The Better Care Fund Community Consultation

The Better Care Fund (BCF) is a national programme delivering Health and Social Care integration.

It is proposed to develop services to support growth and development of our communities, promoting individual health, wellbeing and independence.

This short questionnaire aims to gather views around effective community led services that will support vulnerable people to be cared for at home or in the community when they need it.

This is your opportunity to contribute to a future model of community support in Sandwell.

Please follow the link to the online survey

http://www.sandwell.gov.uk/consultation

Or go on to the Sandwell MBC website consultations to complete the online survey

Tuesday 23rd July 2019
SCIPS General Meeting
10:30am start

SCIPS, Ground Floor, Christ Church, Birmingham Street, Oldbury, B69 4DY

Let us know who you would like as a speaker at one of our General Meetings.

Please call 0121 544 1230 or email
Helena@scips.org.uk
Beat It Percussion

**Therapeutic Drumming Sessions**

**Myra Harris Community Room, Brickhouse Lane, West Bromwich. B70 ODZ**

**Starting Tuesday 11 June 10-11.30**

In these sessions we will share ice breakers, simple rhythm activities and group rhythm building. Enjoy the healing nature of ancient rhythms.

Benefits to health and well-being can include:

- reduced stress and anxiety
- Reduced muscle tension and physical pain
- Increased well-being and positive mood
- A chance to recharge for those with busy lives and caring responsibilities

Hand drums and percussion instruments are provided. **Dementia friendly.**

Booking is essential as spaces are limited.

To book call Lynn 07875 090946 or email beatitpercussion@gmail.com

Or book through Denise in the Neighbourhood office