

Tanworth-in-arden Medical Practice

Social Prescribing For Our Patients

We hope that our patients, of all ages, will benefit from the information provided and will improve overall health and wellbeing.

Some of the activities featured may assist with keeping you active, getting creative, improving wellbeing, provide a listening ear or improve social isolation and loneliness.

If you could complete the 'Wellbeing Prescription' page and hand back to Reception when you are next at the practice, to let us know if you found this booklet useful - thank you

Telephone number: 01564 742274

Office email: generalenquiries@tiamp.nhs.uk

Tanworth-in-arden Village Hall

Wednesday Afternoon 2.15 – 4.30

A chat, a laugh and some board or card games.... Enjoy Boggle the word game, a game of Dominoes, cards, Scrabble or Draughts. Refreshments available - tea and coffee along with biscuits, in exchange for a small donation.

Tanworth-in-arden Church

Lunchtime Recitals – second Thursday of each month

A series of lunchtime recitals given by a variety of talented musicians. Recital at 12.00 noon followed by refreshments and a chance to talk to the musicians.

Sacred Circle Dancing

Dances which will be mostly quite slow and meditative are accompanied by a wide variety of music: traditional, classical, popular and jazz. No partners needed and all will be taught before they are danced.

Calling all Crafters (Men and Women)

If you have any craft skills, enjoy making things and would be able to donate items for sale please tick the option available. Planned sale in early November in the church - items sold will be in aid of the homeless.

Any sewn items, crochet, knitted toys, paintings, pictures, pottery, woodwork, cards etc. gratefully received.

Campanology

Looking for a new interest or activity? Tanworth-in-arden Church is looking for new members to join the Bell-ringing group. Age is no barrier- the hope is to teach volunteers on a Saturday morning for approximately two hours.

Tanworth-in-arden Coffee Shops

Angel Cake Coffee Shop - held on the first term-time Tuesday of the month

Holy Grounds Coffee Shop - held on the third Thursday of the month located at the back of the Church (accessible to all). Tea, coffee and cakes available to purchase - meet up with neighbours and friends and have a go on the raffle – proceeds to nominated charities.

At the practice

NHS Health Checks – available to our patients aged 40 – 74. Appointments with one of our nurses - information in the porch area at the practice.

Over 75 Health Checks – available to our patients aged 75+. Appointments at the practice with our Health Care Assistant.

Earlswood Village Hall

Lunch Club - Wednesday lunchtime 12 – 2 on a weekly basis. For more information contact Rachel Boer 01564 742365 (after 4pm) or 07708 868975

Cinema – ‘Flicks in the Sticks’

Held on the third Friday of the month from September through to April. Doors open from 7pm – drinks available from the licensed bar. The feature film will start at 7.45pm with an interval. Next showing Friday 18th October - admission to films £5 (non-members). Membership is £2 per person for the season which is September to April.

18th Oct – The Guernsey Literary & Potato Peel Pie Society

15th Nov – King of Thieves

20th Dec – Stan & Ollie

17th Jan – Mary Queen of Scots

21st Feb – Can you ever forgive me?

21st March – Fisherman's Friends

17th April – All is True

24th April – Bohemian Rhapsody

NB: Films subject to availability and may change so please check

Rummikub

First Thursday every month between 1.30pm – 4.00pm - or more information contact Brenda Brown 01564 702660

Alcester

Alcester Café – Supporting people with Dementia and their carers

A programme of events throughout the year including Carers Group, Social Activities, Chair Exercise, 'Growing Old Disgracefully'. Contact number is 01789 488088

Alcester Day Care - A centre to support people with Dementia, their carer's, family and friends. Day Care will provide support for people with Dementia on their own, whilst providing carers with respite. Held in The Baptist Church Hall, Henley Street, Alcester. For more information and book a place: 01789 488088. Open Mondays and Thursdays 9.30am – 3.30pm.

Alzheimer's Society

Information available at the practice on our **Dementia Friendly Information Board**.

Warwickshire

Alzheimer's Society – Get Personal Advice and Practical Support – Find one-to-one Dementia Support in Warwickshire. Leaflets located by our in-house ***Dementia Friendly Information Board*** located on the ground floor by the lift.

Contact information 01926 888899 southwarks@alzheimers.org.uk

In-house - we also have a dedicated ***Carer's Corner notice board*** with information for our patients - located on the ground floor next to the lift.

Younger Generation

Mind Your Head – located Scout Hut Bates Lane Tanworth-in-arden

Youth Group for Year 6 and up - meetings take place on the second and fourth Fridays of the month. Mind Your Head offers lots of different activities from games and movie nights to rock climbing. If the group are not out on an activity they can be found at the Scout Hut in Bates Lane from 7.30pm – 9.00pm. Subs are just £10 a term.

Inspire to Dance (Children's Dance Classes)

Held at Earlswood Village Hall on a weekly basis - Thursday evening between 4.00pm – 7.15pm.

Parent and Toddler

Held at Earlswood Village Hall – term time only on a weekly basis in the morning.

For more information email:- Anjee Surelia on anjee@hotmail.com

Health – Solihull or Warwickshire

Warwickshire – **appointment needed with our Health Care Assistant for referral to the following:-

****Fitter Futures**

12 week physical activity/healthy lifestyles on referral programmes for young people aged 12-16 and adults 16+. Healthy lifestyle services for families with children aged 0-5

Free 9 week family weight management programmes for families with children who are overweight aged 4-12

Free 12 week weight management on referral programmes for young people aged 12-16 and adults aged 16+

Confidential and supportive services to become fitter, stay well, feel good. For more information visit www.fitterfutureswarwickshire.co.uk

Docspot/Solihull Active – **appointment needed with our Health Care Assistant for a referral to the following:-

****Strong and Steady** – Strength and Balance Classes - Solihull. Classes offer exercises that are good for mobility, stamina, muscle strength, balance and co-ordination. Classes last about 1 hour and exercises can be completed standing, sitting or with a chair for support. Classes aimed at patients aged 60+. Located at Tudor Grange Leisure Centre, Blossomfield Road, Solihull. £2.50 per class Weds 1-2pm. Call 0121 705 6371

**** appointment needed with our Health Care Assistant for a referral to the following:-**

****Step into Solihull**

Gentle Exercise Activity Programme – including walking, Tai Chi, Yoga, Chair Exercise, Walking Football, Dance and much more

****Cancer Rehabilitation Exercise Scheme**

A programme of specialist group exercise classes for people affected by cancer. Regular physical activity can help you throughout your cancer journey and aid recovery.

****Solihull Gets Active**

A programme of local activity and sport sessions for people with disabilities and long term illnesses

****Eat Well, Move More**

A family weight management and healthy lifestyles programme for families with children aged 4-16 years who have concerns over their child's health and would like support and guidance to make healthy lifestyle changes.

****Solihull DocSpot Exercise Referral Scheme**

12 week programme of physical activity that will give you a helping start and a chance to improve your health and lifestyle. Choose one of 4 local leisure facilities and a variety of different activities to take part in. Available to adults aged 16 and over. DocSpot is offered at a greatly reduced rate of £2.50 per session. Your GP/Nurse will receive updated information on your progress at the end of the 12 weeks.

Mental Health

IAPT – leaflets located by our in-house ***Mental Health Awareness Information Boards*** in the waiting room ground floor and stair well on first floor. IAPT is a service for patients who are feeling stressed, anxious, low in mood or depressed. Call 024 7667 1090 for an appointment.

Struggling to cope? – leaflets available next to our in-house ***Mental Health Awareness Information Boards*** featuring information on **RISE** – emotional wellbeing for children and young people....Warwickshire Wellbeing Hubs to speak to someone.... Mental Health Helplines....Online options – bigwhitewall.com

We also offer a wide variety of leaflets in-house for our patients to take away ranging from sleeping problems and stress to self-harm and depression.

Cruse Bereavement Care

Cruse is a national charity that provides advice, information and support to anyone who has been bereaved (children, young people and adults) whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

For help and support and for details of your local Cruse service either visit their website at www.cruse.org.uk or telephone the national helpline on 0844 477 9400 or email helpline@cruse.org.uk

Children and young people can telephone Freephone on 0808 808 1677 or visit RD4U – their website designed by and for young people at www.RD4U.org.uk or email at info@RD4U.org.uk

Young at Heart

Solihull Age UK – only for patients paying rates to Solihull Council

Launching a new weekly Lunch Club for people over the age of 60. Venue: Red Lion Pub, High Street, Knowle, B93 0LY. Thursday lunchtimes 12.00 – 3.00pm. A hot meal plus tea and coffee will be provided by the pub and Age UK Solihull will organise activities/entertainment for members. Cost: £8.00 (£5 to pub for food and £3 to pay for raffles, prizes etc.) Please call 0121 704 7846 to register your interest and for further information.

Hot meals delivered right to your door (Warwickshire County Council)

If you are over 50 or have a disability you could be eligible.

Find out more at: www.warwickshire.gov.uk/mealsservice or call

01926 889511

Love your Library

Warwickshire Libraries Home Delivery Service – if you love reading but are unable to get to the library call 01926 851031 or online at:- www.warwickshire.gov.uk/homelibraryservice Don't forget your library card also gives access to Ebooks, E audio, ENewspapers, and Emagazines all from the comfort of your own home – go to:- www.warwickshire.gov.uk/libraries

Are you struggling to use your house safely? Can HEART help?

(For Warwickshire Residents Only)

Grab rails, ramps, rails or a stair lift, steps or a level access shower - would help keep you safe in your home?

Call HEART for a free assessment. They can help you make the arrangements to make your home safe. Call 024 76 376299 or email:-

HEARTsouth@nuneatonandbedworth.gov.uk

Wellbeing Prescription

As a practice we can assist and be the link for our patients to gain more than medical assistance.

If you are interested in activities to maintain your health, mental wellbeing, needing support or looking for more social interaction and the opportunity to meet with other people... this leaflet is for you.

You can either contact the organisation directly using the information provided or simply write your request in the space below and hand back into Reception. We can then get in touch with the organisation on your behalf and pass on your contact information.

** I consent that my contact details will be passed by Tanworth-in-arden Practice to the requested group/organisation who will then contact me with the information I have requested

**I found the leaflet interesting and I may contact the relevant organisation myself

Name:

Signed:

Contact details:

Date: