

Health & Wellbeing E-News



Building a Stronger Future Together in Shropshire



Shropshire Health and Wellbeing e-Newsletter

Welcome to this June/July 2017 Shropshire Health & Wellbeing e-Newsletter. This e-Newsletter is for everyone interested in health and wellbeing in the county.

To contact us, please email us: shropshiretogether@shropshire.gov.uk

Follow us on Twitter [@ShropTogether](https://twitter.com/ShropTogether)

Visit the [Shropshire Together website](http://shropshiretogether.gov.uk)

All-Age Carers Strategy for Shropshire 2017 - 2021



Shropshire All-Age Carers Strategy

A new strategy for carers has been launched to ensure carers of all ages get the right advice and support to improve their health and wellbeing.

The All-Age Carers Strategy for 2017-2021 was created in consultation with carers across Shropshire and the Family Carers Partnership Board a local multi-agency working group made up of various organisations across the county.

You can view the Strategy and Action Plan by visiting [Shropshire Choices](#), and clicking the link on the link on the page



Shrewsbury older people invited to get together over afternoon tea

A local charity, which supports older people in the county, has teamed up with Marks & Spencer in Shrewsbury to host an afternoon tea as part of a nationwide campaign to help tackle loneliness.

Age UK Shropshire Telford & Wrekin are inviting older people to attend the gathering, which will take place on Wednesday 14 June 2017 from 3-5pm in the café, at the store on Castle Street.

This is just one of thousands of events that will be taking place around the UK as part of The Great Get Together – a neighbourhood celebration inspired by the Jo Cox Foundation to show that we have more in common than that which divides us.

People are welcome to drop in to the afternoon tea anytime from 3-5pm on the 14 June and they can come on their own or with company. For more information about the event contact Age UK STW on 01743 233123.



National Diabetes Awareness Week runs from 11th-17th June 2017.

The message being promoted for this year's National Diabetes Awareness Week is '**know diabetes, fight diabetes**' which is encouraging the diabetes community to share their experience and knowledge of living with the challenge of diabetes.

In the UK, there are around 3.5 million people diagnosed with diabetes, with an estimated additional 549,000 people who have the condition, but don't know it. In Shropshire, more than 15,000 people are diagnosed with diabetes and around 100 people are diagnosed with the condition each week.

To find out more about diabetes, please visit [Diabetes UK](http://DiabetesUK.org)

For further information about healthy lifestyles including healthy eating, weight management and physical activity, visit the Healthy Shropshire website or telephone 0345 678 9025

Shaping the future of Healthwatch in Shropshire



Your views are needed to help shape Local Healthwatch, the voice for patients, service users and the public on health matters in Shropshire.

Each local authority is required by the Health and Social Care Act 2012 to make arrangements to establish and maintain a local Healthwatch organisation in its area. Healthwatch Shropshire has been working in Shropshire since 2013, and its current arrangement ends in March 2018. We'd like you to help us to shape how Healthwatch in Shropshire will look from 2018 onwards.

Please click on the link below to find out more.

<http://new.shropshire.gov.uk/get-involved/shaping-the-future-of-healthwatch-in-shropshire/>

Wise and Well Days



Wise & Well Days

A series of events, June — July 2017



Date to be confirmed
**Diabetes
Awareness
Gobowen**
All Saints Hall, SY11 3LL



Wednesday 28th June
Healthy Living
St Martins
St Martins Centre, SY11 3AY

To book, call Jayne:
01743 360641
or email:
info@shropshire-
rcc.org.uk

Wednesday 19th July
Home Safety
Whittington
Seniors Club, SY11 4BS

Supported by



Facilitated by Shropshire RCC's Wise & Well Team

Shropshire RCC is a company limited by guarantee, registered in England and Wales No. 4652487. Registered Charity No. 1096779

Wise & Well Information Days

Lovely friendly atmosphere - thoroughly enjoyable!

Come along to our **FREE** information days, to include a series of short talks, a demonstration and a chance to ask questions that are relevant to you.

Date to be confirmed	28th June	19th July
1:45pm – 4:30pm	10:00am—1:00pm	10:00am—1:00pm
Diabetes Awareness	Healthy Living	Home Safety
Medication Management	Emergency & Future Planning	Falls Prevention
Foot Care	Falls Prevention	Fire Safety
Importance of Eye Screening	Exercise Taster	Avoid the Scammers
Healthy Eating	Healthy Eating	Exercise Taster
Exercise Tasters	Exhibition of local support services & social groups	Exhibition of local support services & social groups
Lunch NOT included	Includes FREE Lunch	Includes FREE Lunch

These are not drop-in events but are free of charge. Please reserve your place. Friends & carers are welcome. (Transport can be provided.)

So don't delay, book today!

Call Jayne on **01743 360641**

Email: info@shropshire-rcc.org.uk

or write to:

I wish my friend had come as well, she would have got so much out of today!

All information was relevant and useful

Wise & Well Team
Shropshire RCC
The Creative Quarter
Shrewsbury Business Park
Shrewsbury
SY2 6LG

Let's Talk About the F Word



The 'Let's talk about the F-word' campaign launched today (Monday 22 May 2017) is being led by Shropshire's Public Health service Help2Change and Shropshire's Age UK. The campaign is primarily aimed at relatives and friends of those who may be vulnerable to falling in their home or when they're out and about.

Let's talk about the F- word signposts people to a range of practical suggestions and on-line interactive tools and resources to help someone stay safe and avoid falls. These range from an interactive check for hazards in the home that may cause a fall to offering practical exercises to help build strength and balance.

For more information about the campaign, or if you are concerned about yourself, an ageing parent, family member or friend go online to <http://www.healthyshropshire.co.uk/topics/ageing-well/preventing-falls/>

For those who don't have access to the internet, you can visit your local library and ask for information on the Let's talk about the F-word campaign.



Cupcake Day

A poster for Cupcake Day. The top half has a pink background with the text "CALLING ALL BAKERS AND TAKERS" in white. Below this is a photograph of a cupcake decorated with pink and blue frosting. The right side of the poster is white and contains the following text: "Come along and join our Cupcake Day – and remember to bring your appetite!", "Together we'll eat lots of cake, have lots of fun and raise pots of money for Alzheimer's Society.", "When: Thursday 15th June 10am - 12pm", "Where: Glebe Centre, Glebe Street Wellington", "Can't join us? You can still join the rise against dementia by making a donation to Alzheimer's Society at cupcakeday.org.uk". At the bottom, there are logos for "Meet our Dementia Support Team" and "Alzheimer's Society Cupcake Day".

CALLING ALL BAKERS AND TAKERS

Come along and join our Cupcake Day – and remember to bring your appetite!

Together we'll eat lots of cake, have lots of fun and raise pots of money for Alzheimer's Society.

When: **Thursday 15th June**
10am - 12pm

Where: **Glebe Centre, Glebe Street Wellington**

Can't join us? You can still join the rise against dementia by making a donation to Alzheimer's Society at cupcakeday.org.uk

Meet our Dementia Support Team

Alzheimer's Society Cupcake Day

FR Alzheimer's Society is a registered charity in England and Wales (296645), the Isle of Man (1128) and operates in Northern Ireland

Updates from our Partners



Working together to improve health and wellbeing in Shropshire



www.shropshiretogether.org.uk
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01743 253972

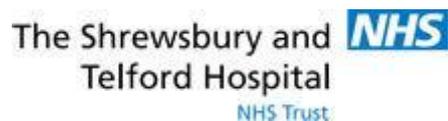


Volunteer

If you are interested in volunteering or to find out more about volunteering opportunities please visit the [web page](#) or telephone on 01743 255957



For the latest news from Healthwatch Shropshire, click [here](#)



For latest news from SaTH, click [here](#)



For latest news from the VC SA please click on the logo above

Do you have a question for the Health and Wellbeing Board?

If you have any questions for the Health and Wellbeing Board, you can contact Healthwatch Shropshire. Just click [here](#) to contact them or Telephone: 01743 237 884
Email: enquiries@healthwatchshropshire.co.uk or write to Freepost HEALTHWATCH SHROPSHIRE

Got some news to share?

If you have a topic or article that you would like to feature in this newsletter, please contact us by email: shropshiretogether@shropshire.gov.uk or telephone: **01743 253998**



Health and Wellbeing Board - Next Meeting

The next public Health and Wellbeing Board meeting will be held on Thursday 14th September 2017, starting at 2pm at Shirehall in Shrewsbury.

The agenda and relevant papers will become available on the Health and Wellbeing webpage prior to the meeting. Please click [here](#) to access previous meeting agendas