



## Shropshire Health and Wellbeing e-Newsletter

Welcome to this August 'Summer Special' 2018 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)

Shropshire Council **all in**

**\*\*NEW\*\* Visual Arts project**

**For ages 16-25 who have a disability**  
**CALL-OUT TO YOUNG ARTISTS**  
FOR NEW VISUAL ARTS PROJECT

- Aged 16-25?
- Do you live in Shropshire?
- Want to develop your creative skills?
- Interested in one or more forms of visual art?

Do you identify as a disabled person?   
This may include:

- Physical impairment
- Sensory impairment such as hearing or visual impairment
- Learning disability such as autism or dyslexia
- Mental health

**Details:**

- All costs covered
- Learn & develop new skills
- Visit accessible galleries
- Attend workshops based on your artistic interests
- Meet people with careers in the visual arts
- Receive tailored support and mentoring
- Have creative freedom to identify your own goals and outcomes

**If you or someone you know may be interested, get in touch!**

To find out more, please contact Sarah from DASH:

sarahc@dasharts.org  
07872515126  
01743272939



**DASH**  
Cultivating spaces for extraordinary artists.

A play by  
Libby Pearson & Ian Baxter

Insightful, honest and uncomfortable the play does more than tell a story, it encourages its audience to question and challenge. It is a must see piece of theatre and I would encourage anyone regardless of profession or sexuality to go and see it."

"A truly fantastic play that touches your heart and soul"

"30 mins of play - got more than a full day of training"

"You don't have to have any experience of dementia....You don't have to be gay... this is a powerful piece of theatre; just go and see it!"

**The Purple List**  
*a gay dementia venture*

Saturday 15<sup>th</sup> September 2018  
2pm - 5pm  
at the Hive, 5 Belmont, SY1 1TE  
booking essential: [www.sandgig.co.uk](http://www.sandgig.co.uk)

book early £5.50  
book later £8.50

Organised by: SAND, Office 3, Old Grammar School House, School Gardens, Castle Gates, Shrewsbury SY1 2AJ.  
Tel: 07966 294323 [www.lgbtsand.wordpress.com](http://www.lgbtsand.wordpress.com)  
SAND C.I.C. 9592142



**PENTABUS**  
RURAL THEATRE COMPANY

**NEW PERSPECTIVES**

## AUTUMN TOUR & CAST ANNOUNCEMENT OF CROSSINGS

By Deirdre Kinahan

Let's dance through a century of unexpected connections

National Tour: 10 October – 24 November 2018

**Leading touring theatre companies Pentabus Theatre Company and New Perspectives** are delighted to announce their very first partnership with **Crossings**, a new play by award-winning Irish playwright Deirdre Kinahan, to mark the centenary of the end of World War 1. This powerful and subversive new play explores the unexpected stories of war past and present; the soldiers who found solace in women's clothing, the refugees who found peace in the English countryside. It will tour to 11 counties this Autumn, visiting a mix of village halls and studio theatres.

Crossings brings together two deeply moving war stories separated by a hundred years and bound by the same village hall.

In 1919, Badgerbridge Village Hall is Margaret's domain and the last place she expected to come face to face with Grace; a cross-dressing soldier who knew and loved Margaret's brother. Through this chance meeting their two lives collide resulting in an unlikely pairing that will change the course of both of their futures

Fast forward to 2019. Sean can't find his mother to meet Mirjana from the care company, here to help her stay in her own home. Mirjana is from Sarajevo, but has lived in the village since escaping the war there as a teenager. The village hall has been her solace and proves an unlikely link between them.

With live music, waltzing and unexpected connections, two actors will dance you through a century exploring how we return, resettle and adapt.

Pentabus and New Perspectives are thrilled to announce our cast: **Victoria Brazier** whose recent works include The Secret Garden (York Theatre Royal and Theatre by the Lake) Hard Times (Northern Broadsides) and Three Mothers (Waterloo East) and **Will O'Connell** whose recent theatre includes Class (Traverse Theatre, Galway Arts Festival, Abbey Theatre, Dublin Theatre Festival), Swansong (Kilkenny Arts Festival) and Luck Just Kissed You Hello (HotForTheatre/GIAF/Dublin Theatre Festival). Victoria will play Margaret and Mirjana, and Will plays Grace and Sean.

The Production is directed by Pentabus Artistic Director **Sophie Motley**, with set and lighting designed by **Sarah Jane Shiels** and Sound Design by **Helen Skiera**.

Artistic Director of New Perspectives Jack McNamara said:

"Pentabus and New Perspectives have had strong affinities for decades, and a partnership between us feels long overdue. We are thrilled to finally be collaborating with this exceptional playwright to explore an alternative take on the legacy of WW1. It is a story that challenges the masculine stereotype of the returning veteran whilst also reminding us of war's persistent presence in the modern day. "

Artistic Director of Pentabus Theatre Company Sophie Motley added:

"I'm really thrilled that we are working in collaboration with New Perspectives. Rural touring is the mainstay of our work, and sharing the breadth of the Midlands as well as touring nationally is a feat. We're looking forwards to sharing Deirdre Kinahan's delicate, touching, gently challenging piece of work with village hall audiences all over the country."

**Running Time 90 minutes including interval (approx.) | Recommended for ages 12 +**

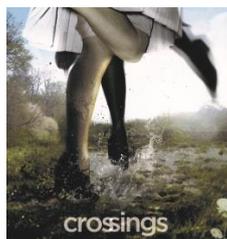
**Twitter: @pentabustheatre | @NPtheatre #Crossings**

**Facebook: PentabusTheatre | @NewPerspectivesTheatreCompany**

**Youtube: [www.youtube.com/pentabustheatre](http://www.youtube.com/pentabustheatre) | newperspectivesTV**

**Instagram: Pentabustheatrecompany |@nptheatre**

Further Information can be found at [www.newperspectives.co.uk](http://www.newperspectives.co.uk) and [www.pentabus.co.uk](http://www.pentabus.co.uk)



## Faces and Voices of Recovery UK Annual Conference UK 2018

September 7, 2018 | University Centre Shrewsbury, Guildhall, Shrewsbury, SY3 8HQ



### Theme: Sustainable Recovery: Friends, Homes and Jobs

The National Drugs Strategy states that "We know recovery is only achievable through a partnership-based approach with action taken across a range of services" and highlights the crucial role of "jobs, friends and homes" in recovery from addiction:

*"Access to employment and meaningful activity is a critical element of recovering from substance misuse and dependence and sustaining recovery"*

*"Peer support is an essential component of effective recovery and should be easily accessible before, during and after formal structured treatment"*

*"Stable and appropriate housing is crucial to enabling sustained recovery from drug misuse"*

**Aims and Objectives:** The conference will examine

- The role of employment and meaningful activity, positive social networks and stable housing in recovery from addiction
- How local leadership and partnership working are essential to create an environment in which recovery capital can flourish

We will hear from national speakers, local services and service users themselves. The intended audience for the conference is local leaders and practitioners who can mobilise recovery capital resources to support individuals and build recovery communities

	9.15am Coffee & Registration
9.45am	Welcome to Chester University: Prof Wayne Morris, Director of the School of Humanities, University of Chester
9.50am	Welcome to FAVORUK Conference: Prof Rod Thomson, Director of Public Health, Shropshire Council
10.00am	Keynote speech: Dr David Best, University of Hullam
	Recovery and Employment, Volunteering & Meaningful Activity
10.45am	National Perspective: Sarah Burwood, Programme Manager, PHE
11.05am	Local Perspective: Kully Chahal, Partnerships Manager, Dept of Work and Pensions.
11.25am	Service User Perspectives
	11.40: Coffee
	Recovery and Safe & Stable Housing
12.00pm	National Perspective: Chris Brill, Policy Manager, Homelesslink
12.20pm	Local Perspective: A Better Tomorrow
12.40pm	Service User Perspectives
	1.00pm The Shropshire Recovery Awards 2018
	1.20pm: Lunch
	Recovery and Positive Social Networks
2.20pm	National Perspective: Mark Gilman, CEO, Discovering Health
2.40pm	The Impact of Positive Social Networks for Participants at Penrhyn House Recovery Community, Bangor: Liam Metcalf-White, Chester Studies of Addiction, Recovery and Spirituality Group Project Officer, University of Chester
3.00pm	Service User Perspectives
	3.20pm Panel Q&A
	3.50pm Plenary & Close

Bookings can be made online at <https://www.tickettailor.com/events/facesvoicesofrecoveryuk/136882#>



## Age UK is looking for volunteers in Wem

**Age UK Shropshire Telford & Wrekin is looking for people who are willing to volunteer some of their time to make a real difference to the lives of older people in Wem.**

The local charity has volunteer vacancies for day centre helpers and car drivers.

The day centre at Prince William Court takes place every Tuesday and is in need of helpers to welcome members, serve refreshments, wash up, organise and deliver a range of social activities.

Volunteer car drivers are also required to provide transport to and from the day centre for older people living in the Wem area. There is a particular need for a car driver to come forward who would be willing to provide transport to one member living in Clive who would like to attend the day centre but has no means of getting there and back.

Age UK Shropshire Telford & Wrekin runs 39 day centres in Shropshire which provide a weekly day out for older people, offering friendship, social activities and a hot meal.

If you would like to help older people living in the Wem area, then please contact the volunteer recruitment team on 01743 588 570 or visit the website [www.ageukshropshireandtelford.org.uk](http://www.ageukshropshireandtelford.org.uk)

## **Volunteers needed to support older people in Bridgnorth**

Age UK Shropshire Telford & Wrekin is looking for more people willing to volunteer to support its services for local older people in Bridgnorth and the surrounding area.

The local charity is wanting to fill volunteer vacancies in their befriending service and community transport scheme - transporting day centre members to and from its Day Centre at Innage Grange. There are a number of older people in the Bridgnorth area who have asked the charity for befriending volunteers to visit them in their own homes to offer companionship. Befriending volunteers spend on average 1-2 hours per week visiting an older person in their own home or they may take them out to a local café or on a social outing.

Car drivers and volunteers who can escort older people to and from the Day Centre at Innage Grange once a week are also required to help the local charity.

Training and support will be provided by Age UK Shropshire Telford & Wrekin, and out of pocket expenses. If you would like to find out more, please contact the volunteer recruitment team on 01743 588 570 or visit [www.ageukshropshireandtelford.org.uk](http://www.ageukshropshireandtelford.org.uk).

## **Age UK urgently in need of telephone buddies**

Age UK Shropshire Telford and Wrekin is keen to recruit additional volunteers to become telephone buddies for local older people.

The local charity has been running the telephone buddies scheme for over 10 years and it continues to be a valuable service to help tackle loneliness and isolation.

The service is operated from the charity's Mardol Gardens office in Shrewsbury. Volunteers make telephone calls to local older people on Monday and Tuesday mornings from the Shrewsbury office. They provide a listening ear, have a chat about activities or hobbies, share news and offer information about other services that might be of benefit. Anyone willing to donate a couple of hours of their time once a week, fortnightly or monthly is urged to get in touch with the charity to find out more by calling the volunteer recruitment team on 01743 588 570 or visit [www.ageukshropshireandtelford.org.uk](http://www.ageukshropshireandtelford.org.uk). Full training, travel expenses and on-going support is provided.



# Listen and Respond

An opportunity to have your say  
on local mental health services

Wednesday 19th September 2018

1.30-3.30pm

The Lantern,  
Meadow Farm Drive,  
Shrewsbury SY1 4NG  
Bus route 24 or free parking

Everyone welcome. Come along and share your point  
of view and experiences. Refreshments provided.

0800 318850  
involvement@mpft.nhs.uk

**12345**  
**Living our values**  
This is how we do things around here. This is how we Live Our Values.



## Updates from our Partners



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](#).

The Shrewsbury and Telford Hospital NHS Trust

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



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.

healthwatch Shropshire

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**



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

**The next public Health and Wellbeing Board meeting will be held on the 13th September, 2018 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