

Beeches GOLDD

in Great Barr



Beeches GOLDD

Address: 174 Beeches Road,
Great Barr,
Birmingham,
B42 2HN

Phone: 0121 303 9747
In an emergency, outside office hours,
phone 0121 675 4806.

Websites: www.adultlearningdisabilities.co.uk
www.mycareinbirmingham.org.uk

What time do you open and close?

We open at 9am and close at 4.15pm
(Monday to Friday).

Services at this centre

(Growing Older with a Learning Disability and Dementia) – This group provides a specialist service for older adults or people who are living with Dementia. Staff are trained and experienced in supporting older adults and people who are living with early to late Dementia.

How do I get to you?

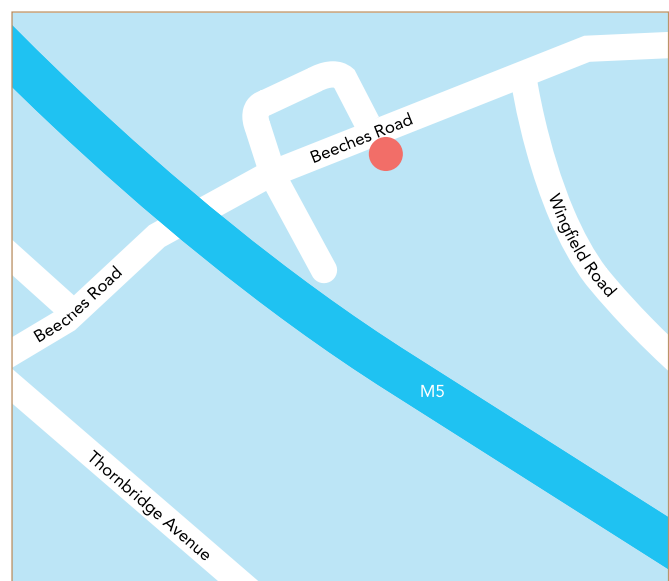
We have our own transport service. Please phone us for more information. If we do not have transport available for you, there are other ways to get to the centre.

Bus routes from Birmingham City Centre: 952 to Perry Beeches, 28 to Perry Barr bus station.

Bus routes from Erdington: The number 28 bus stops by Beeches Evangelical Church, Thornbridge Avenue.

Nearest train station: Perry Barr train station

Other transport: Ring and Ride. You can organise this for yourself by phoning 0121 327 8128.



What activities do you provide?

Arts and crafts activities we provide include:

- how to make greetings cards;
- flower arranging; painting in water colours and pastels and making collages;
- digital photography;
- sewing and knitting;
- reminiscence – looking back at the past;
- table-top activities;
- creating a life book;
- nail care;
- aromatherapy massage; and
- gardening.





Sports and leisure activities we provide include:

- badminton;
- cricket;
- football;
- lawn green bowling;
- dominoes;
- snooker;
- fishing;
- bingo;
- film groups;
- tea dances; and
- Jabadoo music and movement.

Life-skills activities we provide include:

- learning how to prepare and cook meals;
- survival cookery sessions;
- helping with tasks to maintain independence like using domestic equipment;
- other domestic skills, including laying tables and caretaking duties; and healthy eating.

Community activities we provide include:

- going to the theatre or to see musical performances;
- going to the cinema;
- visits to restaurants;
- day trips to places in England and Wales
- looking at what is interesting about our community; visiting other learning disabilities centre

Can I choose which activities I want?

Yes you can. We will ask you some questions to find out what activities you are interested in doing.

Who can take part in the activities?

Anyone with a learning disability who has an assessed need can take part in any of our services. You do not need to have any ability, qualifications or experience to try out any activity.



How much will the activities cost me?

The cost of our services will depend on your level of need, what activities you want to do, and when you want to do them. Once we know this we will be able to tell you the cost. We aim to be value for money and offer good support.

Do you sell food and drink at the centre?

Yes there is a canteen with lots of food and drink choices on the menu. If you tell us what you need, we will do our best to cater for you. We also have fridges if you want to bring in your own food.

What have people who have used this centre said about the services?

Ann from Erdington said:

"I love coming to the centre as I like the people."

Stephen from Erdington said:

"I like seeing my friends and playing my drums, it's all right."

Julie from Erdington said:

"I like doing my jobs and helping with the tables."

Margaret from Handsworth said:

"I like working in the kitchen."

Jimmy from Erdington said:

"I like coming to see my friends and mates."

If you would like a copy of this brochure in another language, in large print, in Braille or on audio tape, MP3 or CD, please phone us on 0121 464 3123 or email accommunications@birmingham.gov.uk.