

“What parks are there in Bearwood?”

“Where’s my nearest optician?”

“I could do with a list of useful contacts”

“Where can I go to have a say about my area?”

This is the first guide produced for those 60 or over in Bearwood.

***Funded by Smethwick Town Committee**



PICTURE COURTESY OF: WARLEY WOODS COMMUNITY TRUST

**60 or over?
A directory on Bearwood
for you**

Welcome

This free directory has been produced by Agewell for people aged 60 and over who live within the boundaries of Bearwood. It is hoped that this guide will give you some idea of what is available in the locality. It may be something you could carry around with you if need be or just leave by the telephone. The directory has been split into three sections; Health matters, What's out there, Money and Useful contacts.



Thank you

Agewell would like to thank the Smethwick Town Committee and St. Gregory's Catholic Church for their help and support in producing this directory.



Who are Agewell?

Agewell is a Sandwell based organisation funded by Sandwell Primary Care Trust, which works to ensure that the needs and aspirations of local older people are put to the forefront.

As an Agewell volunteer you can:

- Represent the views of people over 50
- Join a local forum and highlight issues of concern to you, your community or town
- Promote the work of Agewell as the voice of older people throughout Sandwell

If you'd like to find out more about Agewell's work and how you could get involved, call 0121 525 7605 or visit our website www.agewellinsandwell.org.uk.



Health matters

Within this section you will find a number of health related organisations within the Bearwood area.

General Practitioners / Surgeries



Bearwood Medical Centre

176 Milcote Road, Bearwood, Smethwick, B67 5BP

Tel: 0121 429 1572

The Surgery

348 Bearwood Road, Bearwood, Smethwick, B66 4ES

Tel: 0121 429 1345

Victoria Health Centre

110 Norman Road, Bearwood, Smethwick, B67 5PU

Tel: 0121 429 1373

Opticians



Aristo Opticians

6-7 Three Shires Oak Road, Bearwood, Smethwick, B67 5BA

Tel: 0121 429 7024

Eurospex Optician Ltd

641 Bearwood Road, Bearwood, Smethwick, B66 1DS

Tel: 0121 429 3711

Nagra Opticians

546 Bearwood Road, Bearwood, Smethwick, B66 4BT

Tel: 0121 429 7752

Peter Bainbridge

502 Bearwood Road, Bearwood, Smethwick, B66 4BX

Tel: 0121 429 6006

Scrivens Ltd

Bearwood Shopping Centre, 575 Bearwood Road, Bearwood, Smethwick, B66 4BH

Tel: 0121 420 1089

The Vision Centre

546 Bearwood Road, Bearwood, Smethwick, B66 4BT

Tel: 0121 420 1705

Pharmacies



Boots The Chemists Ltd

612-614 Bearwood Road, Bearwood, Smethwick, B66 4BW

Tel: 0121 429 2285

Brights Chemists Ltd

48 Three Shires Oak Road, Bearwood, Smethwick,
B67 5BS

Tel: 0121 429 2493

Dalvair Health Care

479 Bearwood Road, Bearwood, Smethwick, B66 4DH

Tel: 0121 429 9150

Fakir Chemist

348a Bearwood Road, Bearwood, Smethwick,
B66 4ES

Tel: 0121 434 4022

Lloyds Pharmacy

581 Bearwood Road, Bearwood, Smethwick, B66 4BH

Tel: 0121 429 1326

Vishnu Pharmacy

57 Hurst Road, Bearwood, Smethwick, B67 6LY

Tel: 0121 420 2972

Dental Practices



Bearwood Dental Care

341 Bearwood Road, Bearwood, Smethwick, B66 4DB

Tel: 0121 434 4910

Complete Dental – Bearwood

623 Bearwood Road, Bearwood, Smethwick, B66 4BL

Tel: 0121 429 1000

S C Preston & D A Westley

80 Sandon Road, Bearwood, Smethwick, B66 4AG

Tel: 0121 429 3572

Shires Dental Practice

45 Three Shires Oak Road, Bearwood, Smethwick,
B67 5BS

Tel: 0121 429 5497

Village Dental Health Centre

4 St Mary's Road, Bearwood, Smethwick, B67 5DG

Tel: 0121 429 2170

Adult Services and Health

Adult Services and Health is part of Sandwell Council and delivers social care services for adults.

If you are ill or disabled, or are taking on new caring responsibilities, you may need support, advice, information or practical help: Smethwick Adults Team may be able to offer assistance. They can advise you on how to arrange a variety of services to help you.

Smethwick Adults Team

St Paul's Office, High Street, Smethwick, B66 3NJ

Tel: 0121 569 5594

In regard to support for carers you could also contact CARES Sandwell. This organisation offers a free and confidential information and advice service for carers and the people they care for within Sandwell.

CARES Sandwell

Sandwell Carer Centre, 2 Bearwood Road, Smethwick, B66 4HH

Tel: 0121 558 7003

What's out there?

This section of the directory includes information about; parks in the area, leisure activities, places of worship and community centres and groups.

Parks

Lightwoods Park

Lightwoods Park, Hagley Road West

Tel: 0121 464 8728

This is an unusual park in so far as it lies within the Sandwell Boundary and specifically in Bearwood, but is managed by Birmingham City Council. There is a children's play area, a skateboarding area, and a grass bowling green (bookings through Sport England on **Tel: 0121 464 6024**).

Warley Woods Community Trust

Warley Woods Community Trust, The Pavilion,
Lightwoods Hill, Smethwick, B67 5ED

Tel: 0121 420 1061

Warley Woods Community Trust was organised to protect, restore and manage the infrastructure of the park.

Warley Woods is 100 acres in size and comprises a meadow, large woodlands and a public golf course. It is surrounded by houses and is a valuable green-space for ramblers, families, dog-walkers and sport enthusiasts.



Leisure activities

Allotment Gardening in Sandwell

Tel: 0121 569 3438

Allotment gardening is one of the healthiest pastimes one can get involved with. Good Food! Exercise! Meet New People!

There is no barrier to allotment gardening in Sandwell. All have a friendly welcome waiting. There are a number of plots in the Bearwood area. Ring the above number to find out more.

Housebound Library Service

Tel: 0121 552 4136

This service is for anyone who lives in Sandwell, who can't get out to their local library or mobile library stop, because of a disability, illness, or any other difficulties in carrying their books home. It is also for carers who are looking after housebound residents and are unable to access library services due to their caring commitments. This service is also for people in residential or nursing homes, day and community centres.

If this sounds like you, or someone you know, you may be eligible for this service, so give the Housebound Library a call.

Thimblemill Library (See Below)

Thimblemill Road, Bearwood, Smethwick, B67 5RJ

Tel: 0121 429 2039

Here is a taster of what you will find at Thimblemill Library: Books for adults and children, Large Print Books, Talking Books, Books in Asian languages, Videos, CDs, Children's Cassettes, Newspapers, Local History, including photographs for you to buy.

To find out what is else is available contact the above number.



Sandwell Mobile Library

Tel: 07771 503889



The Mobile library is completely accessible, with a side lift, ideal for pushchairs and wheelchairs. It now has a computer for public use, with free Internet access and free printing so access to information is now better than ever! Like all of Sandwell's libraries, it's free to join and free to borrow books.

To find out if the library stops near you please ring the telephone number above.

Smethwick Swimming Centre

Thimblemill Road, Bearwood, Smethwick, B67 5QT

Tel: 0121 429 1421

Sandwell Leisure Trust work in partnership with Sandwell MBC, to provide leisure facilities within the Borough.

The activities and services on offer from Smethwick Swimming Centre include; Aquafit, a variety of clubs, over 50's swimming, fitness classes, fit 'n' well gym, a ladies activities morning and many other activities.

There is also the Young At Heart scheme. Young At Heart activities are designed for the over 50s to promote a healthier lifestyle. These sessions are supervised by fully qualified staff at selected local leisure centre's. All Young At Heart sessions are reasonably priced (all leisure pass discounts apply).

For more information about the services available at Smethwick Swimming Centre ring the number above or contact Sandwell Leisure Trust on **Tel: 0121 569 4815**.



Active Sandwell can also support you if you are interested in leisure activities in the Bearwood area. Their overall aim is to improve the quality of life for older people in Sandwell through a more active lifestyle.

Active Sandwell targets those hard to reach groups who do not normally take part in physical activity or sport.

Activities include:

- EXTEND Sessions
- Tea Dances
- Health Walks
- Gardening
- Swimming
- Falls Prevention
- GreenGym and more



Working in partnership with Sandwell PCTs, Sandwell Leisure Trust, Agewell, Sport England and various community organisations, the long term vision of the programme is to develop a healthy and more active older population in borough.

If you are interested in any of the above please contact the Active Sandwell Coordinator on **Tel: 0121 525 7618** or **Tel: 07976 391482**



Places of worship

There are a number of activities held at Places of worship for older people. Activities do change occasionally so it may be worthwhile contacting the appropriate centre to see what is on at the time.

Bearwood Baptist Church

Rawlings Road, Bearwood, Smethwick, B66 4HA

Tel: 0121 429 3377

Bearwood Chapel

445A Bearwood Road, Bearwood, Smethwick, B66 4DH

Tel: 0121 420 1102

New Life Christian Centre

Pargeter Road, Bearwood, Smethwick, B67 5HZ

Tel: 0121 525 2447

River of Life Ministry (Sandwell)

Bearwood Baptist Church Building, Bearwood Road, Bearwood, Smethwick, B66 4HA

Tel: 0121 477 9707

St Gregory's Roman Catholic Church (pictured below)
Three Shires Oak Road, Bearwood, Smethwick,
B67 5BT
Tel: 0121 429 1743



St Hilda's Church of England
Abbey Road, Bearwood, Smethwick, B67 5NQ
Tel: 0121 429 1384

St Mary's Bearwood Church of England
St Mary's Road, Bearwood, Smethwick, B66 4BX
Tel: 0121 429 2165

Warley Woods Methodist Church
Abbey Road, Bearwood, Smethwick, B67 5LS
Tel: 0121 552 2145

Community centres & groups

There are many groups that meet at places of worship in the Bearwood area. For further information contact the relevant place of worship.

Agewell Local Forum – Smethwick
Tel: 0121 525 7605

- Over 50?
- Live in Smethwick?
- Want to make your views known about services?

Come along to the Smethwick Agewell Local Forum. In an informal environment you can make your views known on anything that affects anyone over 50 in Smethwick or the wider area of Sandwell. Have a cup of tea or coffee and meet people in a relaxed atmosphere to discuss issues that affect the daily lives of local residents.

If you are interested in attending, the meetings are held on the last Thursday of every month (excluding December) at 10.30am, at the Thimblemill Library in Smethwick.



Hurst Road Community Centre
Hurst Road, Smethwick, B67 6ND
Tel: 0121 429 3399

Hurst Road Community Centre hosts a number of activities for local people that vary from tea dances to martial arts groups. For information on any events contact the above number.

Smethwick Local History
Bearwood Baptist Church, Bearwood Road, B66 4HA
Tel: 0121 429 4623

If you want to learn more about the history of Smethwick including Bearwood, then the society have activities on the first Wednesday of every month.

Warley/Bearwood Townswomen's Guild
Warley Woods Methodist Church, Abbey Road,
Smethwick, B67 5LS
Tel: 0121 242 6204

Warley/Bearwood Townswomen's Guild meet on the third Monday of every month between 2pm and 4pm and welcome any new members.

Money



Smethwick Town Team

Crocketts Lane, Smethwick, B66 3BX

Tel: 0121 569 4637

Smethwick Town Team was established to lead neighbourhood action within the town. It looks to ensure communities participate at a neighbourhood level, articulating their concerns as well as the needs and aspirations for the neighbourhood.

The town team also ensures individual agencies work in partnership and act as a collective in addressing community concerns.

Smethwick Town Team also offers a Welfare Rights Service.

- If you are over 60
- Live in Bearwood or Smethwick

The Welfare Rights Service will assist you in checking your benefit entitlement and help you claim and complete forms.

Welfare Rights Service

Tel: 0121 569 5837

New Deal 50 plus

You can join the programme if you are aged 50 or over and are in receipt of and have been receiving any one or more of the benefits below for at least 6 months.

- Income Support (IS)
- Jobseeker's Allowance (JSA)
- Incapacity Benefit (IB)
- Severe Disablement Allowance (SDA)
- Pension Credit

You may also be eligible if you have been receiving National Insurance credits or Invalid Care Allowance or Bereavement Allowance.

New Deal 50 plus is also available to you if your partner has been receiving an increase in benefits for you for at least 6 months.

If you're over 50 and want to work, then the New Deal 50 plus programme could be the perfect opportunity for you. If you have been finding it difficult getting a job, or work that pays a decent wage, then this dedicated programme of help may be just what you need.

If you have any questions about New Deal, call:

Tel: 0845 606 2626

7am to 11pm, seven days a week

Or textphone:

Tel: 0845 606 0680

7am to 11pm, seven days a week.

Local Pension Service

Tel: 0845 60 60 265

Local Service Information Points provide a face-to-face service to customers in convenient locations.

Local Service staff are also available by a pre-arranged appointment to come out to your home. They discuss matters such as State Pension, Pension Credit, Attendance Allowance, Housing Benefit,

Council Tax benefit and other pensioner entitlements and services.

You will also find leaflets on the benefits and services provided by The Pension Service.

To arrange a home visit or find out the nearest Local Service Information Point ring the number above.

Sandwell Money Link

382 High Street, West Bromwich, B70 9LB

Tel: 0121 553 3110

Sandwell Advice & Moneylink (SAM) provides advice and community banking facilities for local residents, offering affordable and accessible credit facilities along with access to a range of financial support services.

Services include:

- loans to individuals and small businesses that are unable to borrow from High Street banks and building societies
- help and advice on all aspects relating to borrowing money or planning a budget

Sandwell Advice & Moneylink (SAM) will consider applicants regardless of their financial status

Available loans include:

- homeowner (or home maintenance and improvements)
- restart (for debt consolidation)
- back to work
- business
- personal

6 Towns Credit Union is a community run financial co-operative, managed by volunteers. Operating within the SAM premises, it offers loans and saving facilities for those living or working in Sandwell.

Useful contacts

Telephone numbers

In this section are a list of telephone numbers that may be of use to you including the councillors for your area.

- Age Concern Sandwell
Tel: 0121 500 1860
- Anti Social Behaviour Hotline
Tel: 0845 359 7500
- Citizens Advice Bureau (CAB)
Tel: 0121 558 8500
- Crimestoppers
Tel: 0800 555 111
- Debtline
Tel: 0808 808 4000
- Independent Living Centre
Tel: 0121 558 5555

- NHS Direct
Tel: 0845 46 47
- Ring & Ride
Tel: 0121 505 7613
- Sandwell Council
Tel: 0845 358 2200
- Sandwell Council of Voluntary Organisations
Tel: 0121 558 7434
- Sandwell Leisure Trust
Tel: 0121 569 4815
- Sandwell Primary Care Trust
0845 144 0500
- Sandwell Homes
Tel: 0845 359 7600
- Sandwell MIND
Tel: 0121 543 3930
- Sandwell Shopmobility
Tel: 0121 553 1943
- Sandwell Volunteer Bureau

Tel: 0121 544 8326

- Smethwick Community Safety Unit
Tel: 0121 565 0026
 - Smethwick Fire Station
Tel: 0121 558 2222
 - Smethwick Heritage Trust
Tel: 0121 555 7278
 - Smethwick Town Team
Tel: 0121 569 4637
 - Trading Standards
Tel: 0121 569 6628
 - Traveline
Tel: 0870 608 2 608
 - West Midlands Police
Tel: 0845 113 5000
-

Councillors – Abbey ward



Cllr. Steve Eling
Tel: 07860 829577



Cllr. Ann Jaron
Tel: 07789 651391



Cllr. Bob Piper
Tel: 07817 617 595

Councillors Bob Piper, Dr. Ann Jaron and Steve Eling hold a weekly advice surgery every Thursday, 7pm to 8pm at Thimblemill Baths, Thimblemill Road, Bearwood.

Your details

Name.....

Doctors Name.....

Doctors Tel No.....

Doctors Address.....

.....

.....

Close friend / relative.....

Tel No.....

Close friend / relative.....

Tel No.....

Every effort has been taken to ensure accuracy of the contents of this publication at the time of going to print however we must stress some details may be subject to change in the future. (Print Date February 2007)

Feedback form

We are very keen to find out what you think of the guide and how you think it may be improved. We would be most grateful if you would take the time to fill in this page and return it to Agewell by post.

Do you have any suggestions to improve the content of the guide?

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Any suggestions to improve the presentation of the guide?

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