

THE BILBROOK BUZZ

THE NEWSLETTER OF BILBROOK PARISH COUNCIL



HEALTH & WELLBEING IN BILBROOK

Our photo above shows just a few of the Bilbrook folk who joined us in May for our Parish walks. There are many wonderful walks around our Parish, enabling people of all abilities to be active and enjoy our spaces. In this edition of the Bilbrook Buzz we'll be looking at a variety of ways for people of all ages to keep healthy and happy around our Parish.

The Bilbrook Walking Group walks every other Thursday from the lower car park in Joey's Lane. If you would like to join them, contact Tim on 01902 846480, or Alan and Jean on 01902 842995.



Did you know that Age UK offer a wide range of free information, advice and assistance to older people? From advice about benefits, helping at home, companionship, social events and much more, they are there to help and support. You can contact the Age UK National Advice Line on 0800 678 1602, or if you are online you can visit their web page at <https://www.ageuk.org.uk>.



South Staffordshire District Council have a Welfare Services team who offer a wide range of advice and support to residents who are experiencing difficulties with finances, their housing situation, or their ability to work. You can contact them on 01902 696000.

- Housing benefit and council tax support
- Disabled Facilities Grants
- Homelessness and housing options
- Creating brighter futures (working with residents to gain skills and qualifications to move into employment or volunteering, or to improve their employment prospects with additional training).

GETTING ACTIVE

It's well known that being as active as possible helps us to lead happier and healthier lives. If you know you could be a little more active but aren't sure how to go about it, remember it doesn't need to be a HIIT class, or a 5 mile run. Small changes can make a big difference.



Remember, it's not just your physical health that will benefit. Your mental health gets a really big boost from physical activity.

- Start small - if it's more than you did before, then great!
- If and when you can, walk rather than using transport.
- Try some strength building. If you can't walk easily, how about trying to lift a couple of tins of beans while you're sitting?
- Make it enjoyable, and make it fit your lifestyle. If it's a chore, you won't want to keep going.

CODSALL & BILBROOK OUTINGS



Sometimes a change is as good as a rest, and a change of scenery can do the power of good. Codsall & Bilbrook Outings arrange regular day trips, usually with a coffee break at a nice place, or a meal out. Recent trips have been to the Birmingham

Botanical Gardens, a day in the Cotswolds and RHS Bridgewater in Salford, Manchester. If you're interested in their future trips please contact Brenda Peace on 01902 844616 or 07962 188148.

CODSALL LEISURE CENTRE

If you like the idea of more structured exercise, or if you like to be active with like-minded people, Codsall Leisure Centre offer a wide range of classes and activities for all ages. For older people, they offer:

- Walking Football - Monday 6.30 to 7.30pm £3.80.
- Over 50's Exercise Class - Wednesday 4pm-4.45pm and Friday 12:45pm to 1.30pm
- Over 50's Swimming Session Friday 3.30pm to 4.15pm

Contact the Leisure Centre on 01902 844032 for further details.



WHAT ABOUT PEOPLE WITH EXISTING MEDICAL CONDITIONS?

If you have an existing medical condition but want to be active, then South Staffordshire Council's 'FORWARD TO HEALTH' scheme could be just what you need. You can self-refer, or you can ask your GP to refer you. The scheme is designed for people with medical conditions, with the aim of increasing activity and improving health. The key benefits are:

- 12-week programme consisting of three one to one assessments with a personal exercise instructor.
- To be eligible to join, you must have a pre-existing medical condition.
- During your first appointment, you will undergo a health check and will be asked to complete a questionnaire to ensure you are suitable to join the scheme.
- Inclusive use of the gym, exercise classes and swimming.
- Nutritional advice and a personalised exercise programme.
- Regular reviews to monitor progress.

Call 01902 696000 or speak with your GP for more details.

BILBROOK VILLAGE HALL

We have a fantastic facility in Bilbrook Village Hall. As well as being able to hire the hall for functions, there are regular classes available to help both adults and children stay fit and healthy. Below is the current timetable:

Classes at Bilbrook Village Hall



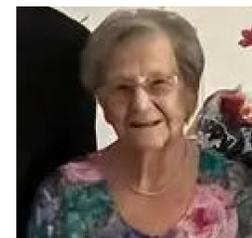
	TIME	WHEN	CONTACT	PHONE NO
MONDAY				
Baby Sensory Class	10am to 11am and 11.30am to 12.30pm	Weekly	Leanne	07882 168495
TUESDAY				
Kids Holiday Activities	From 8.30am	Tues-Fri	Sarah	07816 540275
Invigorate Pilates	6.45pm	Weekly	Nina	07950 676446
WEDNESDAY				
Kids Holiday Activities	From 8.30am	Tues-Fri	Sarah	07816 540275
Invigorate Pilates	9.30am	Weekly	Nina	07950 676446
THURSDAY				
Kids Holiday Activities	From 8.30am	Tues-Fri	Sarah	07816 540275
Bollyfit with Pooja	9.30am	Weekly	Pooja	07376 417753
Irish Dance	Tara	Weekly	Tara	07957 568140
Zumba with Karina	Karina	Weekly	Karina	07540 055961
FRIDAY				
Kids Holiday Activities	From 8.30am	Tues-Fri	Sarah	07816 540275
Messy Play	9.15am to 10.30am	Weekly	Philippa	07375 480238

Please note that timings may be different during school holidays. Contact the telephone numbers above to confirm schedules and pricing.

HAPPY 100TH BIRTHDAYS!

The Parish Council offer their congratulations to two amazing local ladies who have recently celebrated their 100th birthdays.

Pictured are Cynthia Callaghan (left) enjoying her cake at the Holy Cross Coffee Pop-In morning, and Betty Richards, who enjoyed celebrating her birthday with friends at the We'll Meet Again club.



If you have a smart phone, Staffordshire Council have partnered with ORCHA to offer a Health App finder service. Go to www.staffordshire.gov.uk/appfinder to view apps that have been reviewed by clinicians, giving you the information you need to choose the right app for you. There are 100s of conditions covered, including mental health, diabetes, dementia and weight problems.

BREWOD DEMENTIA SUPPORT GROUP

Have you or a loved one been diagnosed with dementia and feel you need support? Do you want to meet people in similar situations to yourself? Do you need help to understand dementia and services available to you? Just need to get out and have a chat and some fun? Do you like to sing?

If you have answered yes to any of the above questions, then the Brewood Dementia Support Group can help. You may like to call for a chat first. Brewood Dementia Support Group is a friendly group of volunteers who hold regular meetings at Brewood Community Hub, Deansfield Road, Brewood, ST19 9HT

Both the person diagnosed with dementia and a family member or carer are welcome to join our sessions:

- Coffee and Chat
- Singing for the Mind
- Cognitive Stimulation Therapy (CST) classes

They have 5 trained CST Facilitators who plan and deliver classes which are proven to help with cognitive function. Music and singing is also known help with memory function. For more information call:

Ann Richards 07921 283927

Nikki Mandzuk 07590 509666

Mandy Willetts 07977 509941

Group number: 07515 458697, please leave a message and they will call you back or email at brewooddsg@gmail.com

PARISH COUNCILLORS

- Cllr M Adams - West Ward
- Cllr S Adams - West Ward (Chairman)
- Cllr M Armitage - East Ward
- Cllr S Bailey - East Ward
- Cllr G Burnett - West Ward (Vice-Chair)
- Cllr B Coppola - East Ward
- Cllr F Hopkins - West Ward
- Cllr D Hutchinson - East Ward
- Cllr P Hutchinson - East Ward
- Cllr S Leedham - West Ward
- Cllr A Lloyd - East Ward
- Cllr G Price - Lane Green Ward
- Cllr D Williams - East Ward

All councillors can be contacted via the Parish Office. (see details on page 4)

PARISH MEETINGS

Full Parish Council Meetings are normally held on the first Wednesday of the month at 7:00pm (except in August) at Bilbrook Village Hall.

KEY CONTACTS

South Staffordshire District Council - 01902 696000 www.sstaffs.gov.uk

Staffordshire County Council - 0300 111 8000 www.staffordshire.gov.uk

Staffordshire Highways - 0300 111 8000

OTHER USEFUL CONTACTS

Staffordshire Police - 111 for a non-emergency or 999 for an emergency. www.staffordshire.police.uk

CrimeStoppers - report crime anonymously on 0800 555111

Staffordshire Smart Alert - Sign up for Police Alerts - www.staffordshiresmartalert.co.uk

Bilbrook Medical Centre - 01902 847313

Bilbrook Village Hall bookings: 07511 339598

Holy Cross Church Hall bookings: 01902 212405

QUICK LINKS

No. 5 Bus timetable - <https://tinyurl.com/Bilbrook5>

South Staffs Council Blue Bags -

<https://bit.ly/37y6AdP>

Report a pothole - <https://bit.ly/SCCHighways>

Allotment waiting list -

<https://bit.ly/AllotmentWaitingList>

News on Bin Collections - www.sstaffs.gov.uk/waste

What's on Codsall Library -

<https://tinyurl.com/CodsallLibrary>

BIN NOT EMPTIED?

Call **Biffa** on

01543 578832

