

Fitness and Health

NHS Services

Birmingham Community Nutrition are based in Highgate, and offer several services for adults and children. There are many reasons to get an appointment, such as diabetes, obesity, food allergies, underweight, and more. Referrals to this service by your GP can occur with your consent, and in some instances patients can self-refer. Information, in several languages, can be found at www.bhamcommunity.nhs.uk/about-us/services/adults/nutrition

Change 4 Life (NHS) – Change 4 Life is a public health program in the UK. Its aim is to help you make small changes in your's and your kid's diet to improve your current and future health. 2.7 million people have currently joined. More information, including details of activities near you, can be found on their website at www.nhs.uk/change4life. You can also contact them on **0300 123 4567**

Birmingham City Council – The city council offers several services, and their 'leisure' and 'passport to leisure' cards offer opportunities for discounts for leisure services. For locations visit www.birminghamleisure.com, and for information go to www.birmingham.gov.uk/leisurecard.

Exercise on prescription – You can be referred to your local leisure centre where a qualified instructor will develop a programme of exercise to suit your individual needs. www.birmingham.gov.uk/eop

Other Services

Diabetes UK Midlands – Diabetes UK is a leading charity that cares for, connects, and campaigns on behalf of those affected by, or at risk of, diabetes. They provide information and advice, and have a care line that operates Monday-Friday 9am-7pm. The Careline is at **0345 123 2399**, and is available in a number of languages. For more information, and details on local groups, see www.diabetes.org.uk

Beat – Beat is a leading charity that deals with any affected be eating disorders. It provides information and support through helplines which can be called, texted, or emailed. It also offers online support, including message boards, and has helpfinder, which is an online directory of support services. The online directory is at helpfinder.b-eat.co.uk, and the helpline is on 0845 634 1414. A dedicated youthline is **0845 634 7650**.

Quitline – independent charity helping smokers to stop – **0800 00 22 00**
www.quit.org.uk

Fit for Work – Fit for work is designed to support people in work with health conditions and help with sickness absence. It offers free advice via the website or telephone, and also offers a referral service which helps create you a return to work plan. Your GP can now refer employed patients who have been, or are likely to be, off sick from work for four weeks or more for a voluntary occupational health assessment. **0800 032 6235** fitforwork.org



Tudor Practice Stockland Green

Patient Resources Leaflet

This Booklet contains various resources and other options that offer alternatives to GP appointments. It also contains a number of national charities and local events that we hope may be of interest to you.

For a shorter list of resources, focused on NHS services, ask at reception for the Patient Booklet

Practice Telephone Numbers 0121 465 2900

Contents:

The information in this document has been separated into categories to best help you find the support and services you need.

Many of the resources in this document offer alternatives to booking a GP appointment, and are often better suited to your individual needs. Others are there for your information and offer help from national and local organisations for a vast range of circumstances.

This page will help guide you towards the services you need.

- Information and Out of Hours/Emergency Services
- Mental Health
- Support for Families and Carers
- Drugs and alcohol
- Fitness and Health
- Youth Support
- Support for the Elderly

Format

The pages following this will be structured in a certain way:

First there will be NHS and local government options; these will include options for alternatives to your GP, additional care, and sources of information on your condition.

Following this there will be other selected organisations and events that can also offer you help. These include national and local charities and some selected local social events. Many of these resources and charities have their own directories of local events, which we urge you to check for other things within your interest.

You may find your circumstances place you into more than one category: while some resources may appear in both, check both categories to see if there is anything else in the other that may help.

Addiction

Alcoholics Anonymous – Alcoholics Anonymous, or AA, is concerned solely with the personal recovery of those who turn to it for help. It aims to help those who are experiencing problems with alcohol addiction, and it promotes keeping the ‘Anonymity’ in its name. Contact them on their free national helpline at **0800 9177 650**.

Al-Anon - Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else’s drinking,. The nearest group is in Christ The King Catholic Church in Kingstanding, 124 Warren Farm Road, B44 0QN. These meetings are held every Monday from 8pm to 9.30. You can find details of other groups on the website at **www.al-anonuk.org.uk**.

Aquarius - Aquarius strives to help people overcome the harms caused by alcohol, drugs, and gambling. They work with individuals, as well as with family and friends, to lessen the impact of an addiction. Contact the head office at **0121 622 8181**, or find out more at **aquarius.org.uk**

FRANK – FRANK offers a free 24 hour drug helpline and a substantial amount of online information on drugs and harmful drug use. It also offers online live chat, SMS, and email services. They are The helpline is on **0300 123 6600** and the SMS is 82111. Website at **www.talktofrank.com**

Gamblers Anonymous - Gamblers Anonymous hold meetings all around the country for people with compulsive gambling problems. There a meeting held every second Wednesday evening of the month at Sutton Coldfield Methodist Church. 0121 233 1335 **www.gamblersanonymous.org.uk**

Reach Out Recovery - Reach Out Recovery offers treatment and recovery services to support anyone experiencing difficulties with drugs and/or alcohol in a range of local community settings across Birmingham. Their services are free and confidential. They offer a diverse range of services including advice, healthcare clinics, needle exchanges, and can design personalised plans for recovery based on your needs. Tel. **0121 227 5890**(24hr). Scala House, 36 Holloway Circus, Birmingham, B1 1EQ. **www.reachoutrecovery.com**

Quitline – independent charity helping smokers to stop – **0800 00 2200**
www.quit.org.uk

Slade Road Community Drug Team - This is a service for anyone in North Birmingham who is using illicit drugs (Classes A, B, and C), opiates/stimulants. It offers support and counselling, as well as substitute prescribing and detox programs. There is also a needle exchange on site. It is open from 9-5 at 411 Slade Road, Erdington, B23 7LA. Tel **0121 301 5470**.

PALS (Patient services) – Good Hope

Home from Hospital Service– 6 weeks free support inc. shopping, driving etc. App form. 0121 424 9887

Embec Care – Day and home care for elderly – B74 4AE

Contact the Elderly – 3 Groups in SC. See Support Register. National no. **0800 716 543**

Support

Our Place Community Hub – Provides a range of local agencies with space and facilities to conduct their services. 0121 354 4080. Farthing Lane B72 1RN

Our Place Mentoring Scheme

Supportive Care Centre – Providing information and support to anyone affected by a life limiting illness and their carers. St Giles Supportive Care Centre, SC, B75 6JB. Bereavement helpPoint St. Giles. Mon 10.30-12.30(Support Reg)
Mere Green Lunches Mondays 12-2 (Support Reg)

FOCUS Birmingham – Supporting visually impaired and disabled people and their carers. Day care, low vision eye care services, and community services

Out of Hours/Emergency Services and other selected Information

In An Emergency: **999**

111 – NHS 111 is a free to call non-emergency number in England and Scotland that has replaced the ‘NHS Direct’ call line. It should be called when you need medical help fast, but the situation is not life threatening. More information can also be found at www.nhs.uk.

In An Emergency: **999**

101– Police (Local Station)

0808 2000 247— National Domestic Violence Helpline

0121 643 0301—Rape and Sexual Violence Project

116 123—Samaritans

0300 304 7000—Saneline

0845 3030 900—Victim Support

0121 303 2296—City Council Homeless Service (Out of hours)

0121 643 1160—Birmingham LGBT

Our Practices Telephone Numbers

Tudor Practice - **0121 465 2900**

The following are the three nearest hospital and A&E services to our Reservoir Road location

Heartlands Hospital – Tel. No. **0121 424 2000**, 3.2 miles, located at B9 5SS

Good Hope Hospital – Tel. No. **0121 424 2000**, 3.6 miles, located at B75 7RR

City Hospital – Tel. No. **0121 554 3801**, 3.9 miles, located at B18 7QH

Other helpful Information

NHS Choices—NHS Choices is an online resource found at www.nhs.uk. There you can find information on a wide variety of conditions, potential treatments, and information on local services. As a result NHS Choices is a valuable resource for information on your condition, particularly for those small questions about your treatment and diagnosis.

PALS—PALS stands for the Patient Advice and Liaison Service. It offers confidential

advice, support, and information on health related matters. They provide a point of contact for patients, families and carers. You can find your local PALS service through **111**, and there is one at each hospital.

Patient UK - An online resource that provides information on health, lifestyle, disease and other medical topics. www.patient.co.uk

Choice and Medication - For information on what type of medication you have, and what they do individually, you can visit. www.choiceandmedication.org

Birmingham City Council Website – This can be used to find out information about the local city council and to find local services and information, including leisure centres, schooling etc. Website at www.birmingham.gov.uk and localview.birmingham.gov.uk

Birmingham Community Healthcare NHS Trust - Provides a wide range of community and specialist services within Birmingham and the West Midlands for adults, children, and the elderly. www.bhamcommunity.nhs.uk Tel: **0121 466 6000**

Patient UK - An online resource www.patient.co.uk

Citizen's Advice Bureau – The Citizen's Advice Bureau can help with questions about your right to work, legal issues including your benefits, and on consumer issues. The nearest Birmingham office is at 404 Kingstanding Road, B44 8LD Tel. No. **03444 111 444**

Money Advice Service – The Money Advice Service has been set up by the government to offer free and impartial money advice. The Money Advice Service, amongst other things, provides guidance on defined contribution pensions types of pension and retirement income, and information on automatic enrolment: **0800 088 2714**

Debtline – Debtline is part of the Money Advice Trust (MAT), a charity part funded by the government. It offers advice on saving money and on dealing with debt. **Tel No 0808 808 4000**

British Red Cross – The Red Cross aims to help people in crisis, in the UK and overseas. It also offers First Aid training and sometimes social care. There is a location at Unit 8 of the Windsor Industrial Estate B7 4PR. **Web www.redcross.org.uk Tel No. 0121 359 3154**

Birmingham Disability Resource Centre—Head Office: 4th Floor, Lyndon House 58-62 Hagley Road Birmingham B16 8PE. Tel no. **0121 248 4520**

Dyslexia Association Birmingham- Dyslexia Assessments provide services to both

learning difficulties, and more.

John Taylor Hospice – John Taylor's Hospice has a not for profit hospital and a group of carers that can provide intensive palliative care on and off site. As well as their full time care, they have a 'Day Hospice' for patients with a greater level of independence. 76 Grange Road, Erdington, B24 0DF. Your GP practice can make referrals to the Hospice, and information about the process can be found though calling them on **0121 465 2000** or at www.johntaylorhospice.org.uk

Jubilee Citizens UK – Jubilee Citizens provide home support and care services that are tailored to assist individuals, and in particular are geared towards older adults. They accept referrals from GPs as well as self-referrals; care is offered after a home assessment. Tel **0121 362 3664** (part of group at Boldmere)

Support for Carers

Carers UK – Carers UK gives expert advice, information, and support to people who are acting as a carer. The Adviceline is open Monday to Friday, 10am to 4 pm at **0808 808 7777**.

Birmingham Carers' Hub – A group of not for profit organisations, led by Midland Mencap, that aims to improve the wellbeing's of carers in the Birmingham area. It offers several free services, including an information line, a carer emergency backup service, training, and online information. Tel. **0333 006 9711** www.birminghamcarershub.org.uk/ (part of group at Boldmere)

Carers Trust – Carers Trust was formed by a merger between Cross Roads Care and The Princess Royal Trust for Carers. Carers Trust provides information, training, and employment opportunities to carers. They have information on their partners and events online at www.carers.org, and are contactable by email at info@carers.org.

Release Upbeat – This is a project by local YMCA charity 'Release' that supports young adult carers aged 18-25. It provides information, and also one-on-one support, in areas that include; personal development, self-esteem, and access to education and training. Located at Sutton Coldfield YMCA, George Williams House B72 1LE. Tel **0121 354 5614**

YCN Net – A website and online support service for young people aged 18 and under in the UK, who help to look after someone in their family who has an illness, disability, drug/alcohol addiction or mental health condition. www.youngcarers.net

Support for Families and Carers

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support. Many of the options under this section cover both carers and those in need of care, but they have been loosely separated for ease of use.

Government/NHS Services:

PALS Customer Relations - Mental Health

Carers Assessments – An assessment provided by social services that will look at what help you need with caring. Contact the Adults and Communities Access Point (ACAP) on **0121 303 1234** or at acap@birmingham.gov.uk to find out if you are eligible.

Attendance Allowance – An allowance to help with personal care for people who are physically or mentally disabled and aged 65 or over. Contact the department of work and pensions for a home assessment. **0121 303 1111**

Carers allowance – There is an allowance to help with personal care for people who provide more than 35 hours of care a week (and meet some other eligibility criteria)

NHS Carers Direct – free, confidential advice for carers. **0808 802 0202**

My Care In Birmingham – Birmingham City Council's social care information and advice website. It has an easy to navigate website with information and options on local care opportunities to help you choose between different care options, has a directory of social opportunities, along with several other options. It also offers support for carers. Visit it at marketplace.mycareinbirmingham.org.uk.

Other Care Provision Services

Crossroads – Crossroads Care works in partnership with 'The Carers Trust' and aims to provide support and information to Carers and people with care needs. They can help with personal care, such as assistance going to bed and getting up, and also help with light housework. They accept self-funded patients, and can advise you if you are eligible for statutory funding. Contact them on **0121 553 6483**.

BVSC - Birmingham Voluntary Service Council provides support to volunteers and voluntary groups in the public and private sector. One of their partnerships is the Birmingham Changing Futures Together, which aims to support adults with multiple and complex needs. Changing futures together aims to help those who have an addiction or substance problem, a risk of reoffending, mental ill health, and have had problems with homelessness. The Centre for Voluntary Action, Digbeth, B5 6DR. Tel: **0121 643 4343** (9-5)

Stonham, Home Group – Home Group provides supported housing, and is one of the UK's largest care and support providers. Stonham are a part of Home Group, and work in areas including homelessness, substance abuse, mental health issues,

children and adults who need a dyslexia test or dyslexia assessment www.dyslexia-assessments.org Tel No: **0121 3668995**

Housing:

St Basil's 24hr Helpline Emergency Housing for Homeless

If you are homeless today call: 16 & 17 YEARS OLDS - **0121 675 4806** or 18+ -**0121 303 2296** and if you need any advice or you are going to be homeless within 28 days call YOUTHLINE: **0300 30 30 099**. **Web: www.stbasils.org.uk**

Other useful websites

The Mental Health Foundation www.mentalhealth.org.uk

Benefits Agency Helpline – Free information line 0800 88 22 00

Birmingham Woman's Aid – for women and children affected by domestic violence, rape, and sexual assault.

British Pregnancy Advisory Service (BPAS) Web- (Self referral)BPAS is the UK's leading abortion care charity - specialists in safe, confidential, high-quality abortion treatment for over 45 years. **Web www.bpas.org Tel No. 03457 30 40 30**

Rape and Sexual Violence Project – information for survivors of rape, sexual assault, and childhood sexual abuse **0121 233 3818**

Pregnancy Assistance Centre – **0121 778 3132**

Government Services (Mental health information) www.direct.gov.uk

Birmingham Adult Social Care www.mycareinbirmingham.org.uk

Choice and Medication (Advice) www.choiceandmedication.org

NHS Choices (Options) www.nhs.uk

NHS Direct (Advice) www.nhsdirect.nhs.uk

UKCP (Counselling and Psychotherapy) www.psychotherapy.org.uk/

Useful National and regional numbers

Mental Health and Learning Disabilities Foundation **0207 803 1100**

West Midlands Police Contact centre (non emergency) **101**

Independent Complaints Advocacy Services (ICAS) **0300 456 2370**

Support for Immigrants

Equalities Department at Birmingham and Solihull Mental Health NHS Foundation Trust **0121 301 0000**

Asian Resource Centre - **0121 523 0580**

COPE Black Mental health Foundation – **0121 551 7984**

Henderson House Family Support – **0121 551 7984**

Servol Community Trust - **0121 454 3081**

Birmingham Irish Community Forum – **0121 328 4998**

ICAP – ICAP stands for Immigrant Counselling and Psychotherapy. It is a charity that provides counselling and psychotherapy for immigrants, particularly those of Irish descent **Tel 0121 666 7707**. Birmingham location at 72 Digbeth, B5 6DH

www.icap.org.uk

Polish Expats Association– Family Support Worker based at Erdington Welcome Centre 109 High Street Erdington **Tel No: 0121 382 2568 Web:**

www.polishexpats.org.uk

LGBT Support

Birmingham gay and lesbian against depression (BGLAD) – 0121 301 1284

Terrence Higgins Trust (HIV) – 0121 694 6440

Lesbian and Gay Switchboard - 0300 330 0630

Birmingham Womens Aid.

We operate a free drop in service where you can speak to a specialist support worker face to face. We offer both same day appointments and pre-booked sessions.

You can call or text us on 07974 725 015 or email drop.in@bswaid.org, leave your name and safe contact number and someone will call you back.

Acacia Family Support

Struggling to enjoy your pregnancy or your new baby?

We offer free support services across Birmingham, in a calm, private and non judgemental environment that allows mum or dad to feel supported and talk at ease.

Support to families suffering pre and post natal depression. Coleshill Street B72 1SD. Referral needed. Several other locations

Tel: 0121 301 5990

Disabilities (+Stroke)

NHS stuff, particularly on physical D-ability. For caring options, see below.

Autism connect—0121 450 7582

UK Connect—UK Connect work with people who have aphasia, stroke, and other long-term communication disabilities. They hold drop-ins for people with these conditions to provide a space to relax and meet people who understand what it is like to have a communication disability. One local aphasia drop in can be found on the '**Dementia Connect**' guide, and is at Panel Croft Village, B19 2YD

Midland Mencap – Midland Mencap campaigns for accessible services for everyone with experiences of a learning disability. They offer help for carers as well as their own caring and support based services. Tel. **0121 442 2944**. They are based at 171 Alcester road, Kings Heath, B13 8JR.

Selected events: Midland Mencap have a number of associated events on their website, accessible at midlandmencap.blogspot.co.uk/p/the-hub.html. These range from various social events, to swimming for wheelchair users.

One of these scheduled events, known as the 'Rainbow Club', is held in Sutton Coldfield.

Motor Neurone Group Birmingham and Solihull – has directory. See Register.

Joint Commissioning Birmingham - www.jointcommissioningbirmingham.org.uk provides information in Dementia services commissioned in Birmingham. (also learning disabilities)

Multiple Sclerosis Group – Patients and carers move it or lose it group (Support Reg) St Giles Centre

SC Stroke Club. Referral needed. £10 per meeting Beacon Road, B73 5SX

SC Stroke Club – Based 71 Beacon Road, SC, B73 5SXf

Birmingham Disability Resource Centre – 0121 789 7365

BITA Pathways - Work and Training for those experiencing mental health problems.

Support for the Elderly

Also see the selected events on the opposite page. For caring options, see below.

Aging Better in Birmingham. Associated with BVSC, Unsure of contact info – are there local aging better networks?

Social Activities

Fircone – Social activities for anyone aged over 50 - **0121 643 3660**

Age UK – Age UK is a national charity that aims to support and enable older people to continue to have active social and home lives. Age UK aims reduce the isolation of old people, and can offer advice and help with money issues, concerns about health, and details about local communities. This information is accessible through their helpline at **0800 169 2081** from 8am to 7pm.

Age UK Birmingham – Age UK Birmingham is a subsidiary of the national charity Age UK. Its services are aimed at all older people and their carers in all wards of Birmingham, and they also offer a ‘Helping Hands’ service that provides home help, for a small fee. The nearest office is at the Seymour Centre at 42 Warwick road, New Oscott, B73 6ST. Tel **0121 437 0033**

Approved tradespeople, handy fix – Anyone 50+ can refer or apply (Support Register). Help out of Hospital scheme; handrails, ramps etc (found at Age UK Bham)

Falls Prevention Service (NHS) – The falls prevention service can offer advice on preventing falls in your home, and you can be referred to the service by your GP. They can offer home hazard assessments to identify potential falling hazards and offer advice on how to deal with them.

Age Concern Birmingham – A local charity that specializes in the provision of direct services for older adults, but also offers support for those caring for older adults. General enquiries can be made at **0121 362 3650**.

In house legal services – Age Concern offers in-House legal services in its offices in Boldmere, Sutton Coldfield at minimal costs.

Community and Wellbeing centres – These centres offer personalized support to people aged over 55 who are physically frail or have mobility issues, dementia, depression, or a long term health condition. They promote independence and socialization and offer carer break opportunities throughout the week. Transport is provided in partnership with ring and ride. The nearest Centre is at The Hurstway, New Oscott. Contact number: 07876 826 006.

Jubilee Citizens UK – In partnership with Age Concern

John Taylor Hospice - See above

Birmingham Adult Social Care www.mycareinbirmingham.org.uk

Mental Health

Dementia and Alzheimers —NHS

If you are diagnosed with dementia there are lots of things you can do to help you live as well as possible.

Memory Assessment Service (MAS) - You may want to understand more about your diagnosis – what type of dementia you have, and what any prescribed drugs are for. For information contact your local MAS at **0121 301 5440**.

Dementia Advisor - for help coming to terms with your diagnosis contact your local dementia advisor on **0121 706 4052**. They can also give you information about local activities, including information about Dementia Cafes (for more information see below), and offer other ways to help you cope with memory loss, such as writing a diary, or establishing a familiar routine.

Other Dementia services

Alzheimer’s Society – The Alzheimer’s Society is a charity that helps people with dementia and their carers. The nearest Alzheimer’s Society location is at 7-9 Richmond Road, Solihull, B92 7RN tel. **0121 706 4052**.

The Alzheimer’s Society also has an online ‘Dementia Connect’ guide, located at www.alzheimers.org.uk/local-information/dementia-connect/. This is an invaluable resource that shows nearby events that can help dementia sufferers. Some of these events have been selected for inclusion in this leaflet.

Dementia UK – A National charity committed to improving quality of life for all affected by Dementia. They offer one-to-one support, through Admiral Nurses, and expert advice. Adviceline: **0800 888 6678**

Other Mental Health Resources

Birmingham and Solihull: Mental Health NHS Foundation Trust – This part of the NHS provides mental health services including rehabilitation, home treatment, and more. Website at www.bsmhft.nhs.uk Tel. **0800 953 0045**

Birmingham MIND – Birmingham MIND is an independent mental health charity affiliated with the national charity MIND. They offer a wide range of services including benefits advice, employment advice and information, counselling and support groups, and advice on housing. They also have groups for women only, and for gay and bisexual men. Tel. **0121 608 8001**. The Birmingham website is accessible at birminghammind.org/, and the local office is at 501 Slade Road, Erdington, B23 7JG Tel. **0121 237 3761**

Focusline - Focusline is a freephone for those affected by mental health issues, including carers and people experiencing mental stress. Tel **0800 027 2127**

Bipolar UK – A national charity that supports individuals with bipolar disorder Tel. No. **0333 323 3880** For more information see www.bipolaruk.org.

Depression Alliance – Depression Alliance raises awareness for depression, and offer support for people experiencing it. They have also created the ‘Friends in Need’ community, which helps connect people who suffer from depression. This charity does not offer helpline, but there are weekly meetings at Unit 7 Swan Court-yard, Coventry Road, Yardley, Birmingham, B26 1BU. Find out more at www.depressionalliance.org

Samaritans – A registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. Samaritans can be called or emailed, and treat every approach with confidentiality. There is a Birmingham office at 13 Bow Street B1 1DW that opens from 10:00-22:00 with Tel No **0121 666 6644**. There is also a 24 hour free to call helpline at 116 123

Golden Hillock Day Centre – City-wide support for men and women of South Asian origin who are suffering from mental health problems. **0121 753 2828**

Hearing Voices Network – If you hear voices then Hearing voices Network can help, with a confidential network and information about local help groups. **0845 122 8642**

BITA Pathways – A Birmingham based Charity that engages with adults experiencing mental health problems on a pathway towards recovery through a provision of education, volunteering, and employment opportunities. Their main office is in Digbeth, and there is a secondary location in Aston. Participants must be referred, so ask about referral details.

Birmingham0am & Solihull Mental health trust – Patient advice and liaison service **0800 953 0045**.

North Birmingham Mental Health – Patrick house Maney Corner B72 1QL

Forward Thinking Birmingham – Forward Thinking is a mental health service for 0-25s in Birmingham. It will be fully live by 1 April 2016, but has been phased in since October 2015. It aims to provide online, community, and home based care. 24/7 Access Centre through **0300 300 0099** and forwardthinkingbirmingham.org.uk

OCD Action – A national charity focusing on Obsessive Compulsive Disorder. It is a source of support and information, and aims to raise awareness of the condition. The website has a search function for nearby events. www.ocdaction.org.uk/ Tel **0845 390 6232**

No Panic – No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers. There is a helpline open from 10am to 10pm at **0844 967 4848**, and a specific youth helpline for 13 to 20 year olds at **01753 840 393**

Selected Events:

Below are some selected local events. Some of these are drawn from the sources above, so if you do not find that any of these events interest you, investigate any relevant organisations above to see if they offer something more relevant.

Dementia Café – This is provided by the Alzheimer’s Society and provides information about living with dementia, as well as a space for people to talk. One Dementia Café event takes place on Chester Road in Sutton Coldfield B73 5HU. Another takes place on Walmley Road B76 1QN.

Singing for the Brain – This is a social group based around the principles of music therapy. It includes vocal warm ups and singing a variety of songs. One such event is Based at Upper Sutton Street, B6 5BN.

Activity Group – Activity Groups give the opportunity to take part in structured activities and offer a chance at socialization. The nearest is at Carrs Lane, B4 7SX.

Peer Support Group – This provides the opportunity to meet with others who understand your situation and offer a chance to ask questions and share experiences. The nearest is at Carr’s Lane, B4 7SX.

Birmingham Anxiety support - This is a user led group for over 18’s held weekly in Erdington for people with OCD, those experiencing anxiety, panic attacks, depression, or phobias. 270 Reservoir Road, Erdington, B23 6DE **0771 050 0891**

Carrs Lane - A support group for those suffering from OCD, Body Dysmorphia, or hoarding. It is open to friends and family, as well as carers and is generally for over 18’s, although there is some leniency for 15 and older. Carrs Lane Church Centre, Birmingham, B4 7 SX. **01384 34 7774**

Bipolar Groups - the youth group is at Carr’s lane, Birmingham, B4 7SX. The support group is in Yewcroft Mental Health Resource Centre, Harbourne, B17 9AB.