



Quality Care in Your Home

Our Trusted Partners

Phone: 0121 314 7829

Email: solihull@rightathome.co.uk

www.rightathome.co.uk/solihull



Trusted care and
support delivered
in your own home



Right at Home Solihull

Delivering the highest quality support
which maintains the independence, dignity
and wellbeing of our Clients.

making a difference every day

Right at Home is one of the world's most trusted homecare providers. Through our global network of over 600 locally-owned and operated offices, we support adults every day to continue living happily, and independently, in the comfort of their own homes. Our services are highly personalised yet flexible to meet the needs of the people we assist. We can provide support on a short-term or long-term basis, ranging from an hour daily visit through to 24-hour live-in care.

We promise: consistent CareGivers, person-centred care and visits which are a minimum of one hour.

Our services include:

- Companionship
- Meal preparation
- 24-hour live-in care
- Light housekeeping
- Transportation and errands
- Help with washing and dressing
- Personal care
- Hospital to home
- Post-operative support
- Holiday and respite cover
- Specialist dementia care
- Medication reminders

Choose us to make a difference every day to you or your loved one.



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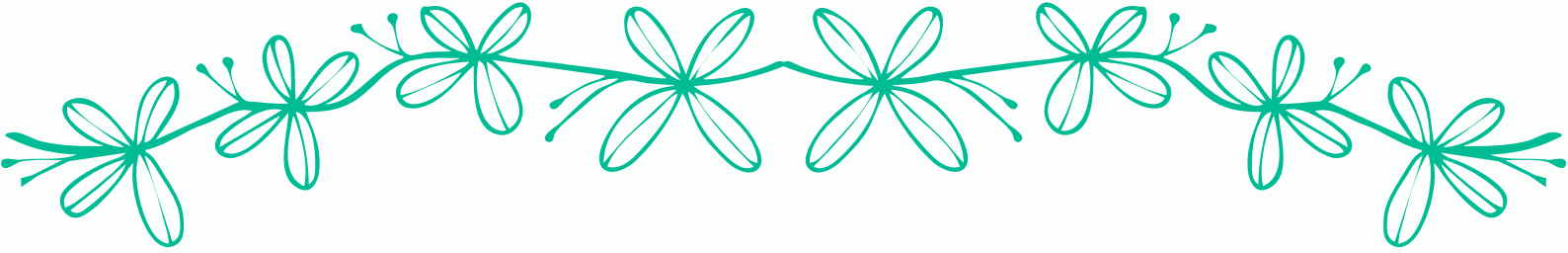
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Our Trusted Partners



SOLIHULL FOOT DOCTORS





Day Centres

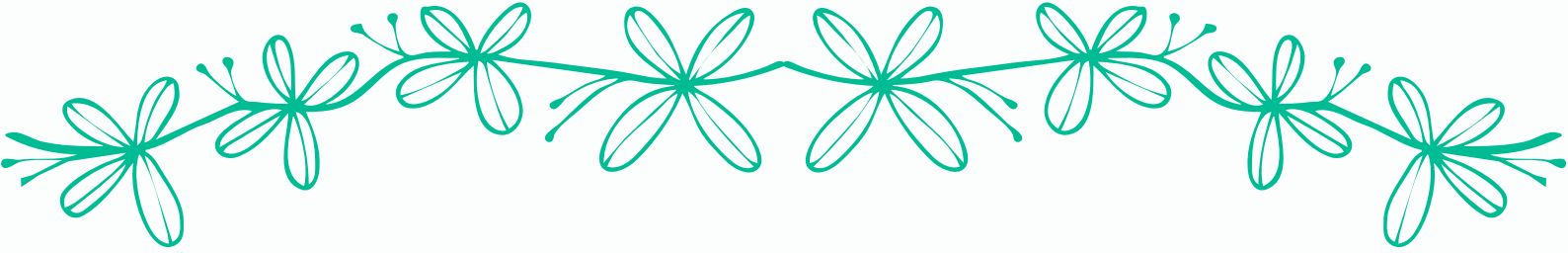


Winster Avenue, Dorridge, Solihull, B93 8ST
01217701578 | enquiries@familycaretrust.co.uk

"We've created a safe, supportive environment for our clients, providing carers and relatives much needed, reliable respite opportunities. Our dementia day centre in Solihull offers a welcoming and supportive environment where individuals with dementia can participate in engaging activities and receive specialised care."

Services:

- Transportation across Solihull borough
- Refreshments and a two-course lunch
- Regular activities (physical and mental stimulation)
- Personal and social care support
- Funded sport activities (chair yoga & tennis)
- Community outings with minibuses equipped for disabled access



Park View Day Centre

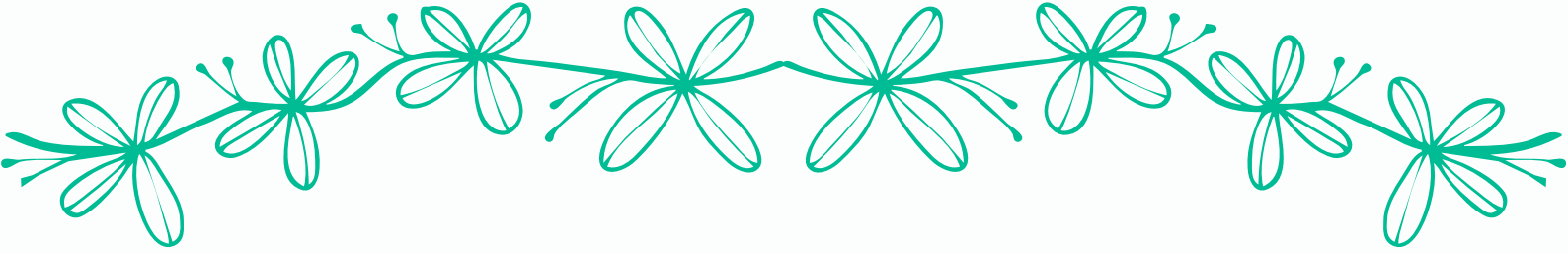


The Maples, Monkspath Hall Road, Solihull, B91 3LU
01217047499 | 01217046980

"A day service that offers care and support for older people in the Solihull Borough."

Services:

- Sensory room
- Personal & social care
- Games room
- Health & beauty
- Cookery sessions
- Cinema room



Exercise Class

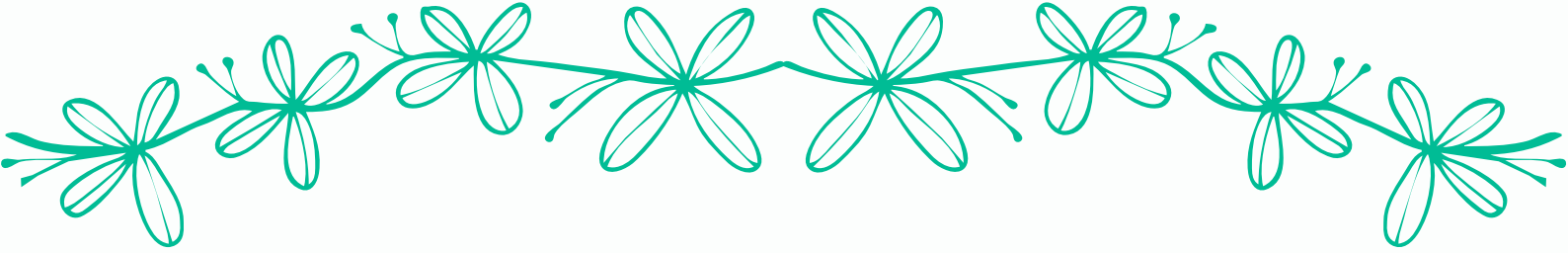


Solihull | Shirley | Sutton Coldfield | Balsall Common
07707931439 | nora@envolvewell.co.uk

"Delivering specialist exercise programmes for people with long-term health conditions or additional needs including falls prevention classes."

Services:

- Boxercise
- Falls prevention
- Spring steps for arthritis and back pain
- Gradual movability
- Excercise with MS
- Autism friendly family boxercise



Food Delivery

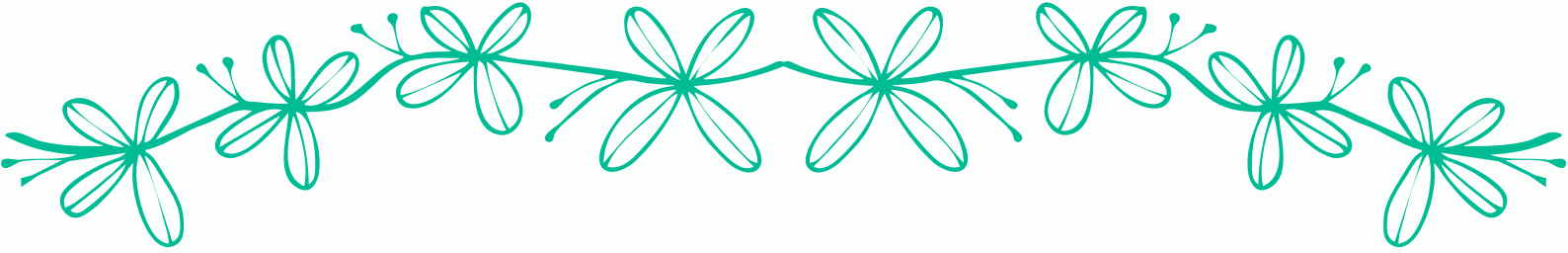


Britannia House, 189 Mill Street, Brierly Hill, DY5 2TH
01384262555 | www.wiltshirefarmfoods.co.uk

"We firmly believe that good food can put a spring in your step and a smile on your face so go on, dig in, and see what you fancy."

Services:

- Delivered meals
- Softer foods
- Free from range
- Various meal sizes to suit all requirements
- Effortless ordering
- No subscription required - order as and when you need



Ear Care



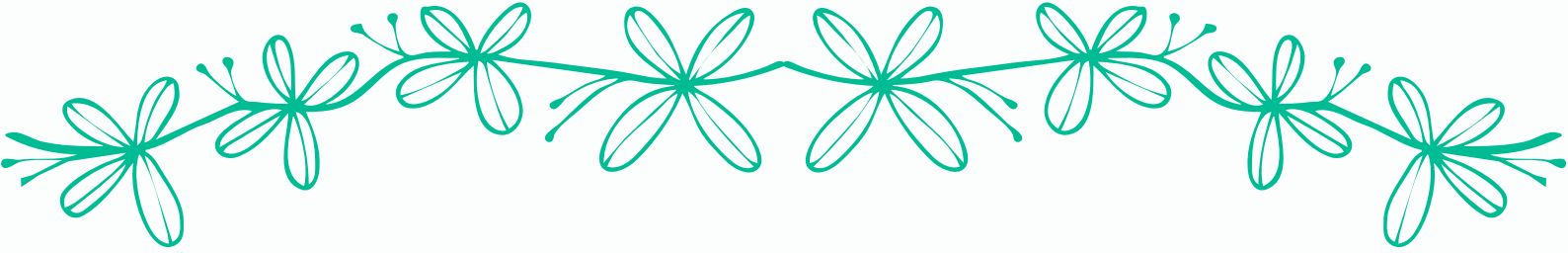
Isabella Fisher
Independent Hearing Care

Brisker Court, 1685-1689 High Street, Knowle, B93 0LN
01564791088 | isabella@isabellahearing.co.uk

"Your local, family-owned audiologist who are passionate about restoring your hearing. Taking a person-centred approach we listen to your needs and feelings, tailoring your care to you as an individual. Isabella has a team of experienced hearing health care professionals: David Fisher, Michael Redgrave, Candice Dunn and Jessica Redgrave, our tinnitus specialist."

Services:

- Hearing assessments
- Fitting of hearing aids
- Continued aftercare
- Hearing aid repairs
- Tinnitus support
- Micro-suction ear wax removal



EAR & HEARING CLINIC

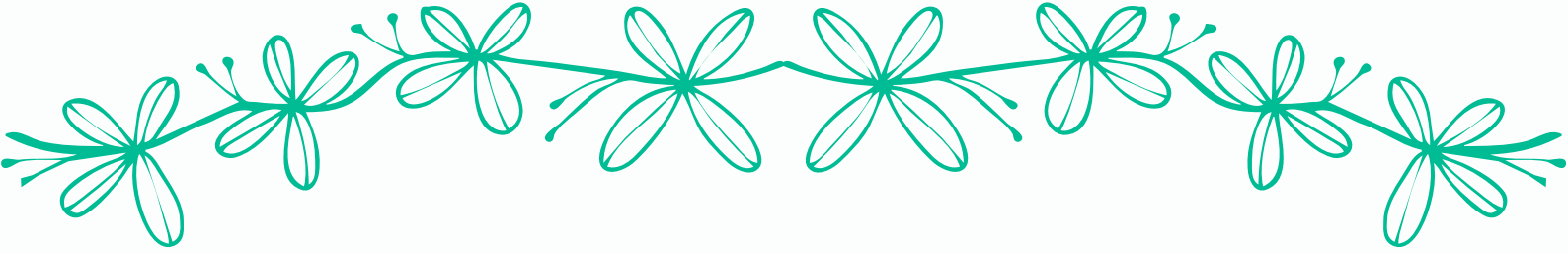
20 Station Road, Solihull, B91 3SB

01217094319 | info@theearandhearingclinic.co.uk

"We provide ear wax removal services to include micro-suction, ear syringing & irrigation, dry removal methods too. We also provide hearing tests, all brands of hearing aids as we are the number one Independent Hearing Clinic Provider in Solihull."

Services:

- Hearing tests
- Consultations
- Home visits
- Lifelong aftercare
- Tinnitus
- Balance services



Eye Care

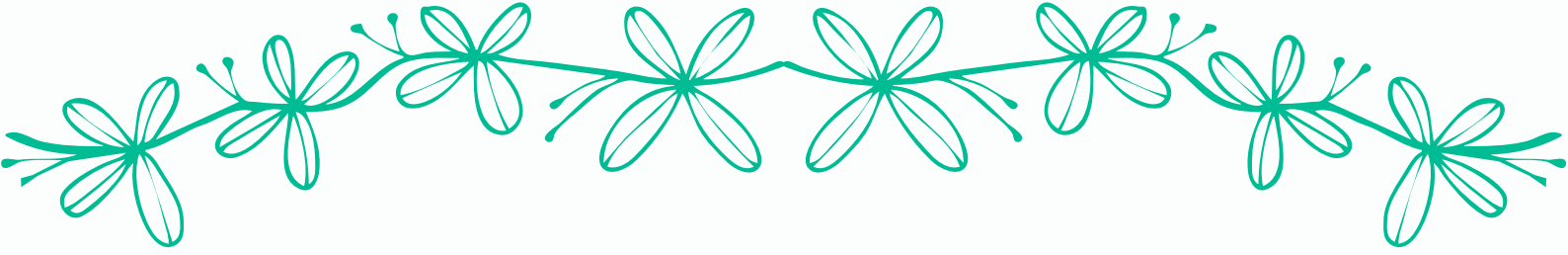


681a Warwick Road, Solihull, B91 3DA
01217042615 | info@aboptics.co.uk

"We, as independent eye care practitioners, strive to ensure your eye care is our no. 1 priority. We provide innovative eye care and an exemplary service to all our customers. We continuously invest in equipment and product to provide personalised eye care and vision correction of the highest possible standard."

Services:

- Contact lenses
- Children's eyecare
- Optomap
- Home visits
- VDU examination
- VDU examination
- Dry eye & red eye assessments
- Express 1 hour service
- Contact lens specialist
- Eye wear

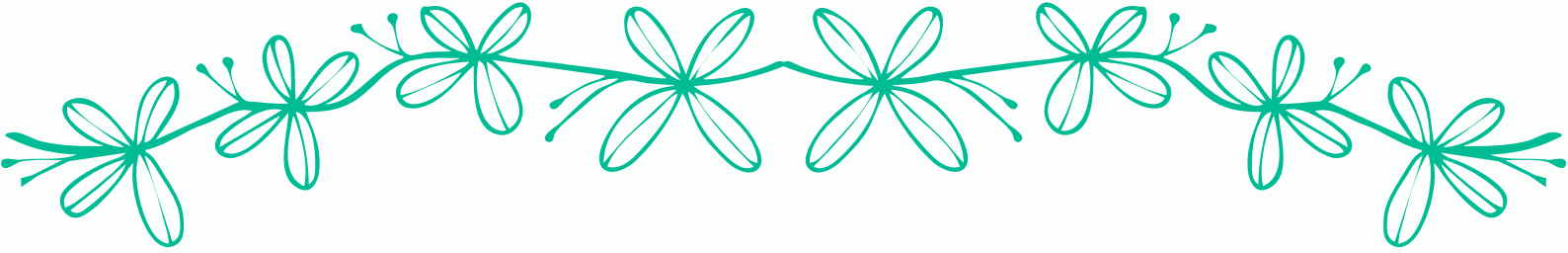


50 Lode Lane, Solihull, B91 2AW
01217112020 | info@midlandeye.com

“Our mission is to provide first-class independent healthcare for the local community in a safe, comfortable and welcoming environment; one in which we would be happy to treat our own families.”

Services:

- Laser eye surgery
- Cataract surgery
- Laser cataract surgery
- Glaucoma treatment
- Clear lens exchange surgery
- Macular degeneration
- Retinal detachment surgery
- Express 1 hour service
- Diabetic retinopathy surgery
- Cosmetic eye surgery



Physiotherapy



179-183 Warwick Road, Olton, B92 7AW
01213686105 | info@urbanbody.co.uk

"We are passionate about helping people aged 50+ to stay healthy, mobile and active, live free from painkillers, whilst allowing them to return to doing the things they love."

Services:

- Back pain, hip pain, knee pain, arthritis, sports injuries, neck & shoulder pain
- Sports physiotherapy & sports massage
- Acupuncture
- Joint injections
- Shockwave therapy
- Orthotics

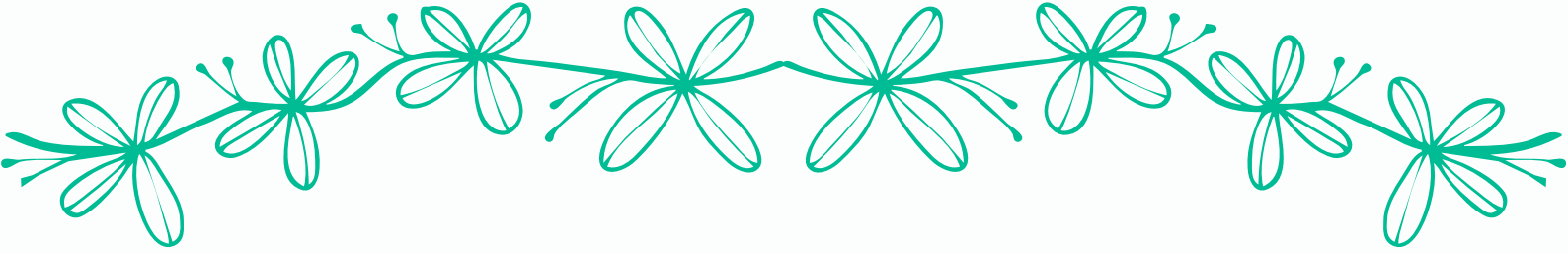


21D Station Road, Knowle, Solihull, B93 0HL
01564660557 | info@urbanbody.co.uk

“To provide premium quality healthcare services while maintaining high patient care, safety and satisfaction standards. To be a leader in providing outstanding personalised Physiotherapy care services that are efficient, safe and affordable for all individuals who seek it.”

Services:

- Frozen shoulder
- Knee & hip pain
- Tennis & golfer's elbow
- Sciatica
- Back & neck pain
- Headaches & migraines



Podiatrist & Chiropodists



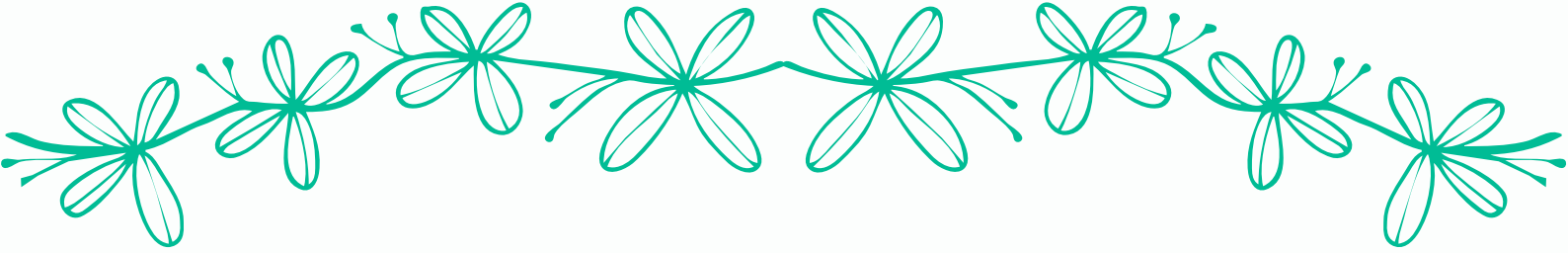
SOLIHULL FOOT DOCTORS

179-183 Warwick Road, Olton, B92 7AW
01213686105 | info@urbanbody.co.uk

"We are mobile foot health practitioners experienced in podiatry, chiropody and foot care in the comfort of your home."

Services:

- Home visits
- Nail care
- Callous & corn removal
- Diabetic feet
- LCN nail care



Care Homes

Blossomfield Rose

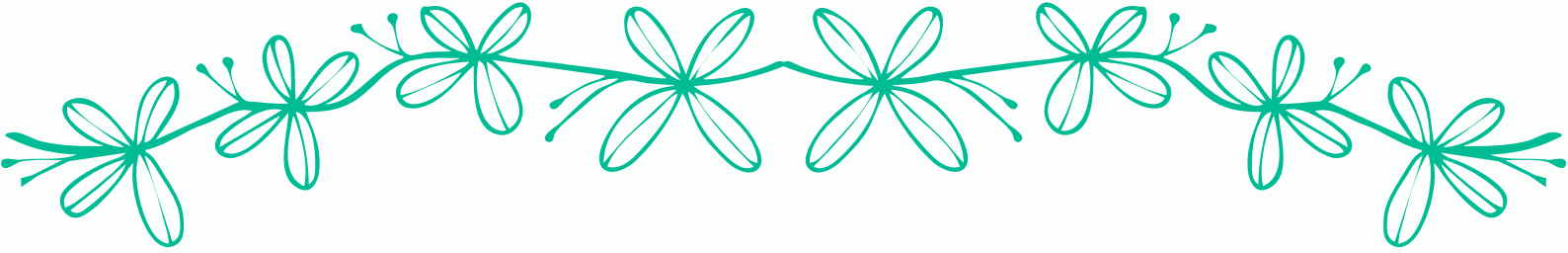


Blossomfield Park, Blossomfield Road, Solihull, B91 1FN
01217966490 | info@blossomfieldrose.co.uk

"Raising the bar in luxury care, Blossomfield Rose is a state-of-the-art new home, designed to deliver exceptional nursing, dementia, residential and respite care."

Services:

- Nursing care
- Dementia care
- Residential care
- Respite care
- Top 20 Care Home Group 2024



Fountains Care Home

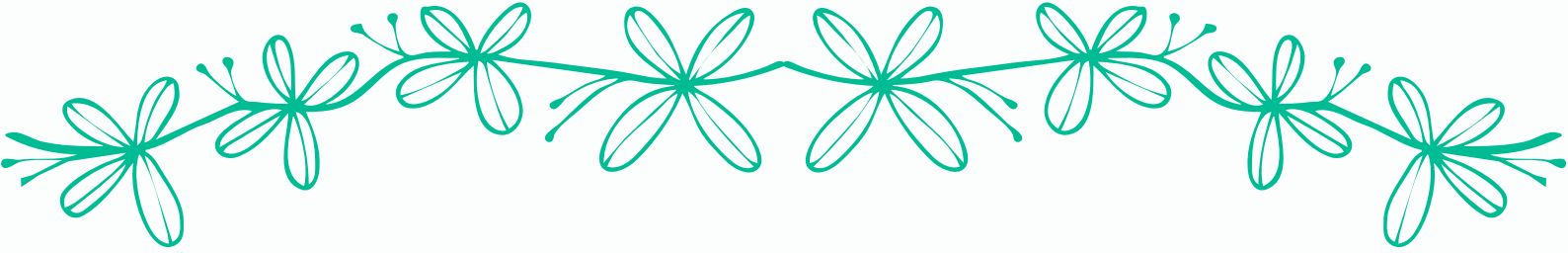


1355 Stratford Road, Shirley, Solihull, B90 4EF
01217338602

"Our care is as unique as the residents who live here. Our person-centred approach allows us to really get to know the people we care for and understand what's right for them. We encourage loved ones to get involved and give feedback so that we can provide the best services possible."

Services:

- Nursing care
- Dementia care
- Residential care
- Respite care & short breaks
- Assisted living
- Mental health



Eastcote Park Retirement Village & Care Home

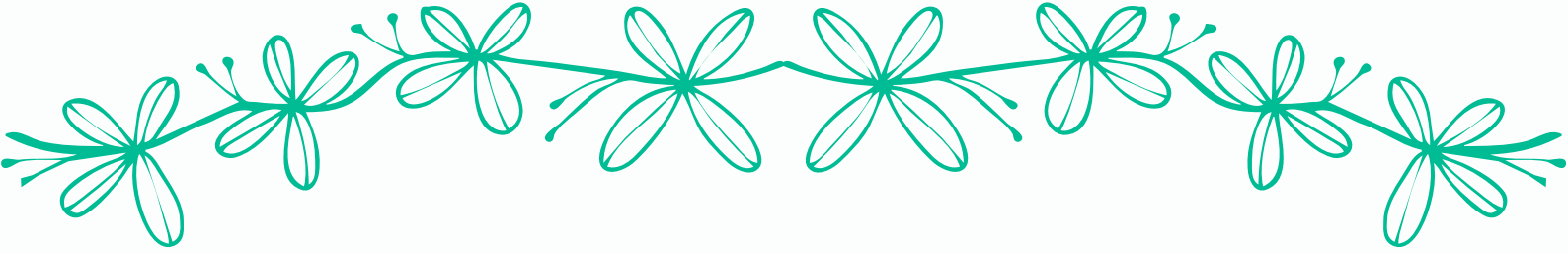


Eastcote Park, Knowle Road, Bartson, Solihull, B92 0JA
01217561752

“Eastcote Park is a purpose-built care home that is designed to offer first-class residential care and dementia care, and superb facilities in a stunning environment. Our unique care home in Knowle brings an exceptional level of care where residents live life to the full, with the reassurance of a dedicated care team around them 24-hours a day.”

Services:

- Nursing care
- Dementia care
- Residential care
- Respite care & short breaks
- Assisted living
- Top 20 Care Home Group 2024



Activities & Clubs

First Tuesday of the month - **Land Rover Sports & Social Club**

Wednesdays - **The Wednesday Afternoon Club**

First Wednesday of the month - **Welcome Wednesdays**

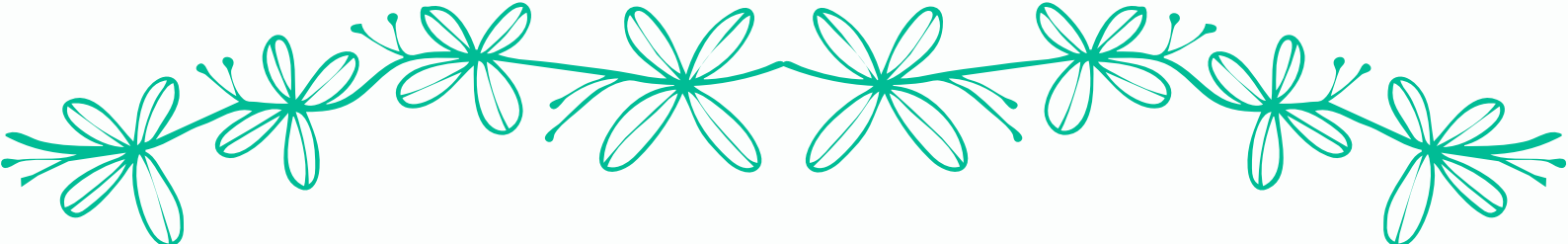
Thursdays - **The Thursday Friends Lunch Club**

Every Thursday (except 1st Thursday of the month) -
Hobs Meadow Lunch Club

**For more information on the above clubs - contact
Age UK Solihull**

0121 704 7811 | 07742 859 702

activities@ageuksolihull.org.uk



WALKING TENNIS



Love tennis but looking for a gentler pace of play? Walking Tennis is safe, fun and inclusive and a fantastic way to stay active.

You can play tennis at any age and Walking Tennis offers an easy way for older people to keep their body and mind active – while also enjoying the social side of being part of a tennis community.

CAN'T MAKE IT?

We have a full programme of activities through the week, there's something for everyone!

WALKING TENNIS

Friday

12.00-1.00pm

£6.00
Pay&Play



To book, contact Matt

matt.corp@live.co.uk or 07930 164 811



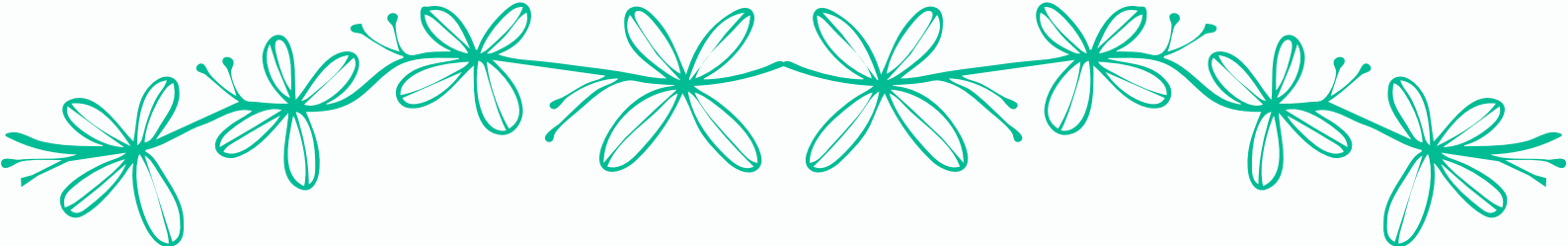
HALL GREEN'S HOME OF SPORT

For more information, please contact the team on 0121 796 1330 - beechcroftsportsclub@gmail.com

www.beechcrofttennisclub.co.uk



Find us at - Beechcroft Avenue, Hall Green B28 9ER



0121 796 1330

We are currently run 16 Walking Football sessions at the Solihull Football Centre:

09.30-10.30 Mondays - Rehab session all ages

10.30-11.30 Mondays - Parkinson's Disease specific session

11:45-13:00 Mondays - For players aged 50 and over

13.15-14.30 Mondays - For players aged 50 and over

14:45-16:00 Mondays - For players aged 65/70 and over

19:30-20.40 Mondays - Women only

10:30-11:45 - Tuesdays - 50+ 3 Touch Walking Football

12:00-13:00 - Tuesdays - Coaching (all ages)

10:00-11:15 - Wednesdays - For players aged 70 and over

11:30-12:45 - Wednesdays - For players aged 60 and over

13:00-14:15 - Wednesdays - 4 a side walking football

9:45-10:55 - Thursdays - 50+ 3 Touch Walking Football

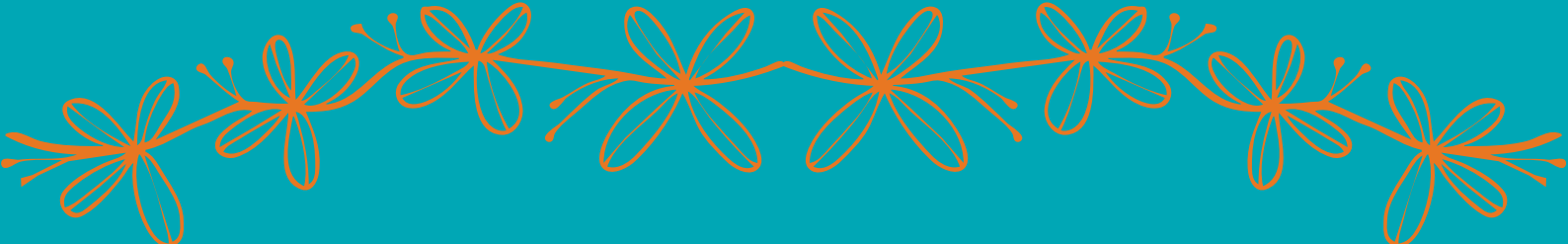
11:00-12:15 Thursdays - For players 65 and over

12:20-13:20 Thursdays - Moveability Walking Football

13:30-14:45 Thursdays - For players aged 60 and over

09.30-10.45 Fridays - For players aged 55 and over

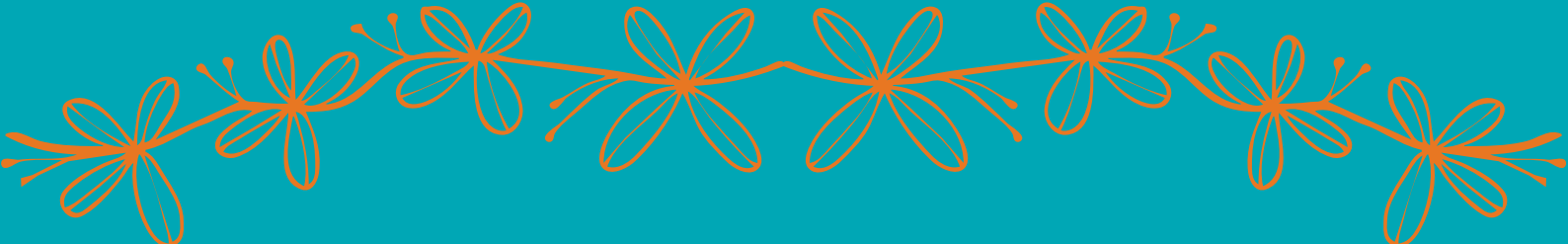
11.15-12.30 Fridays - For players aged 60 and over



My mum was so pleased with the help she received caring for my father. Mum and I feel like a weight has been lifted off our shoulders knowing that somebody is coming in to help. We were pleased with the way things were put into place very quickly and efficiently.

The transition from mum being totally independent to being assisted with personal care was managed in a professional and considerate way. The caregivers showed her kindness, understanding and friendship. Management were always happy and willing to discuss unexpected challenges, to help find a solution that suited Mum and the family.





Fantastic care, made a significant difference to my mother's wellbeing. Would highly recommend.

Absolutely wonderful company to work with. Amazing team, very patient and understanding, attention to details on tasks, very hands on, helpful, loving, no job is too small, I highly recommend them 100%.

