

Highams Park Community Plan – Ideas List

Health and Medical and Facilities for the Elderly (HME)

Description	Comments
Facilities for the Elderly	
Social & Wellbeing	
Social activities	More clubs - Setup a WI (is there one already?)
Exercise classes	
Education classes and U3A (University of the third age)	
Cross-generational activities to help the young and the old stimulate and engage with each other.	Engage with Highams Park School (and other schools) to see how we can get more youth/elderly engagement
Cater better for housebound	Help teams for housebound and help with shopping
Getting around	
Better access for mobility buggies	Survey by HME. Give proposals to SLC, SSC, TRP
Transport up Handsworth Avenue	
Health and Medical	
Buildings	
Build a new clinic/polyclinic.	The NHS does not want to build a new clinic and the Tesco 106 monies have been allocated to improve the dining and exercise facilities at Thorpe Hall School and for expansion and refurbishment of Handsworth Medical Centre.
Day centre for old people	Possible use for Naseberry Court or the Budgen's building (rent on the Budgen's space is £90,000 per year so this is unlikely to be a viable option).
Community space to provide people access to health improvement facilities.	

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Services	
Drop in medical facilities	
A medical centre open 24 hours a day	
Minor surgery services	
Make doctors appointments easier to book	Stop 0844 number: use 020 3006 9216 this is a free number. Visit health centres to book appointments.
More Doctors	Handsworth Medical Practice told Cllr. Moss that they have sufficient capacity to absorb the proposed new development.
More Nurses	As above.
Alternative Medicine	
Free space at medical practice or elsewhere for people to meet (e.g. once a week) who are interested in natural alternatives to “dny” (sic) treatment.	
Free/low cost classes subsidised to provide introductions/info on keeping healthy by exercise, diet, herbal remedies, relaxation, and meditation.	