

# Community Insiders Project:

A new minibus service



Shencare Community Transport, in partnership with Birmingham City Council and Centro, is delighted to announce an exciting new transport project, the 'Community Insiders Project' for people in South West Birmingham.



## Who are we?

Shencare Community Transport is a registered charity. We provide an accessible minibus service to specific groups of people within the South West Birmingham area.

## What do we do?

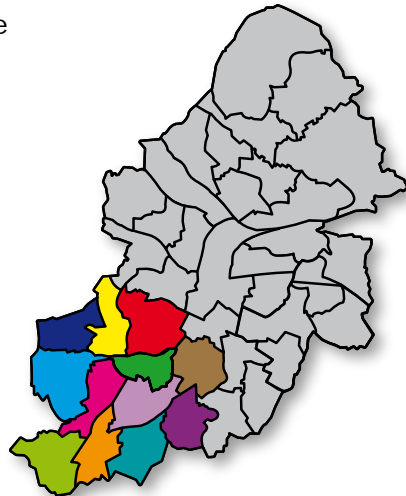
Our aim is to improve access to fresh food supplies, leisure activities and other services that offer increased health and wellbeing. We provide accessible transport to supermarkets and leisure activities. We organise days out and provide opportunities to meet people. We also provide access to healthy eating and cooking programmes.

## Who can use our service?

Elderly people and other members of the community who find it hard to get about.

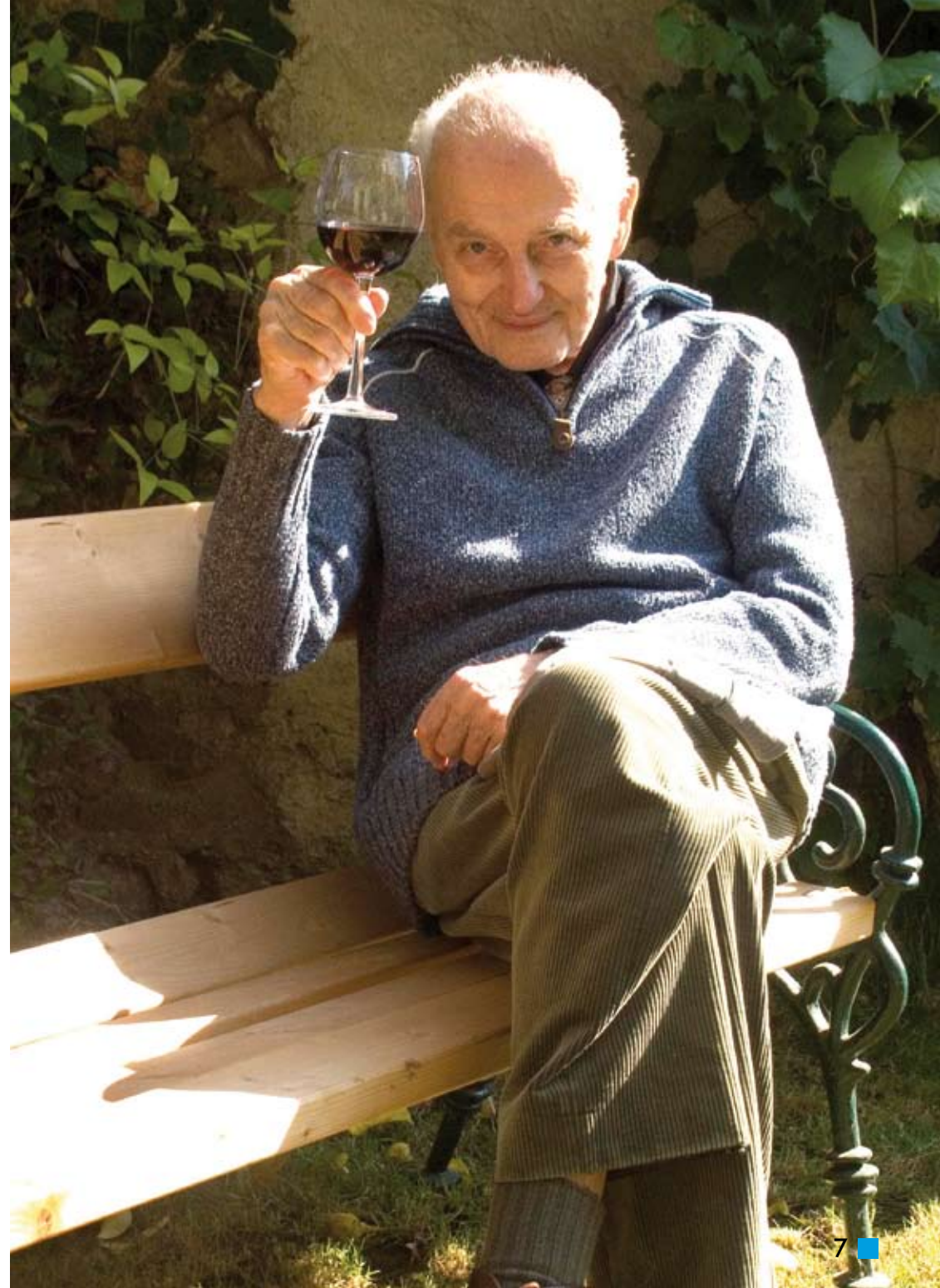
## The areas we cover

- |  |   |
|--|---|
|  Bartley Green |  Kings Norton    |
|  Bournville   |  Longbridge     |
|  Brandwood   |  Northfield    |
|  Edgbaston   |  Quinton       |
|  Harborne    |  Selly Oak     |
|  Kings Heath |  Weoley Castle |



## How do I register?

In order to use Shencare's services, your group will need to register. This is a quick and easy process which can be completed online at [www.shencare.org.uk](http://www.shencare.org.uk), or if preferred, by telephone on 0121 476 1816.



## Our staff and volunteers

Shencare workers and volunteers have all had an enhanced Criminal Records Bureau (CRB) check. They have been trained to Minibus Driver Awareness Scheme (MiDAS) driving standards.

## What people who use our service have said

**“I would not talk to another soul all day without coming on this bus”**

Stan Shuker, Edgcumbe Court

**“This has turned our scheme into a community where we now know each other”**

Kath Kane, Shenley Green Community Centre

## Where can I find out more information about the Community Insiders Project?

Shencare Community Transport,  
The Cabin,  
Welches Close,  
Northfield,  
Birmingham B31 2XT

Telephone: 0121 476 1816  
Email: [shencarevt@yahoo.co.uk](mailto:shencarevt@yahoo.co.uk)  
Web: [www.shencare.org.uk](http://www.shencare.org.uk)

Registered Charity Number: 1099190



## Our services

### 1. Weekly supermarket shopping trips

We provide weekly shopping trips for people in sheltered housing and community groups. Your Shencare Community Transport driver will be able to take a group of people to a supermarket and can carry up to four bags of shopping per person. This will enable you to visit the supermarket, do your shopping and if you want to, have a meal in the supermarket restaurant.

### 2. Teaching people to cook healthy food

You may be aware of the nationwide NHS campaign 'Change 4 Life'. This initiative encourages people to 'eat well, move more, live longer'. In partnership with Birmingham City council and NHS South Birmingham, we can provide a place on a healthy eating course designed to help you be aware of the foods you could buy to be healthy. We can also support you to learn about the best ways to prepare and cook food in the healthiest way. The healthy eating programmes are available at various locations in the South West Birmingham area.



### 3. Leisure activities

Shencare Community Transport provides a minibus service to take groups to leisure activities to encourage people to improve their health and wellbeing. These activities include Tai Chi, a Chinese system of relaxation, and the Birmingham City Council 'Swimming for the over sixties' programme.

### 4. Socialising day trips

We provide day trips to allow people to meet with others experiencing mobility problems and isolation. This includes days out and any other trips that would be tailored to requests from groups. Day trips can include visiting garden centres, or museums such as The Black Country Museum.

## The benefits of the Community Insiders Project

Our service provides much easier access to shops and encourages independence whilst also providing an opportunity to socialise. The healthy eating and access to leisure facilities may assist in improving health and wellbeing.