DAR (Disability Action Redditch)	Redditch Town Hall	Second Tuesday every month, 10.30am - 12.00pm	07737317493
AGE UK	Redditch Library	Thursday 9.00am - 1.00pm usually by appointment	
AI's Café Support group for younger people diagnosed with dementia (before 65).	Oasis Centre, 24 Plymouth Road	Last Wednesday of the month, 7.00pm - 9.00pm	01905 621868

Arts/Creative Groups			
Group	Where	When	For more details contact:
Tea Dance Dancing (optional) & socialising with tea & biscuits	Oakenshaw Community Centre	Wednesdays 2.00pm-4.00pm	Oakenshaw Community Centre 01527 550488
Craft Club	Emmanuel Church, Redditch (reception area)	Fortnightly, Wednesday afternoons 2.00pm-4.00pm	Pat Blount – via Church Office 01527 65952
Crafty Thursdays	The Bridge, Memorial Hall, Headless Cross	Thursdays 1.30pm-4.00pm	The Bridge Memorial Hall Headless Cross
Kingfisher Quilters (suitable for all)		Second & Fourth Thursday of the month	Sue Nickson 01527 584486
Watercolour Painting Group	Christ Church, Matchborough	Wednesdays 1.00pm-3.00pm	Julie Harvey 01527 460400
Bootleggers Line Dance Club Beginners, Improvers & Advanced.	Rocklands, Social Club	Tuesdays, Wednesdays, Thursdays 7.00pm	Richard 07854944677 Dawn 07807028029 Bootleglinedance@aol.com
Kraffy Sew & Sew Jewellery, Cards, Knitting, Sewing etc	St Andrews, Church Hill	Tuesday 1.00pm-3.00pm	Yvonne@churchill_biglocal.org.uk
U3A Lace Making, Family History, Play Readers, Computer Group			Contact St Andrews, Church Hill
Art Group	Room Upstairs Palace Theatre	Thursday 10.00am-12.00pm	01527 65203
Reel Classic Film Club	Redditch Library	Thursday 9.00am-1.00pm	

Games & Activity Groups (Continued on inside Back page)

Group	Where	When	For more details contact:
St David's House Bingo Sessions (after luncheon club)	St David's House, Willow Way, Batchley	Mondays & Tuesdays 2.00pm-4.00pm	01527 584767
Redditch Community Sheds	Old Needle Works, Britten Street	Tuesdays 10.00am - 2.00pm (ring to check times)	Roly Duke 07980 374617
Short Map Bowls & Refreshments	St Johns, Greenlands	Mon and Wed 1.30pm -3.30pm	
Whist Drive Learn to play whist	The Astwood Bank Club	Monday 7.30pm	01527 893 421
Redditch Library Readers Group	Redditch Library	Third Friday in the month, 2.00pm	Redditch Library
The Gateway Club Activities, games, bingo.	Winyates Barn, Community Centre	Fortnightly, Tuesdays 7.00pm-9.00pm	07745 813521
Age UK Art Class	Community House, Easemore Road	Tuesdays 11.00am - 1.00pm	Eve Tappenden 01527 570490
Age UK Tea Dance (Experienced Dancers)		Friday 2.00pm - 4.00pm	
Repair Cafe		Last Saturday in month	
Age UK Indoor Bowls		Wednesday 2.00pm-4.00pm	
Age UK Bingo		Mondays 1.00pm-3.00pm	Age UK 01527 570490
Age UK Keep Fit		Wednesday 10.00am -11.00am	01527 65952
Age UK Tai Chi	Ecumenical Centre	Thursday 2.30pm - 3.30pm	01527 65952
Indoor Bowls		Friday 1.00pm	01527 65952
Badminton		Thursday 8.00pm - 10.00pm	01527 65952
Scrabble Club or Craft Club (alternate weeks)		Wednesdays 1.00pm-3.30pm (scrabble)	Sarah Leeson Ecumenical Centre 01527 65952
		2.00pm-4.00pm (craft)	

Luncheon Clubs			
Group	Where	When	For more details contact:
Luncheon Club Main meal & pudding with tea or coffee.	Crabbs Cross Methodist Church	Second & Fourth Tuesday of the month 12.30pm	Gill 01527 544292
Ecumenical Centre Ploughmans Lunch	Ecumenical Centre	Fridays 12.00pm-1.30pm	Ecumenical Centre 01527 65952
Christ Church Luncheon Club Two course meal with tea/coffee, social activities and daytrips.	Christ Church, Matchborough	Thursdays 12.00pm-2.00pm Alternate 10.30am-1.30pm	Geraldine 01527 528601 Christ Church 01527 460400
Redditch Association for the Blind Lunch Club For people on the registered blind list.	Webheath Village Hall	Wednesdays, Fortnightly	Mary Birkett 01527 544089
St David's Luncheon Club 2 course meal.	St David's House, Willow Way, Batchley	Monday-Sunday 12:30pm	01527 584767
British Asian Women's Group Lunch Club	The Sandycroft Centre	Wednesdays 12.30pm-2.30pm	Tanweer Dean 01527 595135
The Way Cafe	St Andrews, Church Hill	Mon, Wed, Thurs, Fri 10am-2.00pm	Contact Alex

Keeping Active

Strength and Balance Classes

This scheme is supported by the NHS and specifically designed to help people who have problems with strength and balance and who consider themselves to be at risk from falling. If you feel you could benefit from this type of exercise then please ask your GP for a referral or call the number below to complete a self-referral.

Keep Fit Classes

These classes will help you to stay independent living by working all your major muscle groups. Here are a few classes on offer all priced **£3.30** or less...

Mondays 10.30am - Ladies 50+, Oakenshaw Centre.

Tuesdays 2.00pm - Zumba For All, Windmill Community Centre.

Wednesdays 5.30pm - Tai Chi, The Space, Winyates Centre.

Thursdays 12.30pm - Yoga, Oakenshaw Centre.

For more information please contact Hayley on **01527 881404**
or email hayley.gwilliam@bromsgroveandredditch.gov.uk



Providing peace of mind



NEW Lifeline is a telecare service available 24 hours, 365 days a year to any vulnerable people living within the Redditch, Bromsgrove and Cannock Chase districts as well as surrounding areas.

It allows residents such as the elderly, disabled or those with serious health problems to continue to live independently in their own homes.

A Lifeline unit installed in the home and a portable pendant allow the user to call for help in an emergency at any time of day or night.

Our Monitoring Centre Operators will receive the call and assist the user with their emergency.



NEW: No landline available?

You can now have all the comfort of Lifeline in your home without the need for phone lines, sockets or extensions.

The new Lifeline units use GSM technology, similar to mobile phones, so you can put them wherever you want as long as there is a power supply.

- Put the base unit anywhere you want
- Add extras like smoke alarms & fall detectors if you want
- 24/7 monitoring
- No phone contracts
- Multiple network coverage for best performance
- Remote maintenance monitoring by NEW Lifeline

For more info please call 01527 534060, visit www.newlifeline.org.uk or email: contact@newlifeline.org.uk



Bromsgrove District Council
www.bromsgrove.gov.uk





Redditch
Older People's Forum

Games & Activity Groups (Continued)			
Group	Where	When	For more details contact:
Age UK Keep Fit	Web Heath Hall	Wednesday 2.00pm-3.00pm	01527 65952
Young at Heart (Bingo, Quiz, Beetle Drive, Games, Outing)	St Andrews, Church Hill	Friday 3.00pm-5.00pm Winter 4.00pm 6.00pm Summer	Contact Mark or Marie
Yoga			Contact Sarah 07970 072038
Martial Arts		Wednesday 7.30pm	Contact Keith



Tai Chi

Redditch Older People's Forum sponsor a Tai Chi session at The Space, Winyates Centre (57/58 bus route).

This runs every Wednesday from 10am - 11am.
Each session costs £2.

Have you thought about volunteering?

Volunteering is a great way to meet new people, learn new skills, support good causes and stay healthy and active.

Find out more from Bromsgrove and Redditch Volunteer Centre, telephone 01527 60282 email volunteer@barn.org.uk or visit www.barn.org.uk/volunteering



Volunteer Centre
Bromsgrove & Redditch

Trouble with transport to any of these groups?.....

For affordable supported transport call Dial-A-Ride 01527 64910

The Dial-A-Ride Service offers anyone who has difficulty with walking, people with disabilities, older people and people recovering from an accident or illness, the opportunity to maintain their independence. Using modern, comfortable minibuses, the friendly and qualified drivers offer a door-to-door service and can help carry your shopping from the vehicle to your front door. If you are a wheelchair user, the driver can push your wheelchair from your front door to the bus.



The details of the listed groups & activities may change over time. If the contact details of the group you were interested in are no longer valid, please contact the venue of the activity, or use the contact details below:

Redditch Older People's Forum:
John & Pat Witherspoon on 01527 65436/
Lorna White on 01527 522030

Many thanks to Cllr Pattie Hill for her contributions to this booklet.



Summer 2019 edition