

# BIRMINGHAM DAY OPPORTUNITIES

Continuity Valued Cultural  
Diverse Independence Strengths  
Inspiration Quality Opportunities  
Positive Sharing Accessibility Variety  
Responsive friendship Understanding  
Respect Trust Communication Skills  
Flexible Enabled Happy Safeguarding  
Stability Involvement Useful Choice Community  
Personalisation Involved Sociable  
Stimulation



## Introduction to the booklet

### **About day opportunities**

Day opportunities are services that help people to have a fulfilling life.

They provide the opportunity to:

- take part in various interests and activities
- make friends and develop relationships
- gain new skills, and
- enable people to make a positive contribution to the community

Day opportunities also provide a break from caring for unpaid carers.

There are day opportunities available to support adults with a range of needs including:

- those with dementia
- autistic people
- people with learning disabilities
- those with physical disabilities

Adults supported by Birmingham Adult Social Care (ASC) attend a wide range of day opportunities across Birmingham and its neighbouring local authorities.

The council directly provides support at nine individual day centres, four of which also have gardening projects attached. There are also over fifty third sector and private organisations commissioned to provide day opportunities services.

Day opportunities are funded directly by Adult Social Care when someone is eligible for statutory funding. The Council will either pay directly or you can use a direct payment. Some people pay for day opportunities themselves.

Each day opportunities provider featured in this booklet has supplied details about their premises, type of support available and other information that we hope will assist you in choosing the right setting.

Please note that the information contained in the booklet is accurate as shared with us as of April 2024. Details may be subject to change and will be updated from time to time.

If you require additional support in choosing day opportunities you can contact the Commissioning Team by e-mail at [Dayopportunitiesvision@birmingham.gov.uk](mailto:Dayopportunitiesvision@birmingham.gov.uk) or by calling the Adult Social Care Contact Centre on 0121 303 1234 and request a call back from John Freeman, Commissioning Manager.

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# Birmingham City Council

## Day Services

## Alderman Bowen

Address: 125, Broadway Avenue, Bordesley Green, Birmingham B9 5YD

Telephone: 0121 464 1470








Website: [Adult social care - Day opportunities | Birmingham City Council](#)

### Client Group





Predominantly: Learning Disabilities, physical disabilities and autism

Age Range: 18+ **Opening / Closing times** – 8am – 4:30pm – Monday to Friday.

### Centre Information

Building Accessibility		Y	Single story building, fully accessible facilities.
Outdoor Space		Y	Gardens to rear of the property.
Personal Care Facilities		Y	Care Suites
Transport provided		Y	Pick up / Drop off. Carers also provide own transport.
Administering Medication		Y	In line with BCC policies & procedures.
Lunch/ snacks Diet Provision		Y	Lunch is available to purchase on site. Individual needs and any dietary requirements can be catered for, such as dysphagia, gluten free, allergens, diabetes, religious and cultural needs. Packed lunches can be brought in if preferred.
1 to 1 Care Provision		N	

### Activities provided for clients

Physical Activities		Y	Enablement based sessions – food tech, personal wellbeing groups, nutrition & healthy eating, exercise groups, IT & communication, setting up personal emails, photography, creative expression through art & design. Music, drama & disco.
Sensory Activities		Y	Two light/sensory rooms, omi-vista specialist sensory interactive equipment.
Outings/Trips		Y	Trips to pub meals, parks, picnics, exercise in the community, personal shopping experiences, shopping for meal planning.
Educational Activities		Y	Literacy & numeracy sessions, personal wellbeing. Enablement based approaches.

### Additional Information

Alderman Bowen is a large 120 placement centre which provides: skills for life, personal wellbeing, communication & expression, music & drama, work and volunteering opportunities. Staff and citizens are reflective of the diversity of the local community.

## Beeches GOLDD Day Centre

Address: 174 Beeches Rd, Birmingham B42 2HN

Telephone: 0121 303 9747

Website: [Adult social care - Day opportunities | Birmingham City Council](#)








### Client Group

Predominantly: Growing old with a learning disability and Dementia

Age Range: 50+

**Opening / Closing times** – 8am – 4:30pm – Monday to Friday.

### Centre Information

Building Accessibility		Y	Single story building, fully accessible facilities.
Outdoor Space		Y	Gardens to rear of the property.
Personal Care Facilities		Y	Care Suites
Transport provided		Y	Pick up/drop off. Carers also provide own transport
Administering Medication		Y	In line with BCC policies & procedures
Lunch/ snacks Diet Provision		Y	Lunch is available to purchase on site. Individual needs and any dietary requirements can be catered for, such as dysphagia, gluten free, allergens, diabetes, religious and cultural needs. Packed lunches can be brought in if preferred.
1 to 1 Care Provision		Y	Depending on level of need

### Activities provided for clients

Physical Activities		Y	Wii and Tabletop Games
Sensory Activities		Y	Pampering Sessions
Outings/Trips		Y	Pub lunches , parks and leisure sites
Educational Activities		Y	Play your Cards Right, Sing along, Bingo

### Additional information

Exercises in reminiscence such as listening to music of different decades which may evoke a memory. There is a health & wellbeing women's menopause group and also a health & wellbeing men's group.

## Ebrook Day Centre

Address: Shooters Hill, Sutton Coldfield, B72 1HX

Telephone: 0121 675 6585

Website: [Adult social care - Day opportunities | Birmingham City Council](#)








### Client Group

Predominantly: Learning Disabilities





Age Range: 18-65

**Opening / Closing times** – 8am – 4:30pm – Monday to Friday.

### Centre Information

Building Accessibility		Y	Single story building, fully accessible facilities.
Outdoor Space		Y	Gardens to rear of the property.
Personal Care Facilities		Y	Care Suites
Transport provided		Y	Depends on where they live & if required
Administering Medication		Y	In line with BCC policies & procedures.
Lunch/ snacks Diet Provision		Y	Lunch is available to purchase on site. Individual needs and any dietary requirements can be catered for, such as dysphagia, gluten free, allergens, diabetes, religious and cultural needs. Packed lunches can be brought in if preferred.
1 to 1 Care Provision		N	

### Activities provided for clients

Physical Activities		Y	Walking, exercise, swimming and attending leisure centres.
Sensory Activities		N	Sensory garden and relaxation.
Outings/Trips		Y	Local Pubs, trips to parks and leisure site
Educational Activities		N	Life skills, arts & crafts, cooking, basic computer skills, wellbeing sessions interest and best meeting the needs of individuals.

### Additional information

Ebrook has an excellent enablement kitchen which supports citizens with day to day life skills.



## Elwood Day Centre

Address: 270 Reservoir Rd, Erdington, Birmingham B23 6DE

Telephone: 0121 675 2600








Website: [Adult social care - Day opportunities | Birmingham City Council](#)

### Client Group





Predominantly: Physical Disabilities      Age Range: 18-65

**Opening / Closing times** – 8am – 4:30pm – Monday to Friday.

### Centre Information

Building Accessibility		Y	Good accessibility and disabled parking bays available
Outdoor Space		Y	Large garden at rear
Personal Care Facilities		Y	Accessible toilets with changing beds, hoist, and shower facilities
Transport provided		Y	Limited transport available, travel training can be provided and staff can also support with registering for ring and ride or assist with booking taxis. Elwood has access by good bus routes from Erdington High St with bus stops close to the centre.
Administering Medication		Y	In line with BCC policies & procedures
Lunch/ snacks Diet Provision		Y	Lunch is available to purchase on site. Individual needs and any dietary requirements can be catered for, such as dysphagia, gluten free, allergens, diabetes, religious and cultural needs. Packed lunches can be brought in if preferred.
1 to 1 Care Provision		Y	Can be offered depending on resources and staffing

### Activities provided for clients

Physical Activities		Y	Fun and games, seated exercise, walks in the park, music and dance groups and relaxation
Sensory Activities		Y	Sensory walks, trips to sensory room and sensory art sessions
Outings/Trips		Y	Regular trips to places of interest, for meals, bowling, cinema etc.
Educational Activities		Y	IT, short courses such as health and wellbeing, safe and well, arts and crafts, cookery. Quizzes and hand-eye co-ordination skills.

### Additional information

The aim of the service is to encourage and support people to be as independent as possible in their daily living activities and to have a voice in relation to how they receive all aspects of their service provision. This service is for people who have neurological conditions (i.e. strokes, MS, epilepsy etc.) sensory impairment, head injury, fibromyalgia, working age dementia, long term health conditions and hospital discharges.

## The Fairway Day Centre

Address: 2 The Fairway, Birmingham B38 8XJ

Telephone: 0121 459 4994

Website: [Adult social care - Day opportunities | Birmingham City Council](#)








### Client Group

Predominantly: Physical Disability





Age Range: 18-65

**Opening / Closing times** – 8am – 4:30pm – Monday to Friday

### Centre Information

Building Accessibility		Y	Fully accessible
Outdoor Space		Y	Small patio garden at the side and large garden at the back of the centre
Personal Care Facilities		Y	Changing bed, accessible toilets, hoist, and shower facilities
Transport provided		Y	Limited transport provision. Staff can support with registering with Ring & Ride or assist with booking Taxi's
Administering Medication		Y	In line with BCC policies & procedures
Lunch/ snacks Diet Provision		Y	Lunch is available to purchase on site. Individual needs and any dietary requirements can be catered for, such as dysphagia, gluten free, allergens, diabetes, religious and cultural needs. Packed lunches can be brought in if preferred.
1 to 1 Care Provision		N	

### Activities provided for clients

Physical Activities		Y	Stimulating exercises, Indoor Hockey, Indoor Bowling.
Sensory Activities		N	
Outings/Trips		Y	Shopping trips, places of interest, trips out for meals
Educational Activities		Y	Life skills, arts & crafts, cooking, basic computer skills, wellbeing sessions

### Additional information

We are committed to providing a service that raises aspirations and encourages and support the citizens to engage in a range of activities that will enhance their independence and wellbeing. We also offer a 6-week Enablement with each citizen having a customised enablement plan for their chosen activity, from any of the activities that we offer at the centre.

## Harborne Day Centre

Address: 370 West Blvd, Quinton, Birmingham B32 2PG

Telephone: 0121 675 0030

Website: [Adult social care - Day opportunities | Birmingham City Council](#)








### Client Group

Predominantly: Learning Disabilities





Age Range: 18+

**Opening / Closing times** – 8am – 4:30pm – Monday to Friday

### Centre Information

Building Accessibility		Y	Fully accessible
Outdoor Space		Y	Garden at rear of property
Personal Care Facilities		Y	Three personal care suits, two have a ceiling track hoist and one has a mobile hoist. Four wheelchair accessible bathrooms.
Transport provided		Y	Limited transport available, travel training can be provided and staff can also support with registering for ring and ride or assist with booking taxis.
Administering Medication		Y	In line with BCC policies & procedures
Lunch/ snacks Diet Provision		Y	Lunch is available to purchase on site. Individual needs and any dietary requirements can be catered for, such as dysphagia, gluten free, allergens, diabetes, religious and cultural needs. Packed lunches can be brought in if preferred.
1 to 1 Care Provision		N	But can be offered depending on resources and staff availability

### Activities provided for clients.

Physical Activities		Y	Allotment, keep fit, keep active, movement to music, bowling, disco, local walks.
Sensory Activities		Y	Aromatherapy, sensory storytelling, hand massage
Outings/Trips		Y	Pub lunch, shopping, cinema, bowling.
Educational Activities		Y	Reading and writing, maths, money skills, telling the time, gardening, craft, jewellery making, iPad and computers, baking, lunch preparation.

### Additional information

Harborne Resource Centre is a lively and inviting place where people can meet and make friends, have fun, and achieve things together. We are committed to providing a service that empowers and promotes each person's wellbeing, independence, learning and social skills. We recognise that wishes and needs change and regularly review the way we provide support to reflect this.

## Heartlands Resource Centre

Address: 6 Inkerman St, Birmingham B7 4SB

Telephone: 0121 303 0752








Website: [Adult social care - Day opportunities | Birmingham City Council](#)

### **Client Group**





Predominantly: Learning Disabilities      Age Range: 18 to 65

**Opening / Closing times** – 8am – 4:30pm – Monday to Friday

### **Centre Information**

Building Accessibility		Y	Building is one level but not all areas are wheelchair accessible
Outdoor Space		Y	Limited
Personal Care Facilities		Y	Care suites
Transport provided		Y	Limited transport available, travel training can be provided and staff can also support with registering for ring and ride or assist with booking taxis.
Administering Medication		Y	In line with BCC policies & procedures
Lunch/ snacks Diet Provision		Y	Lunch is available to purchase on site. Individual needs and any dietary requirements can be catered for, such as dysphagia, gluten free, allergens, diabetes, religious and cultural needs. Packed lunches can be brought in if preferred.
1 to 1 Care Provision		Y	Depending on needs

### **Activities provided for clients.**

Physical Activities		Y	We have a range of physical activities which include football (coaching at Aston Villa), basketball, seated yoga, parashoot, an allotment at New Roots and ground maintenance.
Sensory Activities		Y	We have we relaxation sessions. Individual programmes will be drawn up based on need.
Outings/Trips		Y	We access the wellbeing centre, football centre, walking groups and community events.
Educational Activities		Y	We have a range of workshops which include health and wellbeing, relationships, BSL, literacy & numeracy. We celebrate cultural and religious events.

### **Additional information**

We have excellent transport links across Birmingham for bus and train services and can support with travel training and enablement. We have a small, dedicated staff team that work in a person centre way. We draw up a personalised programme that reflect your aspirations & goals and empower you to maximise your independence and safety.

## Hockley Skills & Development

Address: 27 All Saints' Rd, Hockley, Birmingham B18 5QB

Telephone: 0121 464 1281








Website: [Adult social care - Day opportunities | Birmingham City Council](#)

### Client Group





Predominantly: Learning Difficulties      Age Range: 18+

**Opening / Closing times** – 8am – 4:30pm – Monday to Friday

### Centre Information

Building Accessibility		Y	Single level story building with access to a car park
Outdoor Space		Y	Limited outdoor space
Personal Care Facilities		Y	We have 3 personal care suites with fully trained and skills staff
Transport provided		Y	Limited transport available, travel training can be provided and staff can also support with registering for ring and ride or assist with booking taxis.
Administering Medication		Y	In line with BCC policies & procedures
Lunch/ snacks Diet Provision		Y	Lunch is available to purchase on site. Individual needs and any dietary requirements can be catered for, such as dysphagia, gluten free, allergens, diabetes, religious and cultural needs. Packed lunches can be brought in if preferred.
1 to 1 Care Provision		N	

### Activities provided for clients.

Physical Activities		Y	We have a range of physical activities which include football (coaching at Aston Villa), basketball, seated yoga, parashoot, adapted bikes, an allotment at New Roots, ground maintenance etc
Sensory Activities		Y	We have a sensory room with is available throughout the week. Sensory activities are designed for Individuals based on need.
Outings/Trips		Y	We access local wellbeing centre, football centre, walking groups, community events i.e. commonwealth games, black history – living museum, bowling etc.
Educational Activities		N	We have a range of workshops which include health and wellbeing, literacy & numeracy. We celebrate key religious and cultural events throughout the year.

### Additional Information

We provide a person-centred service which enables and empowers individuals to achieve their goals, improve wellbeing and have new opportunities available to them.

## Moseley Day Centre

Address: 1 Amesbury Road, Moseley, B13 8LD

Telephone: 0121 303 0249








Website: [Adult social care - Day opportunities | Birmingham City Council](#)

### Client Group





Predominantly: Learning Difficulties / Autism      Age Range: 18+

**Opening / Closing times** – 8am – 4:30pm – Monday to Friday

### Centre Information

Building Accessibility		Y	Single story building accessible for wheelchair users
Outdoor Space		Y	Outdoor space available
Personal Care Facilities		Y	There are three toilets/changing rooms with bed and various Hoists including standing and overhead hoists
Transport provided		Y	Limited transport available, travel training can be provided and staff can also support with registering for ring and ride or assist with booking taxis.
Administering Medication		Y	In line with BCC policies & procedures
Lunch/ snacks Diet Provision		Y	Lunch is available to purchase on site. Individual needs and any dietary requirements can be catered for, such as dysphagia, gluten free, allergens, diabetes, religious and cultural needs. Packed lunches can be brought in if preferred.
1 to 1 Care Provision		N	

### Activities provided for clients.

Physical Activities		Y	Exercise, football, skittle, bowling, basketball,
Sensory Activities		Y	Two sensory rooms with modern equipment are available for internal and external participants
Outings/Trips		Y	Trips are organised to various venues such as parks, nature resources, Edgbaston Cricket Ground, swimming pools, theatres and cinema.
Educational Activities		Y	Literacy, numeracy, maths and book club,
Enablement		Y	Cooking, digital and IT training, gardening, healthy lifestyles, cleaning, DJing, choir, singing, drama, organising events

### Additional information

There are two Social Enterprises: Four Seasons gardening group and Relax Away which includes two sensory rooms, dark room, and white room. Moseley works in collaboration with other organisations such as Maximise and Enablement Unit.

# Third Party Providers

## Ace Resource Centre








Address: Plot 1 Vauxhall Road, Nechells , Birmingham B7 4HT

Telephone: 0121 333 3232      Email: [acerc@blueyonder.co.uk](mailto:acerc@blueyonder.co.uk)





### Client Group

Predominantly: Older Adults      Age Range: 50+

### Centre Information

Building Accessibility		Y	Accessible front and back
Outdoor Space		Y	Small garden at front
Personal Care Facilities		Y	Wheelchair accessible
Transport provided		N	Use ring and ride
Administering Medication		N	Prompt only
Lunch/ snacks Diet Provision		Y	Light breakfast / cooked lunch
1 to 1 Care Provision		N	

### Activities provided for clients

Physical Activities		Y	Exercise, garden
Sensory Activities		Y	Arts and crafts, hand, and eye coordination
Outings/Trips		Y	
Educational Activities		Y	Dependent on individual

### Additional information

Ace is a volunteer-run centre that has been established for the betterment of the local community. We pride ourselves on our bespoke support pack that caters to specific and identified needs. Our goal is to provide information, advice, and guidance to our clients, as well as their family, caregivers, and support workers.

Our centre currently operates on Monday-Thursday, and we intend to add an extra day (Friday). At Ace, we remain committed to our ethos, which is centred around our clients' wellbeing. We are dedicated to providing the highest quality care and support to our clients and our community, regardless of whatever challenges we may face.



## Age Concern Birmingham Day Care Centres

Telephone: 0121 362 3650

Email: [daycare@ageconcernbirmingham.org.uk](mailto:daycare@ageconcernbirmingham.org.uk)







Website: [www.ageconcernbirmingham.org.uk](http://www.ageconcernbirmingham.org.uk)

### Client Group




Predominantly: Older Adults

Age Range: 50+

### Centre Information

Building Accessibility		Y	All buildings are accessible
Outdoor Space		Y	Most venues have outdoor space
Personal Care Facilities		Y	Facilities are available at all centres
Transport provided		Y	We can work with citizens and families to source transport if required
Administering Medication		Y	We can prompt medication
Lunch/ snacks Diet Provision		Y	Healthy nutritional meals and snacks are offered taking into account dietary requirements
1 to 1 Care Provision		Y	We can offer day care at home which are 1-1 tailored sessions

### Activities provided for clients

Physical Activities		Y	Wide range of inclusive and stimulating activities including seated exercise, gardening, dancing, seated yoga and more
Sensory Activities		Y	Wide range of inclusive and stimulating activities to meet citizens interests for example, cooking and tasting, growing veg and herbs in the garden, finger painting and more
Outings/Trips		N	Not applicable currently
Educational Activities		Y	Wide range of inclusive and stimulating activities including memory games, reminisce sessions, quizzes and more

### Individual Day Centres

<u>Days</u>	<u>Current Venue</u>
Monday to Friday	The Laurels, Mere Green, B75 5JX
Monday to Friday	Moorfield Hall, Shard End, B34 6QX
Tuesday	Manor Court, Acocks Green, B27 7AQ
Wednesday	Hawksley, Kings Norton, B38 9RN
Wednesday	Wellington Court, Quinton, B32 2DP
Thursday	Radley Court, Sheldon, B26 2DS
Friday	Hasbury Court, Bartley Green, B32 4EE

## Age UK Birmingham - Perry Tree Centre

Address: Perry Tree Centre, Dovedale Road, Erdington, Birmingham, B23 5BX

Telephone: 0121 437 0033

Email: [memorycare@ageukbirmingham.org.uk](mailto:memorycare@ageukbirmingham.org.uk)








Website: [www.ageukbirmingham.org.uk](http://www.ageukbirmingham.org.uk)

### **Client Group**





Predominantly: Dementia

Age Range: 50+

### **Centre Information**

Building Accessibility		Y	Centre is on one level, with hoisting facilities available.
Outdoor Space		Y	All level private garden featuring ducks and chickens. Garden has wonderful opportunity for gardening activities and a sit outside for fresh air.
Personal Care Facilities		Y	All aids and adaptations, including hoists and included. Full personal care is provided by our care staff.
Transport provided		Y	Own transport for pick up and drop home available. Pick up from 8.45am, and drop home from 3pm. Fully accessible minibus, including tail lift for wheelchairs.
Administering Medication		Y	All carers are qualified to administrate medication whilst at the centre.
Lunch/ snacks Diet Provision		Y	E.g., Specialist diets diets/food preparation catered for.
1 to 1 Care Provision		Y	Please contact us for more information.

### **Activities provided for clients**

Physical Activities		Y	Daily exercise, skittles, gardening, dancing, dexterity exercise
Sensory Activities		Y	Reminiscence, touch, smell and taste sessions, themed meaningful activities, musical bingo, arts & crafts,
Outings/Trips		Y	Park visits, feed ducks, meals. Please contact us for more information.
Educational Activities		Y	Quizzes, digital programme, awareness talks, Carer support group

### **Additional information**

Our centre is focused on the wellbeing of those living with dementia. We offer a person centred approach, to meet the needs of the clients we support. Our centre is fully adapted to support anyone in their dementia journey.

## Apna Ghar Day Centre

Address: 21-22 Clevedon Road, Balsall Heath, Birmingham, B12 9HD







Telephone: 0121 440 2266 Email: [4apnaghar@gmail.com](mailto:4apnaghar@gmail.com)

Website: [www.apnaghar.site](http://www.apnaghar.site)





### Client Group

Predominantly: South Asian Age Range: 55+

### Centre Information

Building Accessibility		Y	
Outdoor Space		Y	2 Gardens
Personal Care Facilities		Y	
Transport provided		Y	To Clients Living in B11 and B12
Administering Medication		N	
Lunch/ snacks Diet Provision		Y	South Asian Food. Chicken/ Meat is Halal
1 to 1 Care Provision		Y	

### Activities provided for clients.

Physical Activities		Y	
Sensory Activities		Y	
Outings/Trips		Y	
Educational Activities		N	

### Additional information

Wheelchair Access, Automatic doors, Vegetarian food, Daal , vegetable curry, rice Chapatti, Halal chicken /meat, yoga every month, trips to beaches, shopping trips every year (4/year).

## The Ark Centre

Address: 47-51 Shirley Road, Acocks Green, Birmingham, B27 7XU

Telephone: 0121 708 0080








Email: [admin@thearkcentre.info](mailto:admin@thearkcentre.info)

Website: [www.thearkcentre.info](http://www.thearkcentre.info)





### Client Group

Predominantly: Learning & Physical Disabilities, Mental Health, and Autism. Age Range: 18-65

### Centre Information

Building Accessibility		Y	Disabled access at the rear of the building. Entrance to buildings via ramp.
Outdoor Space		Y	Large rear garden, which is accessible from each building, within the rear garden various outdoor equipment for the citizens to use .
Personal Care Facilities		Y	Personal Care needs is provided by trained staff with sensitivity, compassion and respect for people's privacy and dignity. The Ark Centre has a large wet room with shower facilities.
Transport provided		Y	The transport service is a limited service which can be offered to a citizen if funding is available or paid for privately
Administering Medication		Y	Individual medication area within each building, all staff trained and competent to administer any medication requirements. To store or administer any medication we will require consent, along with copies of prescriptions.
Lunch/ snacks Diet Provision		N	No meals are prepared or served on site; all citizens are to bring in their own lunch this can include ready meals which can be heated in microwave or oven
1 to 1 Care Provision		Y	Able to provide 1:1 care need.

### Activities provided for clients.

Physical Activities		Y	Daily walks around the local community parks, exploring woodlands and country parks. Easy access to several leisure centres for gym or swimming facilities.
Sensory Activities		Y	Number of sensory rooms throughout buildings. Hot tub Summer House situated at the rear of the garden. Several sensory activities, support all sensory stimulation.
Outings/Trips		Y	Carry out monthly day trips to various places. Planned trips are reviewed and discussed in citizen meetings, quality assurance questionnaires.
Educational Activities		Y	Offer independent living skills involving money management, cleaning, cooking, maths, and English.

### Additional information

The Ark is a modern-Day Centre with a warm and friendly atmosphere. Our aim is to provide a happy and safe environment where everyone who attends can develop to their full potential. We believe that every person has the right to learn and enjoy activities whilst at the centre, as well as always treated equally and their diverse needs respected.

## Asra Day Centre

Address: Asra Health and Social Care Centre, Fenton Street, Smethwick, B66 1HR








Address: Asra Health and Social Care Centre, Poplar Road Sparkbrook, B11 1UW

Telephone: 0121 773 4270





### **Client Group**

Predominantly: Asian Elders      Age Range: 55 - 100

### **Centre Information**

Building Accessibility		Y	Both centres meet disability access standards
Outdoor Space		Y	
Personal Care Facilities		Y	Hydrotherapy bath, shower facilities
Transport provided		Y	Asra Minibuses for pick up and drop off with day activities
Administering Medication		N	
Lunch/ snacks Diet Provision		Y	Fresh meals cooked every day, halal, vegetarian and purified food, tea coffee and snacks
1 to 1 Care Provision		Y	

### **Activities provided for clients**

Physical Activities		Y	Daily exercise, massage, alternative therapies, faith healing sessions.
Sensory Activities		N	
Outings/Trips		Y	Trips to local parks, shopping, restaurants, theme parks and places of worship
Educational Activities		Y	Health promotion/prevention session, diabetes, stroke coronary heart disease awareness sessions.

### **Additional information**

Smethwick Asra provides day care and domiciliary care services to particularly but not exclusively older people, disabled and families of Asian origin. Services include:- transport, person centred care, personal & incontinence care, meals (breakfast, lunch, and refreshments) Health & social care activities, dementia & mental health care provided by qualified care staff in a warm, friendly environment.

## Asha Community Project

### South Asian Women Community Based Day Activities

Head Office Address: Midland Mencap, Pinewood, Bell Heath Way, B32 3BZ

Telephone: 0121 442 2944 Email: [communityhub@midlandmencap.org.uk](mailto:communityhub@midlandmencap.org.uk)

Website: [www.midlandmencap.org.uk](http://www.midlandmencap.org.uk)





### **Client Group**

Predominantly: South Asian ladies, LD / MH      Age Range: 18-65

### **Centre Information**

Building Accessibility		Y	We help our citizens identify local accessible community assets to join in with community activities e.g., swimming pools, community centres, library's etc.
Outdoor Space		Y	We help our citizens identify health & wellbeing activities which take part both indoor and outdoor e.g., local parks, outdoor sport centres etc.
Personal Care Facilities			
Transport provided			
Administering Medication			
Lunch/ snacks Diet Provision			
1 to 1 Care Provision			

### **Activities provided for clients**

Physical Activities		Y	We work with the citizen and their families to create a person-centred activity support plan. Plans can include 1:1 activity alone, or joining-in with other local citizens and their PAs at Activities in the local community. Activity plans can include physical, sensory, cultural, and educational opportunities as part of a broad range of social, leisure and recreational activities.
Sensory Activities		Y	
Outings/Trips		Y	
Educational Activities		Y	

### **Additional information**

We provide 1:1 Personal Assistants (PAs) to support the ladies to design and access a person-centred activity plan, which is embedded within their homes and local community assets. We do not provide a fixed centre base, or personal care. We provide access to meaningful, fun, and culturally appropriate day activities.

Citizens access the PA via a Direct Payment or other arranged payment through the local authority and self-funding. Activities are charged for in addition to the PA.

## Balance at the Kenrick Centre

Address: 2 Mill Farm Road, Harborne Birmingham B17 0QX

Telephone: 0121 464 2069








Email: [BALANCE-2018@hotmail.com](mailto:BALANCE-2018@hotmail.com)

### **Client Group**





Predominantly: Dementia, Alzheimer's, Parkinson's, Learning difficulties, socially isolated.

Age Range: 55+

### **Centre Information**

Building Accessibility		Y	Disability friendly all amenities
Outdoor Space		Y	Outside seating area and gardens
Personal Care Facilities		Y	Personal care facilities
Transport provided		N	
Administering Medication		Y	Assistance with Medi-packs and prompting.
Lunch/ snacks Diet Provision		Y	All dietary meals and drinks provided
1 to 1 Care Provision		N	

### **Activities provided for clients**

Physical Activities		Y	Seated exercise and other classes
Sensory Activities		Y	Guess the object by touch
Outings/Trips			Pending
Educational Activities		Y	Courses and projector activities

### **Additional information**

Friendly, first aid trained, and DBS checked staff.

Pleasant active day centre with external entertainment in house and much more.

## Beetori Adult Day Centre

Address: St Georges Community Hub, Great Hampton Row, B19 3JG

Telephone: 07403 991657 Email: [info@beetoridaycentre.com](mailto:info@beetoridaycentre.com)

Website: [www.beetoridaycentre.com](http://www.beetoridaycentre.com)





### **Client Group**

Predominantly: Mild LD and Older adults      Age Range: 18+

### **Centre Information**

Building Accessibility		Y	Our building has disability access
Outdoor Space		Y	We have safe outdoor space
Personal Care Facilities		Y	We have personal care facilities
Transport provided		Y	We have our own vehicles for Pick up from home / Drop off at home and outdoor day activities visits.
Administering Medication		Y	Our carers are trained to prompt and support with medication.
Lunch/ snacks Diet Provision		Y	We cater for Specialist diets diets/food preparation e.g. cultural or dietary requirements
1 to 1 Care Provision		Y	We cater for people who require 1:1 care provision

### **Activities provided for clients**

Physical Activities		Y	We have daily seated exercise sessions, walking sessions in the park, knitting, board games and cards , Art and crafts
Sensory Activities		Y	We have a quiet room with a sensory / relaxation chair and sensory lighting, bingo, quizzes for mental stimulation
Outings/Trips		Y	We undertake occasional outings to pubs for lunch, shopping outing and visit local places of interest
Educational Activities		Y	Computing sessions

### **Additional information**

We do person centred plan to meet individual needs.

An ideal place with a happy family-like ambience for people to meet, socialise, relax, and enjoy activities supported by well trained, experienced, and dedicated staff.

We provide activities to promote independence, mental, physical, and social stimulation, confidence and self-esteem and well-being.



## Better Pathways

### Learning, Independence, Volunteering, Employment (LIVE) Vocational Pathways Programme

Address: Better Pathways, 201-206 Alcester Street, Digbeth, Birmingham B12 0NQ








Telephone: 021 773 1455 Email: [LIVE@betterpathways.org.uk](mailto:LIVE@betterpathways.org.uk)

Website: [www.betterpathways.org.uk](http://www.betterpathways.org.uk)





### Client Group

Predominantly: Mental Health/Learning Disabilities or Difficulties/Neurodiverse Age Range: 18+

### Centre Information

Building Accessibility		Y	
Outdoor Space		N	Participants are supported to access community services and assets.
Personal Care Facilities		N	
Transport provided		N	Some of our participants use Ring and Ride and we can assist with setting up this arrangement if necessary.
Administering Medication		N	Participants can bring support workers to our centre to administer medication if appropriate.
Lunch/ snacks Diet Provision		Y	A hot midday meal is provided Mon – Fri
1 to 1 Care Provision		Y	We do not provide constant 1:1 support but support workers are welcomed.

### Activities provided for clients

Physical Activities			For information about the Vocational Pathways Programme and Fulfilment, Signage and Woodwork programme activities please contact us for a conversation.
Sensory Activities		N	Not routinely, but from time-to-time craft activities are arranged, for example, working with clay.
Outings/Trips		Y	We take participants on trips to the seaside in summer and for a Christmas party.
Educational Activities		Y	We are able to arrange educational activities for participants and to support them to attend.

### Additional information

Citizens on our programme are supported to develop skills and confidence through participation in real-life work-related activities in our social enterprises. There are opportunities in our Signage and Woodwork enterprises for citizens who enjoy artistic activities, and in our Fulfilment enterprise where the repetitive nature of activities is found to be particularly therapeutic by many participants. Our support team works with participants to deliver vocational goals agreed in person-centred action plans. Where participants have aspirations to move into paid employment, or to undertake additional education, training, and supported volunteering, we will assist them to achieve their goals. Attendance is agreed on a case by case basis. A risk assessment is carried out for all new participants. Our team liaises with families and carers in collaboration with participants to ensure that support plans are understood and well managed.

## Blue Cedars

Address: 115 Pershore Road Birmingham B5 7NX

Telephone: 0121 446 5027 Email: [Amaziah.hutton@salutemcare.com](mailto:Amaziah.hutton@salutemcare.com)

Website: [www.salutemcareandeducation.co.uk](http://www.salutemcareandeducation.co.uk)





### Client Group

Predominantly: Adults with physical disabilities, Learning disabilities and Autism Age Range: 18+

### Centre Information

Building Accessibility		Y	Via side entrance and back door entrance
Outdoor Space		Y	Back garden for IWS to utilise and parking front and back
Personal Care Facilities		Y	Four toilets for IWS use two toilets for staff and medical room with a plinth and hoist.
Transport provided		Y	Pick up / Drop off, day activities.
Administering Medication		Y	Currently for two IWS
Lunch/ snacks Diet Provision		Y	Specialist diets diets/food preparation catered for, at lunch time 2 IWS bring in their own lunch.
1 to 1 Care Provision		Y	We support IWS that require 1-1 care

### Activities provided for clients

Physical Activities		Y	Games, yoga, movement, music/ dance, bird watching, crafts, exercise.
Sensory Activities		Y	Water play, sensory stories, sensory play, we have our sensory room which combines a range of stimuli to help individuals develop and engage their senses. This includes lights, colours, sounds.
Outings/Trips		Y	Daily outing weather permitted. Parks, sensory gardens, outdoor gyms.
Educational Activities		Y	Computer skills, coordination building blocks, art, literacy.

## Cerebral Palsy Midlands

Address: 17 Victoria Road, Harborne, B17 0AQ








Telephone: 0121 427 3182 Email: [info@cpmids.org.uk](mailto:info@cpmids.org.uk)

Website: [www.cpmids.org.uk](http://www.cpmids.org.uk)





### Client Group

Predominantly: Cerebral Palsy and related conditions Age Range: 18+

### Centre Information

Building Accessibility		Y	Fully Accessible day service
Outdoor Space		Y	Fully Accessible
Personal Care Facilities		Y	Fully Accessible Care suites and equipment
Transport provided		N	
Administering Medication		Y	
Lunch/ snacks Diet Provision		Y	Fully equipped registered kitchen
1 to 1 Care Provision		Y	1 to 1 personal care provided after initial assessment 2 to 1

### Activities provided for clients.

Physical Activities		Y	
Sensory Activities		Y	
Outings/Trips		Y	
Educational Activities		Y	

### Additional information

Our Mission statement:

Cerebral Palsy Midlands Empowers People to achieve their Goals in a Caring and Friendly environment.

Our Aim is for people to reach their full potential by working together and supporting each other. Promoting Independence, effectively communicating and Educating people about Disability Awareness.

Together Everyone Achieves More

## Care First Management Services

Address: Head Office – Great Bar Station House B42 1DY








Telephone: Head office – 0121 308 6555 Email: [ReferralsAdmin@carefirstltd.co.uk](mailto:ReferralsAdmin@carefirstltd.co.uk)

Website: <https://carefirstltd.co.uk>





### Client Group

Predominantly: Predominantly: Autism, Learning Disabilities, Learning Difficulties, Complex Health Needs, Physical Disabilities, PMLD, Behaviour Support Needs. Age Range: 18-25+

### Centre Information

Building Accessibility		Y	Majority of buildings are accessible some of the hubs have an upstairs.
Outdoor Space		Y	Most of our Hub have outside space some set in acres of land and other with small to large outdoor spaces.
Personal Care Facilities		Y	Most Hubs can support around personal care, we have specific hubs with hoisting and changing bed facilities
Transport provided		Y	Transport by public transport or private hire for activities.
Administering Medication		Y	Support to administer medication in all hubs in available. Bespoke medication support for individuals around clinical management plans is also available
Lunch/ snacks Diet Provision		N	Meals are not provided, however support provided with specialist diets.
1 to 1 Care Provision		Y	We can offer 1:1 support as and when needed, this is assessed upon individual needs, initial assessment of placement and ongoing reviews once starting the service.

### Activities provided for clients.

Physical Activities		Y	Physical Activities vary by centre
Sensory Activities			Sensory activities vary by centre
Outings/Trips			Activities can vary at each Hub and all are planned with individual goals in mind.
Educational Activities			Life skills, communication sessions, the world around us, money management, health and hygiene, healthy foods, and diet

### Additional information

We have thirteen sites and accommodate people across the city please contact head office for locations and further details.

## Family Care Trust – Blanning Dementia Day Centre

Address: Blanning, Winster Avenue, Dorridge, Solihull, B93 8ST








Telephone: 01564 771179 Email: [admin.nbf@familycaretrust.co.uk](mailto:admin.nbf@familycaretrust.co.uk)

Website: [www.familycaretrust.co.uk](http://www.familycaretrust.co.uk)





### **Client Group**

Predominantly: Dementia Age Range: 50+

### **Centre Information**

Building Accessibility		Yes	The main buildings on site have disabled access and has recently been modernised.
Outdoor Space		No	
Personal Care Facilities		Yes	We provide a wide range of personal care services on site.
Transport provided		Yes	Transport can be provided to and from NBF at an additional cost.
Administering Medication		Yes	
Lunch/ snacks Diet Provision		Yes	Freshly cooked meals are made on site daily for all who attend.
1 to 1 Care Provision		Yes	

### **Activities provided for clients**

Physical Activities		Yes	Sports coaches come on site and do games/activities in the centre. Various games and activities are run by the staff on site. Armchair yoga and reminiscence work.
Sensory Activities		Yes	Arts and Crafts, Sensory room on site, games and activities for different abilities.
Outings/Trips		Yes	
Educational Activities		No	

### **Additional information**

Family Care Trust are a charity that predominantly work with adults with disabilities, the types of disabilities that we support include learning disabilities, mental health problems, acquired brain injuries, dementia and Parkinson's. Our Community Support Service is registered with the Care Quality Commission (CQC) with our most recent inspection (July 2018) receiving a Good overall rating.

## Family Care Trust – Newlands Bishop Farm

Address: Newlands Bishop Farm, Berry Hall Lane, Catherine de Barnes, Solihull, B91 2RY








Telephone: 0121 711 2939 Email: [admin.nbf@familycaretrust.co.uk](mailto:admin.nbf@familycaretrust.co.uk)

Website: [www.familycaretrust.co.uk](http://www.familycaretrust.co.uk)





### **Client Group**

Predominantly: Learning Disabilities Age Range: 18+

### **Centre Information**

Building Accessibility		Yes	The main buildings on site have disabled access but the farm surroundings are hard to navigate in a wheelchair.
Outdoor Space		Yes	50 acres of land, horses, goats, sheep, small animal enclosure, café, gardens, horticultural nursery, woodwork unit and much more.
Personal Care Facilities		No	
Transport provided		Yes	Transport can be provided to and from NBF at an additional cost.
Administering Medication		No	
Lunch/ snacks Diet Provision		Yes	Lunch provided to everyone in our canteen on site.
1 to 1 Care Provision		Yes	We have our own in-house 1 to 1 provision.

### **Activities provided for clients**

Physical Activities		Yes	Gardening, Landscaping Animal Care (small animals and large), Woodwork, Kitchen/Hospitality, Wedding Business, Bar Work, Horticulture, Woodland Management and much more.
Sensory Activities		Yes	Arts and Crafts, Sensory room on site, games and activities for different abilities.
Outings/Trips		No	
Educational Activities		Yes	Work skills training, Maths, English, Horticulture, Animal Care, Woodwork and work related training such as First Aid, Food Hygiene, Health and Safety etc.

### **Additional information**

Family Care Trust are a charity that predominantly work with adults with disabilities, the types of disabilities that we support include learning disabilities, mental health problems, acquired brain injuries, dementia and Parkinson's. Our Community Support Service is registered with the Care Quality Commission (CQC) with our most recent inspection (July 2018) receiving a Good overall rating.

## Father Hudson's Care

Address: Coleshill Day Services, Father Hudson's Care, St Georges House, Gerards Way, Coleshill, Birmingham B46 3FG








Telephone: 01675 462160 Email: [enquiries@fatherhudsons.org.uk](mailto:enquiries@fatherhudsons.org.uk)

Website: [www.fatherhudsons.org.uk/adults/st-catherines-day-service](http://www.fatherhudsons.org.uk/adults/st-catherines-day-service)





### Client Group

Predominantly: Complex care Age Range: 18+)

### Centre Information

Building Accessibility		All areas are wheelchair accessible and we have portable hoists and ceiling-tracked hoists to enable ease of movement.
Outdoor Space		We offer an accessible multi-sensory garden in which clients enjoy gardening, sports, outdoor activities and events. The centre is located in a private road within walking distance of Coleshill town centre.
Personal Care Facilities		Wheelchair accessible toilets with ceiling-tracked hoists.
Transport provided		
Administering Medication		Staff are trained to administer a range of medication
Lunch/ snacks Diet Provision		Specialist diets dependent on SALT referral including dysphagia at all levels, PEG feed. (Please note provision of meals is not available without prior arrangement. a packed lunch must be provided if no prior arrangement made)E.g., Specialist diets diets/food preparation catered for.
1 to 1 Care Provision		1-1 care provision is based upon individuals' assessment and need.

### Activities provided for clients

Physical Activities		Elan dance tutor, keep fit, sports, Fusion dance tutor.
Sensory Activities		Multi-sensory hydrotherapy pool, sensory garden, and multi-sensory room.
Outings/Trips		Horse riding, cinema, ice skating, parks, beauty spots, local attractions.
Educational Activities		Opportunities for college courses.

### Additional information

Coleshill Day Services is a happy and vibrant place in which adults with complex care needs are supported and empowered to achieve their goals and live a happy and fulfilling life of their choosing. We do this by providing a wide range of centre-based and community-based activities that offer stimulation, build daily living skills, and promote physical and mental wellbeing. We provide person-centred care, ensuring clients' dignity is maintained and individual needs are met.

## Focus Birmingham

Address: 48-62 Woodville Road, Harborne, Birmingham B17 9AT








Telephone: 0121 393 4849 Email: [info@focusbirmingham.org.uk](mailto:info@focusbirmingham.org.uk)

Website: [www.focusbirmingham.org.uk](http://www.focusbirmingham.org.uk)





### Client Group

Predominantly: LD / Sensory Age Range: 19+

### Centre Information

Building Accessibility		Y	Full accessibility
Outdoor Space		Y	Sensory garden, courtyard with outdoor seating and planting
Personal Care Facilities		Y	Changing rooms with track hoists, mobile hoists, accessible toilets
Transport provided		Y	Transport service available
Administering Medication		Y	Fully trained staff for administering medication. We support with specialist techniques.
Lunch/ snacks Diet Provision		Y	Specialist food preparation catered for including modified meals (IDDSI) and can meet the needs of those with enteral feeding systems
1 to 1 Care Provision		Y	Care provision is dependent upon the specific needs of the individual in our care

### Activities provided for clients.

Physical Activities		Y	Examples include cookery, relaxation & movement, dance, yoga
Sensory Activities		Y	Sensory interactive room, sensory art, sensory stories, sing sign
Outings/Trips		Y	Outings and trips are arranged throughout the year
Educational Activities		Y	(Vocational courses not available) We provide activities such as art and painting, dominoes and games, independent living skills

### Additional information

Focus Birmingham is a local charity providing support, care advice and guidance to all those affected by sight loss and complex needs across the whole of Birmingham.

Our **complex needs day service** provides weekday support for 95 adults (aged 19+), delivering stimulating programmes of activities, tailored to the needs of the individual. We run approximately fifty-six activities across the week and also access local attractions. This may include cinema trips, bowling trips, pub meals, visiting the safari park or shopping centres and much more. Each day is structured, and we also access other external activities with partner organisations to deliver variety and choice.



## Forward Day Services

### Orchid Centre

Address: 48 Lincoln Road, Solihull, Birmingham, B27 6PA

### Poppy Centre

Address: 1 Florence Road, Sutton Coldfield, Birmingham, B73 5NH

Telephone: 0121 706 1676 Email: [info@ibchealthcare.co.uk](mailto:info@ibchealthcare.co.uk)

Website: <https://ibchealthcare.co.uk>





### Client Group

Predominantly: : Learning disabilities to include complex and profound disabilities, ADHD Autism & Complex Health, and Care Needs      Age Range: 18+

### Centre Information

Building Accessibility		Y	Our building is ground floor level with widened doorways
Outdoor Space		Y	Both centres have outdoor areas
Personal Care Facilities		Y	We have a ceiling/track hoist in our accessible toilet
Transport provided		Y	Our fleet of vehicles are used to pick up and drop, also used for community activities.
Administering Medication		Y	We have trained staff on site to administer medication which includes Buccal Midazolam
Lunch/ snacks Diet Provision		Y	Most people bring their own packed lunch. Our team are mindful of special dietary requirements. We cater for people needing enteral feeding.
1 to 1 Care Provision		Y	Many of the people we support have 1:1 care provision

### Activities provided for clients.

Physical Activities		Y	People engage in various physical activities to include Swimming, Football, Archery, Yoga, Walking, Inclusive Cycling, Bowling, Trampolining, Snooker, Dancing
Sensory Activities		Y	On site sensory room plus many sensory activities. Also, our team encourage bespoke sensory experiences for people
Outings/Trips		Y	Days out: Alton Towers, Farm/Wildlife Park, Beach, Cinema, Conkers, Monkey Forest, Butterfly Farm, Bowling, Pub Lunch
Educational Activities		Y	Seasonal activities: Halloween, Easter, etc. Puzzles, Jigsaws, Maths and Literacy Books, Drawing and Colouring, Clay Work, Promoting Individualised Learning where appropriate

## Headway Birmingham & Solihull

Address: Leighton House, 20 Chapel Rise, Rednal, Birmingham. B94 5HS

Telephone: 0121 457 7541 Email: [enquiries@headway-bw.org.uk](mailto:enquiries@headway-bw.org.uk)

Website: [www.headway-bs.org.uk](http://www.headway-bs.org.uk)





### Client Group

Predominantly: People with acquired brain injury Age Range: 18+

### Centre Information

Building Accessibility		Y	All 3 Hubs are fully accessible
Outdoor Space		Y	Gardens at LEIGHTON HOUSE and HEADWAY HOUSE Outdoor seating and smoking shelter at SUTTON HOUSE
Personal Care Facilities		Y	Disabled Toilets only – no showers or hoists
Transport provided		Y	No transport for picking up/dropping off. Transport every day to activities in the community
Administering Medication		N	Clients will need to self-manage medication – though staff can prompt/remind
Lunch/ snacks Diet Provision		Y	Lunch items can be purchased and are delivered from local firms. Staff will attend to specific diet/feeding needs.
1 to 1 Care Provision		Y	We can provide 1 to 1 staff where needed, both at the Hubs or in the community.

### Activities provided for clients.

Physical Activities		Y	Physiotherapy, sports activities (bowling, fishing, golf, boccia, pool and many more) , fitness activities, Competitions
Sensory Activities		Y	Taste, smell, hearing, touch, pain assessments following brain injury
Outings/Trips		Y	Across the year according to programmes – educational trips, social, Xmas shopping, day trips, lunches etc
Educational Activities		Y	Understanding brain Injury – All areas of cognition, Speech & Language, Reading/writing/maths/money management, Social Skills, creative activities, wellbeing, Daily Living Skills and communication, IT & Technologies training

### Individual Day Centres

**Headway House**, Moseley Hall Hospital, Alcester Road, Moseley, B13 8JL

Telephone: 0121 442 4656

**Sutton House**, 380-384 Birmingham Rd, Wylde Green, Sutton Coldfield, B72 1YH

Telephone: 0121 809 2080

## Hong Que Day Service

Address: Chinese Community Centre-Birmingham, 99 Bradford Street, Digbeth B12 0NS








Telephone: 0121 685 8510 Email: [service@ccc-b.org.uk](mailto:service@ccc-b.org.uk)

Website: [Supporting Elders – Chinese Community Centre – Birmingham \(chinesebirmingham.org.uk\)](http://SupportingElders-ChineseCommunityCentre-Birmingham(chinesebirmingham.org.uk))





### Client Group

Predominantly: Chinese elders Age Range: 50+

### Centre Information

Building Accessibility		Y	Level access into building. Lift. Disabled toilet.
Outdoor Space		Y	We have a small vegetable & flower garden. During warm weather, we take Hong Que service users for walks to the local park (Highgate Park).
Personal Care Facilities			
Transport provided			For service users with no family/friend support we can book Ring & Ride where it is available
Administering Medication			
Lunch/ snacks Diet Provision		Y	Hot drinks and snacks provided. Service users need to bring their own lunch. We can heat food.
1 to 1 Care Provision			Group activities. Monthly welfare checks are conducted via informal 1:1 conversations.

### Activities provided for clients.

Physical Activities		Y	Morning stretch. Weekly falls prevention session (Dance to Health with Aesop); walks during warm weather. Other physical activities on ad hoc basis.
Sensory Activities			Art & craft activities, tabletop games
Outings/Trips		Y	Trips into city centre and to places of interest during warm weather. Occasional trip for free elders luncheon provided monthly by Chung Ying Cantonese Restaurant
Educational Activities		Y	Community health talks

### Additional information

We hold an annual birthday meal for Hong Que. They also participate in our community festival meals such as Chinese New Year and Mid-Autumn Festival.

Hong Que service users have reserved places at our monthly Tuesday Social Club which is run as part of our Prevention & Communities project.

## Jaffray Care Activity Hub

Address: 55 Marsh Lane, Erdington, Birmingham, B23 6HX








Telephone: 01213772800 option 3 then option 2

Email: [activityhub@jaffraycare.com](mailto:activityhub@jaffraycare.com) or [rachel.craven@jaffraycare.com](mailto:rachel.craven@jaffraycare.com)





Website: <https://jaffraycare.com/what-we-do/community-day-services/>

**Client Group** Predominantly: Adults with care needs      Age Range: 18+

### Centre Information

Building Accessibility		The building is wheelchair accessible throughout, including a lift, automatic doors, ramps and accessible toilets.
Outdoor Space		We have a garden with seating areas, accessible swings and outdoor games.
Personal Care Facilities		We have personal care facilities in the building including a care suite with a tracking hoist.
Transport provided		We do not provide transport to and from the service. We do provide transport during activities i.e. going out into the community. Our minibuses are wheelchair accessible.
Administering Medication		Trained staff administer prescribed medication.
Lunch/ snacks Diet Provision		We do not provide lunchtime meals. We do provide drinks/snacks. During lunchtime we prepare service users own packed lunch (that can be heated up or cooked). We support specialist diets and SALT plans.
1 to 1 Care Provision		We provide 1 to 1 care.

### Activities provided for clients

Physical Activities		We are trained by the platform Oomph! to deliver exercise and wellbeing sessions, such as seated exercises. Activities at the hub also include sports games such as Just Bowl, going out into the community on walks and swimming sessions.
Sensory Activities		Our multi-sensory room is completely interactive. The room includes bubble tubes, a vibration waterbed, projectors, moving light scanners and colour changing LED's.
Outings/Trips		We often go out into the community for a picnic in the park, to a coffee shop or to shopping centres. We organise planned day trips too, such as to Twycross Zoo!
Educational Activities		Activities promoting educational knowledge and skill include reading and writing, Makaton, gardening, arts and crafts, music, cooking, exercise, quizzes and puzzles.

## Mackadown Day Care services Ltd

Address: 628 Chester Rd, Wylde Green, Birmingham B73 5JR

Address: 221 Mackadown Lane, Tile Cross B33 0NL

Telephone: 0121 770 3225 Email: [info@mackadowndaycare.com](mailto:info@mackadowndaycare.com)








Website: <https://mackadowndaycare.com/>

### **Client Group**





Predominantly: Adults with complex healthcare needs and learning disabilities

Age Range: Adults over age 18 yrs.

### **Centre Information**

Building Accessibility		Y	We have disabled access to our building. We have ceiling hoists in situ and mobile hoists to uses where required.
Outdoor Space		Y	In both Day Centres we have enclosed rear gardens with grassed and seated patio areas. Both Day Centres have driveways for safe transfers to and from the minibus.
Personal Care Facilities		Y	We have accessible bathroom facilities in both day centres.
Transport provided		Y	Transport is available for pick up and drop offs as well as outdoor activities if required.
Administering Medication		Y	Our staff are trained in the Safe Administration of Medications. Policies and procedures for medication administration are reviewed regularly and audited.
Lunch/ snacks Diet Provision		Y	Lunches are provided. We can cater for a variety of different dietary needs such as vegetarian Halal, smooth and peg feeds. Dietary advice is sought where required
1 to 1 Care Provision		Y	Due to the nature of our client group, we are unable to accept clients who require 1:1 care.

### **Activities provided for clients.**

Physical Activities		Y	Horticulture, Art & Crafts, Cooking/baking, Beauty and pamper sessions, games, music, water play
Sensory Activities		Y	Sensory sessions, physiotherapy
Outings/Trips		Y	Day Activities are arranged, weather dependent
Educational Activities		Y	Numeracy and literature, flash cards, audio books

### **Additional information**

We have two Day Centres that provide the same activities.

## Nevin Day Centre

Address: 20 – 22 Key Hill, B18 5BP

Telephone: 0121 554 8560 Email: [info@nevindaycentre.co.uk](mailto:info@nevindaycentre.co.uk)








Website: <https://www.nevindaycentre.co.uk/>

### Client Group





Predominantly: Autism (Challenging behaviour)

Age Range: 18-40

### Centre Information

Building Accessibility		Y	Basic Accessibility
Outdoor Space		Y	Garden Area
Personal Care Facilities		Y	Toilets
Transport provided		Y	
Administering Medication		Y	
Lunch/ snacks Diet Provision		Y	
1 to 1 Care Provision		Y	

### Activities provided for clients.

Physical Activities			Packages catered to the person
Sensory Activities			Packages catered to the person
Outings/Trips			Packages catered to the person
Educational Activities			Packages catered to the person

## Pannel Croft Day Service

Address: 290 Hospital Street, Newtown, Birmingham B19 2XU

Telephone: 0121 503 1000

Email: [pannelcroft.enquiries@extracare.org.uk](mailto:pannelcroft.enquiries@extracare.org.uk)








Website: <https://www.extracare.org.uk/living-with-extracare/retirement-villages/pannel-croft-village/#pannelcroftvillage-village-btn:selected=true>

### **Client Group**





Predominantly: Older People

Age Range: 55+

### **Centre Information**

Building Accessibility		Y	Fully accessible
Outdoor Space		Y	Garden, patio
Personal Care Facilities		Y	Accessible WC only
Transport provided		N	We are unable to provide transport
Administering Medication		Y	
Lunch/ snacks Diet Provision		Y	Two course lunch and refreshments provide throughout the day. Able to cater for specific dietary requirements.
1 to 1 Care Provision		N	Unable to provide 1:1 care provision in day service

### **Activities provided for clients.**

Physical Activities		Y	Variety of exercise classes, including exercise balls, singing group
Sensory Activities		Y	Knitting/crochet squish bags, cake decorating, cards, dominoes, puzzles etc, gardening.
Outings/Trips		Y	Service users able to attend organised trips
Educational Activities		Y	Reading, topical discussions, memory, and reminiscence activities where service users learn from each other

## Queen Alexandra Community Services Hub

Address: 109 Court Oak Road, Harborne, Birmingham B17 9AA





Telephone: 0121 803 5515/07745 540234 Email: [communityservices@gac.ac.uk](mailto:communityservices@gac.ac.uk)/[gleno@gac.ac.uk](mailto:gleno@gac.ac.uk)

Website: <https://www.gac.ac.uk/community-services.htm>





### **Client Group**

Predominantly: Younger adults with autism and/or other support needs, including a diverse range of disabilities and sensory impairment. Age Range: 18-40 currently

### **Centre Information**

Building Accessibility		Y	We are on a ground floor with disabled parking to the rear, flat access, and step free access.
Outdoor Space		Y	Yes, a small garden with seating.
Personal Care Facilities		Y	A PC room with a bed and hoist system.
Transport provided		Y	Limited transport for existing clients only; we are at capacity. We can and do transport clients during the day to participate in activities, but we also use public transport and encourage clients to develop independence.
Administering Medication		Y	Yes, trained staff.
Lunch/ snacks Diet Provision		Y	Clients can bring or prepare their own food with support; we have a large kitchen facility and encourage cooking as an individual or group activity.
1 to 1 Care Provision		Y	All our care is 1:1 as we are a support worker service with the benefit of a community hub base.

### **Activities provided for clients.**

Physical Activities		Y	Clients are encouraged to participate in activities either individually or as a group. We have a regular swimming group.
Sensory Activities		Y	Not specifically catered to as a group. However, staff work closely with our clients who have sensory impairment to meet their needs and to enjoy leisure and social activities of their choice.
Outings/Trips		Y	All the time!!
Educational Activities		Y	We are not education focused however we work with our clients to promote independence, to support emotional and physical wellbeing, and to develop resilience and confidence.



## The Robin Centre

Address: The Robin Centre, 2 Vicarage Road, Kings heath, B14 7RA








Telephone: 0121 444 8111 Email: [info@therobincentre.org.uk](mailto:info@therobincentre.org.uk)

Website: [www.therobincentre.org.uk](http://www.therobincentre.org.uk)





### Client Group

Predominantly: Older people with dementia      Age Range: 65+

### Centre Information

Building Accessibility		Y	
Outdoor Space		Y	
Personal Care Facilities		Y	
Transport provided		Y	Yes-to and from the centre, and for trips out
Administering Medication		Y	
Lunch/ snacks Diet Provision		Y	Specialist diets diets/food preparation catered for.
1 to 1 Care Provision		N	Not provided

### Activities provided for clients.

Physical Activities			Daily exercise programme, Dancing, Arts & crafts, Gardening, Floor games, Bowling, Golf, Archery, Netball & other games
Sensory Activities			Guess the object, Tasting & Smelling games, Singing
Outings/Trips			Pantomime, Meals and recreational visits
Educational Activities			A mental activity everyday including reminiscence exercises

### Additional information

Here at the Robin Centre, we cater for people over 55 years of age and specialize in dementia care. Our team of staff are fully qualified in adult care and have many years of experience. We operate Monday to Friday 09.30 – 15.30. We have a fun filled day which comprises daily exercise, two activities, breakfast, a 2-course lunch & afternoon tea and cakes.

## Roselea Day Centre

Address: Rear of St Margaret's Church, Jarvis Road, Erdington, B23 5RS )

Telephone: 0121 350 7100 Email: [Roselea@btconnect.com](mailto:Roselea@btconnect.com)

Website: [Roselea@btconnect.com](http://Roselea@btconnect.com)





### Client Group

Predominantly: Learning and Physical Disabilities, Early Onset Dementia Age Range: 18+

### Centre Information

Building Accessibility		Y	Single storey level access. All areas wheelchair accessible
Outdoor Space		Y	Garden and recreational space. Seating area
Personal Care Facilities		Y	Changing area, Changing bed and hoist
Transport provided		Y	Accessible minibus. Transport to activities. Transport to and from Centre dependent on individual circumstance
Administering Medication		Y	Staff are trained to administer a wide range of medication including controlled drugs.
Lunch/ snacks Diet Provision		Y	Bistro style lunches. Specialist diets /food preparation catered for. (At additional cost). PEG trained staff.
1 to 1 Care Provision		Y	We are unable to accommodate clients who require consistent 1:1 care

### Activities provided for clients.

Physical Activities		Y	Skittles, Pool tournaments, Electronic Darts tournaments, Exercises, Dance, Mini Discos, Gardening, Karaoke, Various crafts, model making, Bingo
Sensory Activities		Y	Relaxation sessions, Hand massage, Sensory Apps, fiddle bags and boards, music sessions
Outings/Trips		Y	Local parks and places of interest, coffee shops, pub lunches, tenpin bowling, garden and craft centres, farms
Educational Activities		Y	Board games, Baking, IT Skills, basic literacy, and numeracy

### Additional information

We offer activities both on and off site. Many of our on-site activities are designed to promote independence and improve the ability to carry out everyday tasks and improve life skills. We also provide lots of activities with the emphasis on fun, socialising, and relaxation.

## Satori House

Address: 1 Goodrest Croft, Birmingham, B14 4JU








Telephone: 0121 430 7553 / 07594 340106 Email: [office.satorihouse@gmail.com](mailto:office.satorihouse@gmail.com)

Website: [www.satori-house.co.uk](http://www.satori-house.co.uk)





### Client Group

Predominantly: ASD, PMLD Age Range: 19-30

### Centre Information

Building Accessibility		Y	Limited wheelchair access currently.
Outdoor Space		Y	Limited garden space.
Personal Care Facilities		Y	Personal care attended to with Changing table if required.
Transport provided		Y	Only transport available for trips, not to and from the centre.
Administering Medication		Y	Staff are competent to administer medication for epilepsy, both regular and emergency, diabetes, and other medical conditions, with written consent.
Lunch/ snacks Diet Provision		Y	All specialist diets catered for.
1 to 1 Care Provision		Y	We cater for a range of needs, from group to 2:1.

### Activities provided for clients.

Physical Activities		Y	A huge range of daily in-house and community activities.
Sensory Activities		Y	We have an in-house sensory engagement personnel. A sensory room with heated waterbed and interactive screen.
Outings/Trips		Y	Members of a private gold club, cycling club, private swimming pool. In addition to regular access of community facilities.
Educational Activities		Y	Jobs board. Cultural festivals, cooking.

### Additional information

We are a small and friendly day centre offering a variety of activities that enrich our members lives.

## Sense : Holly Lane Day Service

Address: Sense, Holly Lane, Smethwick, West Midlands, B66 1QN

Telephone: 0121 809 3520

Email: [Julie.shields@sense.org.uk](mailto:Julie.shields@sense.org.uk) / [Emily.cork@sense.org.uk](mailto:Emily.cork@sense.org.uk)








Website: [www.sense.org.uk](http://www.sense.org.uk)

### **Client Group**





Predominantly: LD / PD

Age Range: 18+

### **Centre Information**

Building Accessibility		Y	Level access building
Outdoor Space		Y	Level access garden
Personal Care Facilities		Y	We have two hygiene suites that include an overhead hoist.
Transport provided		n/a	
Administering Medication		Y	
Lunch/ snacks Diet Provision		n/a	
1 to 1 Care Provision		Y	The individuals we support all have 1:1 support.

### **Activities provided for clients.**

Physical Activities		Y	We offer a range of activities including- Dance sessions, rock climbing, ice skating, swimming, and rambles to local parks.
Sensory Activities		Y	We offer massage, use of sensory objects, water and messy play and food tasting sessions.
Outings/Trips		Y	We arrange days out to the beach and other accessible locations.
Educational Activities		Y	We help with life skills and encourage the individuals to be as independent as they can be with the activities they enjoy.

## Stepping Stones Project

Address: Ark Community Church, St James Road, Sutton Coldfield, B75 5EH








Telephone: 07410 620546 Email: [stephanie.jones@arkcommunity.church](mailto:stephanie.jones@arkcommunity.church)

Website: [www.arkcommunity.church](http://www.arkcommunity.church)





### **Client Group**

Predominantly: mixed Age Range: 18+

### **Centre Information**

Building Accessibility		Y	Wheelchair friendly
Outdoor Space		Y	Garden
Personal Care Facilities		Y	Only to assist service users to walk to the facilities if they need help.
Transport provided		Y	Only when on an outing. Clients make their own way to the centre.
Administering Medication		Y	With permission from parent/carer, we can remind and watch a service user take medication.
Lunch/ snacks Diet Provision		N	Clients bring their own lunch.
1 to 1 Care Provision		Y	Staff assist one to one with the craft activities when needed.

### **Activities provided for clients.**

Physical Activities		Y	Keep fit, games, puzzles
Sensory Activities		Y	We offer craft facilities. At times we bake in the kitchen to encourage life skills
Outings/Trips		Y	Twice a year.
Educational Activities		Y	We assist service users to write in cards etc if they struggle in this area

## St. Mark's Community Hub

St Mark's Church Centre, Bandywood Crescent, Kingstanding, B44 9JX








Telephone: 0121 360 4298 Email: [k.airey@mail.com](mailto:k.airey@mail.com)

Website: [www.stmarkhub.com](http://www.stmarkhub.com)





### **Client Group**

Predominantly: Older Adults Age Range: 50+

### **Centre Information**

Building Accessibility		Y	Flat access throughout entire site
Outdoor Space		Y	Limited
Personal Care Facilities		Y	Disabled toilets
Transport provided		Y	Within Erdington and Perry Barr Area
Administering Medication		Y	Will give reminders
Lunch/ snacks Diet Provision		Y	Two course lunch provided and refreshments throughout the day.
1 to 1 Care Provision		N	

### **Activities provided for clients.**

Physical Activities		Y	Gentle Seated exercise weekly
Sensory Activities		Y	Puzzles, Books available
Outings/Trips		Y	Occasional
Educational Activities		N	

### **Additional information**

Day Centre for the Elderly Monday, Tuesday, Wednesday, and Friday

Place of Welcome Thursday 1.30 to 3.00

Seated Gentle Exercise Thursday 3.00 to 4.00

## Sutton Coldfield Support Services Ltd

Address: Wylde Green Community Hall, Emscote Drive, Wylde Green, Birmingham B73 5NE

Telephone: 0121 377 7507 Email: [office@suttonsupport.org.uk](mailto:office@suttonsupport.org.uk)








Website: [www.suttonsupport.org.uk](http://www.suttonsupport.org.uk)

### Client Group





Predominantly: Adults with learning disabilities

Age Range: 18+

### Centre Information

Building Accessibility		Y	Fully accessible, flat one storey building
Outdoor Space		Y	Patio at the front, garden at the rear all fully accessible.
Personal Care Facilities		Y	All
Transport provided		Y	Transport provided within a five mile Pick up and drop off. Local area. Limited spaces.
Administering Medication		Y	Trained staff can administer most medications (exceptions apply)
Lunch/ snacks Diet Provision		Y	Lunch provided
1 to 1 Care Provision		Y	Dependent on need

### Activities provided for clients.

Physical Activities		Y	Local walks, indoor bowls, ten pin bowling, swimming, Keep Fit, swimming, bowling, gardening, walking.
Sensory Activities		Y	We offer a wide range of activities to suit all with sensory needs. Large print, hearing enhanced activities.
Outings/Trips		Y	We offer a wide range of activities to suit all with sensory needs. Large print, hearing enhanced activities.
Educational Activities		Y	Basic educational sessions are part of our work.

### Additional information

We are a support service in Sutton Coldfield for adults with learning disabilities offering buildings-based and community-based opportunities. We provide adults with learning disabilities with the opportunity to learn new skills and activities designed to encourage each person to reach their true potential, to enhance their community opportunities, life, and social skills.

We are a fairly small day support service with very experienced and well-trained staff who have a mixture of skill, musical, art and craft. We try very hard to provide a mixture of fun and independent living skill.

## Thrive – Gardening for Health

Address: Thrive, Kings Heath Park, Kings Heath, Birmingham, B14 7TQ

Telephone: 0121 293 4531








Email [birmingham@thrive.org.uk](mailto:birmingham@thrive.org.uk)

Website: [www.thrive.org.uk](http://www.thrive.org.uk)





### **Client Group**

Predominantly: Physical or mental disabilities, isolation, loneliness, excluded. Age Range: 18+

### **Centre Information**

Building Accessibility		Y	disabled access to toilets
Outdoor Space		Y	
Personal Care Facilities		N	
Transport provided		N	E.g., Pick up / Drop off, day activities.
Administering Medication		N	
Lunch/ snacks Diet Provision		Y	Light refreshments at break e.g. tea, coffee, biscuits
1 to 1 Care Provision		N	

### **Activities provided for clients.**

Physical Activities		Y	
Sensory Activities		Y	
Outings/Trips		N	
Educational Activities		Y	

### **Additional information**

We use gardening to bring about positive changes in the lives of people living with disabilities or ill health, or who are isolated, disadvantaged, or vulnerable.

Thrive Birmingham offer therapeutic gardening programmes to people with a defined health, social or educational need in the old TV gardens in King's Heath Park as well as various outreach projects in the wider community. For those that remember, the TV gardens provided the outside broadcasting location for Pebble Mill and previously Gardeners' World and Gardening Times.

We use an approach called social and therapeutic horticulture (STH), where our team of trained therapists work with plants and people to improve an individual's physical and psychological health, communication and thinking skills.



## Trinity Respite Services – Day Service Provision

Address: 31 Serenity House, Gate Lane, Sutton Coldfield, B73 5TR

Address: The Lindridge, Lindridge Rd, Sutton Coldfield, B75 7JB








Telephone: 0121 378 3242 Email: [trinityrespiteservices@gmail.com](mailto:trinityrespiteservices@gmail.com)

Website: [www.trinityrespiteservices.co.uk](http://www.trinityrespiteservices.co.uk)





### **Client Group**

Predominantly: Adults with learning disabilities Age Range: 18 – 50

### **Centre Information**

Building Accessibility		Y	
Outdoor Space		Y	
Personal Care Facilities		Y	Accessible toilets on both sites. Shower facilities on The Lindridge site.
Transport provided		Y	During the day for activities and community visits
Administering Medication		Y	
Lunch/ snacks Diet Provision		Y	
1 to 1 Care Provision		Y	

### **Activities provided for clients.**

Physical Activities		Y	We access the gym, swimming, daily walks, and indoor exercises
Sensory Activities		Y	Sensory room on both sites and sensory activities during the week
Outings/Trips		Y	
Educational Activities		Y	

### **Additional information**

At Trinity we are a person centred, outcome-based service for adults with learning disabilities and/or autism and behaviours that challenge. We are very much community based and access the community during the week as well as promoting independence and life skills. We are a 48 week per year placement, Monday to Friday 09:30 – 15:30.

## Trusted Local Care

Address: Saxon Court, 300 Turves Green B31 4BY








Telephone: 07307 872831 Email: [tlcaremcd@gmail.com](mailto:tlcaremcd@gmail.com)

Website: [www.trustedlocalcare.co.uk](http://www.trustedlocalcare.co.uk)

### Client Group

Predominantly: Dementia, with LD and or MH Age Range: 55+

### Centre Information

Building Accessibility		Y	There is wheelchair access into the building, and the day care centre is on the ground floor, which is all flat
Outdoor Space		Y	There is a large communal garden, with floor beds and benches
Personal Care Facilities		Y	There two disabled toilets/washrooms , and a shower room is available if needed
Transport provided		Y	Transport is usually arranged by carers, but we can support. in setting up, registering with Ring and ride and will discuss. other transport options i.e., Shencare, taxi's
Administering Medication		Y	We do not usually administer medication but are happy to discuss this if support is needed.
Lunch/ snacks Diet Provision		Y	We offer morning and afternoon refreshments and a two. course lunch as standard. Breakfast can be provided on request
1 to 1 Care Provision		Y	Depending on individual needs of the Citizens, we may be. able to offer a one-to-one care provision

### Activities provided for clients.

Physical Activities		Y	Tai Chi, music and movement, skittles, floor netball
Sensory Activities		Y	Gardening, aromatherapy, singing for the Brain, drumming
Outings/Trips		Y	We offer various and varied trips throughout the year, i.e. Severn Valley Railway, Cotswold Wildlife Park, Black Country Museum, Nature Centre
Educational Activities		Y	Daily quizzes, arts and crafts, card games , and word puzzles

### Additional information

Trusted local care Northfield offers specialist dementia day care and respite. care to Citizens and Carers in Southwest Birmingham, inclusive of Longbridge, West Heath, Rubery, Frankley, Weoley Castle.

## YMCA Sutton Coldfield/Stepping Up

Address: Stepping Up, 13 Fosseway Drive Erdington B72 1LE

Telephone: 0121 382 9134

Email: [samkelly@ymcasc.org.uk](mailto:samkelly@ymcasc.org.uk)








Website: [www.ymcasc.org.uk](http://www.ymcasc.org.uk)

### Client Group





Predominantly: Young adults

Age Range: 18+

### Centre Information

Building Accessibility		Y	Yes
Outdoor Space		Y	Yes
Personal Care Facilities		Y	Yes
Transport provided		N	Parents / carers arrange transport
Administering Medication		Y	Medicine form can be completed, and young people supported to take this.
Lunch/ snacks Diet Provision		Y	Young people bring their own packed lunch but we often have cooking activities and eat these for snack.
1 to 1 Care Provision		Y	Yes

### Activities provided for clients.

Physical Activities		Y	Gym, swimming, drama / dance class, walking etc.
Sensory Activities		Y	Sensory activities are always at hand within the setting.
Outings/Trips		Y	Weekly trips out to lunch and shopping and trips in school holidays such as theme parks, bowling, theatre etc.
Educational Activities		Y	Cooking, health and wellbeing, educational visits, weekly projects such as healthy eating.

### Additional information

Stepping up operates 41 weeks of the year and closes loosely in line with school holidays as we have our 'short breaks project' which we run for children with SEND.

Stepping up runs five service days a week excluding bank holidays. Some of our group attend every day and others a couple of days a week.

## Windles Community Hub

Address: 328 Bromford Ln, Washwood Heath, Birmingham B8 2SD

Telephone: 0121 809 0666 Email: [info@hbvc.ac.uk](mailto:info@hbvc.ac.uk)

Website: <https://www.hbvc.ac.uk/windles-community-hub>





### Client Group

Predominantly: Adults with learning disabilities and/or autism. Age Range: 18+

### Centre Information

Building Accessibility		Y	Fully accessible from a mobility perspective. We work towards a total communication approach, so we are also fully inclusive from a communication point of view.
Outdoor Space		Y	We have access to a shared garden at our Bromford site. and have access to our allotment space.
Personal Care Facilities		Y	We do not provide personal care for our members.
Transport provided		N	Transport services are available at an additional cost to the fees for attending Windles. This is not a guaranteed service,
Administering Medication		N	Our staff can support our members to take their medication, but currently do not administer it for them.
Lunch/ snacks Diet Provision		Y	Members will need to provide their own lunches for the days they attend.
1 to 1 Care Provision		N	1:1 care could be facilitated as part of a members' care package provided by Birmingham City Council.

### Activities provided for clients.

Physical Activities		Y	We plan and facilitate sessions and experiences that focus on developing and maintaining physical and mental wellbeing. Walks and allotment and participate in dance workshops for example.
Sensory Activities		Y	Cooking sessions, arts and crafts workshops and in-house Music Therapy sessions.
Outings/Trips		Y	Windles members explore the local and wider communities often. Previous community visits have included trips to local parks, our allotment at Black Pit Lane, Think Tank Science Museum, The Library of Birmingham, The Dolphin Women's Centre
Educational Activities		Y	Dependent on individual

### Additional information

The Windles Community Hub is open 5 days a week, Monday to Friday.

## Community Micro-Enterprises

### **Client Group**

Predominantly: Various      Age Range: 18+

Various organisations providing support and activities for individuals throughout the city of Birmingham and the West Midlands.

### **Project Information**

Examples of the support provided ranges from:

#### **Music Therapy and Entertainment:**

Organisation	Contact details	Details
The Curious Project,	henryligginsmusic@gmail.com	Using music and the arts to combat, loneliness, help improve mental health, and encourage imagination and creativity.
Ways for Wellbeing UK,	info@waysforwellbeing.com, 07853194068 <a href="https://www.waysforwellbeing.com">https://www.waysforwellbeing.com</a>	Offering wellbeing and mental health, guidance to individuals through access to physical and creative activities.
Birmingham Centre for Arts Therapies,	talktous@bcat.info 07570962806 <a href="http://www.bcat.info">http://www.bcat.info</a>	BCAT utilise art, dance, movement, drama, music and play to support communities with positive mental health and wellbeing.
Misfits Music,	info@misfitsmusic.org.uk 07458306508 <a href="https://misfitsmusic.org.uk">https://misfitsmusic.org.uk</a>	Misfits Music provides community music activities for adults and adults with learning disabilities to bring people together
Quench Arts,	info@quench-arts.co.uk 07716362478 <a href="http://www.quench-arts.co.uk">www.quench-arts.co.uk</a>	Quench Arts is a community music organisation specialising in mental health and wellbeing.
Creative Active Lives	rachel@creativeactivelives.org.uk 07790443007 <a href="http://www.creativeactivelives.org.uk">www.creativeactivelives.org.uk</a>	We are a non-profit org providing entertainment and wellbeing for families, kid's parties, care homes, schools, and more.

#### **Dance Activities,**

Dance4u	emilydance4u@gmail.com 07788969193 <a href="http://www.dance4u.info/">http://www.dance4u.info/</a>	Therapeutic dance sessions tailored to the needs of individuals with physical and psychological disabilities.
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### Exercise and Fitness

Inner Transformation	satpal_snm@yahoo.co.uk 07963123751 www.innertransformation.co.uk	Inner transformation provides a holistic service for health and well-being for the Mind and body. Services include, Yoga classes, from Gentle Chair based yoga to Yoga Flow on the Mat from beginners to intermediates Plus Tai Chi, Qi-Gong, Fitness...
Impact 4life Well-being	info@impact4life.co.uk 07492099896 www.impact4life.co.uk	Mobile and on-site fitness and well-being solutions for all ages and abilities
Involve Wellness Ltd	Nora@envolvewell.com 07707931439 www.envolvewell.com	We deliver specialised exercise interventions for people with long term health conditions and additional needs.

### Art and creative skills

Leaf Creative Arts	leafcreativearts@gmail.com https://leafcreativearts.wordpress.com	We aim to widen participation in art and help people develop their creativity and self-confidence.
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Further information and individual contact details are available from the [Small Good Stuff | A free directory of community micro-enterprises who offer care and support locally](#) website.

## Neighbourhood Network Schemes (NNS)

Address: City wide

Website: <https://birmingham.connecttosupport.org/prevention-and-communities/neighbourhood-network-schemes-nns/>

The Neighbourhood Network Scheme (NNS) has been developed by the Adult Social Care Directorate. They are part of our vision to support Birmingham citizens to lead, happy, health lives in their own homes and communities. We want Birmingham's communities to be more welcoming and supportive place for older citizens and citizens with disabilities or additional needs.

What do the Neighbourhood Networks (NNS) do?

- There is a lead organisation working in each of Birmingham's 10 constituencies. They also meet regularly as a network for the whole city.
- Each NNS is working locally to develop activities and support that is free or low-cost and will promote the wellbeing and independence of older people and citizens with a disability or additional needs.
- The NNS involves local citizens and a wide range of local professionals and organisations to decide what is important locally.
- Each NNS invests in local community organisations through providing training, mentoring and by awarding grant funding.
- The NNS' support their local BCC social work team, as well as health and other professionals, to know what is available to the people they are supporting.
- All of the groups, activities and support that the NNS finds is published on the Connect to Support Community Directory so that anyone can find it -  
<https://birmingham.connecttosupport.org/search/?searchTab=directorySearchTab&templateId=ed1953b8-7e46-4ccd-b327-abb20091d7f4&sortOption=Rank%3Basc&pageNumber=1&pageSize=10&distance=1609>

If you would like to learn more about NNS or get in touch with the NNS in your constituency, please follow the link below.

<https://birmingham.connecttosupport.org/prevention-and-communities/neighbourhood-network-schemes-nns/>