



## Shropshire Health and Wellbeing e-Newsletter

Welcome to this March 2019 Shropshire Health & Wellbeing e-Newsletter. This e-Newsletter is for everyone interested in health and wellbeing in the county.

To contact us, please email: [shropshiretogether@shropshire.gov.uk](mailto:shropshiretogether@shropshire.gov.uk)  
Follow us on Twitter [@ShropTogether](https://twitter.com/ShropTogether)



Bethphage is a charitable and specialist provider of support for adults (18+) with learning disabilities, and has teamed up with three local parkruns to promote opportunities for people with a learning disability to get into running.

The dates for the “learning disability specials “are:

- Saturday 18th May at the [Shrewsbury parkrun](#) in Quarry Park Shrewsbury SY1 1RN
- Saturday 22nd June at [Telford parkrun](#) in Town Park, Hinkshay Road, Telford TF4 3NZ and
- Saturday 20th July at the [Oswestry parkrun](#) in Henley Wood off Cabin Lane, Oswestry
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- The normal weekly community parkrun will be taking place on these dates, and the special events are not exclusively for people with a learning disability. To find out more, click on the link <http://bethphage.co.uk/parkrun/>.



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## Have your say on how the NHS should improve in Shropshire, Telford & Wrekin

People keen to influence the future of the NHS in Shropshire, Telford & Wrekin are being encouraged to make their views known. The NHS is developing a local plan and needs your help.

With growing pressures on the NHS – an ageing population, more people living longer with long-term conditions, and lifestyle choices affecting people's health – changes are needed to make sure everyone gets the support they need.

The Government is investing £20 billion a year in the NHS and nationally has developed the NHS Long Term Plan. This Long Term Plan sets out all the things it wants health services to do better for people across the country. Now your local NHS needs to hear from you about what those changes should look like in our community.

Independent health and care champions Healthwatch Shropshire and Healthwatch Telford & Wrekin are launching a new campaign 'What would you do?' to encourage people to share their views with our local Sustainability and Transformation Partnership.

The public are being asked for their views in two surveys; one about how services for cancer, mental health conditions, heart and lung diseases, long-term conditions, such as diabetes and arthritis, learning disabilities, autism, and dementia could be improved. In the other they will also be asked to share their ideas on how people can live healthier lives and what improvements would make it easier for people to take control of their own health and wellbeing.

Paul Shirley, General Manager of Healthwatch Telford & Wrekin, said: "We know that the NHS only works when people's voices are heard. This is a chance for local people to help decide where this extra money from Government should be spent in our NHS services in Shropshire, Telford & Wrekin."

Lynn Cawley, Chief Officer of Healthwatch Shropshire, added "We want to hear from as many people, groups and communities as possible to ensure the local plans reflect the needs of our population. We want to hear about what works, what doesn't and how people think local health services should be improved. No matter how big or small the issue, we want to hear about it. Sharing your experience with us is quick and easy - and could make a big difference."

Details of both surveys can be found here: <https://www.healthwatch.co.uk/what-would-you-do>

Healthwatch Shropshire and Healthwatch Telford & Wrekin are the independent consumer champions for health and social care in the county of Shropshire and the borough of Telford & Wrekin. They

gather the views and experiences of patients, service users, carers, and the general public about services including hospitals, GPs, mental health services, community health services, pharmacists, opticians, residential care and children's services. They also have statutory powers that can be used to influence service provision by encouraging improvements.



Enter & View Officer and Complaints Advocacy Co-Ordinator

We are looking for someone to join our team and share our passion for Healthwatch Shropshire as the "consumer champion" for health and social care services across Shropshire

You will have excellent communication and interpersonal skills. You will be organised and have a belief and commitment to volunteering. You will need to have knowledge of the NHS and you will be able to demonstrate that you have the knowledge, skills and experience to support our new clients. You will be a dynamic person with plenty of drive and enthusiasm who can work with the wide range of Healthwatch Shropshire contacts.

The post is part time (25 hours per week) with a salary of £16,868.

Closing date for applications is noon Tuesday 2<sup>nd</sup> April. Interviews will be held on Tuesday 9<sup>th</sup> April.

Please note CV's are not accepted for this role.

**For a recruitment pack and application form please contact Healthwatch Shropshire at:**  
[www.healthwatchshropshire.co.uk](http://www.healthwatchshropshire.co.uk) 01743 237 884 or email [enquiries@healthwatchshropshire.co.uk](mailto:enquiries@healthwatchshropshire.co.uk)

<http://www.healthwatchshropshire.co.uk/news/were-recruiting>

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## Functional Fitness MOTs

Are you feeling less steady on your feet?  
Measure your strength, balance & endurance  
against "normal" for your age, and find out  
how to stay upright and active.



Book now for your  
Functional Fitness MOT.  
2 hour appointments  
are available between  
9.30 am & 4.30 pm  
on  
**Wednesday, 8<sup>th</sup> May 2019**  
at  
Festival Drayton Centre,  
Market Drayton, TF9 3AX



Booking is essential  
as appointments are limited  
Contact Shropshire RCC's Wise  
& Well Team  
**01743 360641**  
enquiries@shropshire-rcc.org.uk

Funded by Public Health, Shropshire Council



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

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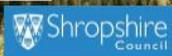


Book now for your  
Functional Fitness MOT.  
2hour appointments  
are available between  
9.30 am & 4.30 pm  
on  
**Tuesday, 30<sup>th</sup> April 2019**  
at  
Craven Arms Methodist  
Church Hall, Corvedale Rd,  
SY7 9ND



Booking is essential  
as appointments are limited  
Contact Shropshire RCC's Wise  
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# All Inclusive Adult Session

@Shrewsbury Sports Village



Every Tuesday and Wednesday

10-12 & 1-3pm

Wide range of different activities,  
assisted by specialist trained staff

Speak to front of house for more details.

Or call 03450007002



£4  
Per session



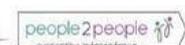
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## Updates from our Partners

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Working together to improve health  
and wellbeing in Shropshire



[www.shropshiretogether.org.uk](http://www.shropshiretogether.org.uk)  
[shropshiretogether@shropshire.gov.uk](mailto:shropshiretogether@shropshire.gov.uk)  
01743 253972



## Volunteer

To find out about the volunteering activities which have been going on across Shropshire's Great Outdoors take a look at the webpage <http://www.shropshiresgreatoutdoors.co.uk/volunteering-outdoors/>

If you are interested in volunteering or to find out more about our volunteering opportunities please visit our [webpage](#), call on 01743 255957 or [email](#).

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The Shrewsbury and Telford Hospital  For all the latest news from The Shrewsbury & Telford Hospitals [click here](#).  
NHS Trust

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Help us find out more about Volunteering and Social Action in Shropshire! It's more important than ever that we collect local information about VCSE organisations and those who support volunteers.



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

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#### **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](mailto:enquiries@healthwatchshropshire.co.uk) or write to Freepost HEALTHWATCH SHROPSHIRE

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#### **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](mailto:shropshiretogether@shropshire.gov.uk) or telephone: **01743 253998**



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#### **Health and Wellbeing Board - Next Meeting:**

**The next public Health and Wellbeing Board meeting will be held on the 23rd May, 2019 starting at 09.30am 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