



## Shropshire Health and Wellbeing e-Newsletter

Welcome to this February 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)



Music plays an important part in many people's lives. Find out more and experience how listening to and making music as a group can provide powerful health benefits and can improve your confidence in so many different ways! This 8-week course will take you on a musical journey of self-discovery in a relaxed and supportive environment. No previous musical experience is required, so why not join us.....

Central, Shrewsbury Baptist Church, Claremont Street, Shrewsbury, SY1 1QG  
1.00pm – 3.00pm

Starting Thursday 7 February 2019

These sessions are totally FREE and are part of the BBO Programme

To be eligible you must be unemployed (not in work but looking for work) or economically inactive (not in work and not currently looking for work) but want to become more active in your community in the future. You must also have the right to live and work in the UK Everything is provided so all you need to do is turn up, but **BOOKING IS ESSENTIAL** so that we can provide enough equipment

For more information please call or text 07528 700492 or email

[anne@throughthedoortway.org.uk](mailto:anne@throughthedoortway.org.uk)

[www.throughthedoortway.org.uk](http://www.throughthedoortway.org.uk)

Building Better Opportunities - Funding will support projects in England that tackle poverty and promote social inclusion. It is funded by the European Social Fund and the National Lottery, through the Big Lottery Fund



**BBO Shropshire**

where will your journey take you?



NATIONAL  
LOTTERY FUNDED



## 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. 2½ hour appointments are available between 10.00 am & 4.30 pm on **Thursday, 28<sup>th</sup> February 2019** at **Bridgnorth Baptist Church** West Castle St, WV16 4AB

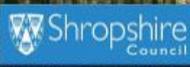
Booking is essential as appointments are limited. Contact Shropshire RCC's Wise & Well Team

01743 360641

[enquiries@shropshire-rcc.org.uk](mailto: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

### Functional Fitness MOT

Around one in two women and a third of all men in England damage their health through lack of physical activity. As individuals get older, they are far more likely to become inactive. Falls in older people are common and can be devastating. People do not realise how important good strength and balance is, to reduce the risk of falls. Attending exercise classes or doing defined exercises at home can improve strength and balance to reduce the risk of falling.



If you are between 65 and 95, you may be at risk of falling. Come for a Functional Fitness MOT to test your strength and balance. Members of Shropshire Rural Communities Charity will take you through a variety of tests to measure your exercise performance. Each test comes with a set of "normal values" for people of different ages, which will show you whether you are "doing well" compared to your peers, or whether you could benefit from being more active.



Your fitness tester will tell you about local activities that you might like to join & some online websites & videos. There will be an optional short Exercise Taster, a film about how to reduce your risk of falling & a chance to develop a personal household Emergency Plan in case of a fall.

Take home your MOT results, emergency plan & information about health, activity & staying steady.



#### How can you join in?

Email: [enquiries@shropshire-rcc.org.uk](mailto:enquiries@shropshire-rcc.org.uk) or contact Jayne on 01743 360641

A donation towards the work of our Charity would be greatly appreciated.

---

## Updates from our Partners

---



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

---



### Views sought on future provision of Ophthalmology services

**Patients and staff are being asked for their views on how Ophthalmology services, provided by The Shrewsbury and Telford Hospital NHS Trust (SaTH), should be delivered in the future.**

Ophthalmology services are currently provided at the Royal Shrewsbury Hospital (RSH), the Princess Royal Hospital (PRH) in Telford, and Euston House (ICAT) in Telford; as outlined below:

Site	Outpatients	Surgery
RSH	<b>Adult &amp; Paediatric</b> All sub-specialisms and Urgent Eye Clinic	<b>Adult</b> General Anaesthetic and Local Anaesthetic sub-specialisms, complex and "simple"  Emergency Operating
PRH	<b>Adult &amp; Paediatric</b> All sub-specialisms  <b>Excluding</b> the following: Urgent Eye Clinic Injections for Medical Retina related conditions Cornea Cataract assessment	<b>Paediatric</b> General Anaesthetic and Local Anaesthetic  <b>Adult</b> <del>Oculoplasty</del> surgery.
ICAT	<b>Adult</b> The following services only: Cataract assessments, non-specialised ophthalmology and the ability to deliver lasers	<b>Adult</b> The following services only: Local Anaesthetic "simple" Cataract and Injections

To improve patient care and waiting times; as well as help recruit and retain staff, SaTH is proposing to relocate the eye services currently provided by ICAT, back to the eye departments at RSH (Cophorne Building) and PRH.

The Trust is now seeking the views of service users, staff and other interested parties on two options:

- Option 1 - No change
- Option 2 - To relocate adult outpatient services from ICAT back into the respective main hospital sites; and relocate cataract surgery from ICAT to the Copthorne building at RSH

Tony Fox, Deputy Medical Director at SaTH, said: “The demand for eye services provided by SaTH remains incredibly high. By relocating services back to RSH and PRH, it would not only help us to improve waiting times for our patients, it would also help us to recruit and retain the staff to provide those services.

“Staff would spend less time travelling resulting in more clinical activity. Having more staff at reduced sites would potentially mean appointments would not have to be cancelled due to sickness; and having staff working alongside each other – rather than being spread across sites – would enable many patients to have their eye needs met in one appointment rather than multiple appointments and trips.

“We would like to encourage anyone with an interest in hospital eye services to complete the questionnaire. It is important for them to have their say as this will help us to shape how services will be provided for them in the future.”

Interested parties have until 18 February 2019 to respond to the questionnaire which can be accessed here: <https://www.sath.nhs.uk/wards-services/az-services/ophthalmology/> or via <https://www.surveymonkey.co.uk/r/1810EyeCare>

The results of the questionnaire will be presented to SaTH's Trust Board alongside associated recommendations at a meeting, which will be open to the public, in April.



## 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](#).



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](#)



#### **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

---

#### **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 7th March, 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