



## Shropshire Health and Wellbeing e-Newsletter

Welcome to this January 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)



### Happy New Year!

The "How Are You?" campaign is now live and encouraging adults to kick-start 2019 by taking the free ["How Are You?" health quiz](#).

With your help, we'd like to encourage adults to think about how their current lifestyle could be impacting their health, and support them to make positive changes, whether that be eating better, stopping smoking, cutting down on drinking or getting active.

At the end of the quiz, people receive a health score and personalised advice. The quiz also signposts users to a range of Public Health England apps to support their health and wellbeing.

[Click here for 'How Are You?' Resources](#)

Thank you for your ongoing support. If you have any questions, please email [partnerships@phe.gov.uk](mailto:partnerships@phe.gov.uk)



# You don't need to suffer alone with ME

## Oswestry ME Peer Support Group

Kinoculture, 9 Arthur St, Oswestry SY11 1JN  
1.00pm: 2nd Tuesday of the month

People with M.E. often find it really helpful to meet others with the same illness. Because of this, regular monthly M.E. Peer Support Groups have sprung up in Shropshire, with the help of our Shropshire ME Group members who coordinate them. New members are always welcome. In fact, people with M.E. don't even have to be a member of Shropshire ME Group, to come along!

For more information about the Oswestry ME Peer Support Group, please contact...

**Donna Teague**

BA Hons, LRM Ethics (Remedial Massage)  
Peer Group Facilitator

m: 07413 529994 e: [dateague@hotmail.co.uk](mailto:dateague@hotmail.co.uk)

For more information about the Shropshire ME Group or becoming a member, contact us at:  
t: 07516 401097 e: [InfoShropMEgrp@hotmail.co.uk](mailto:InfoShropMEgrp@hotmail.co.uk) w: [shropshiremegroup.org](http://shropshiremegroup.org)

[Shropshire\\_me](#) [ShropshireMEgroup](#)



## 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.

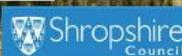


Book now for your  
Functional Fitness MOT.  
2 1/2 hour appointments  
are available between  
10.00 am & 4.30 pm  
on  
**Thursday, 28<sup>th</sup> February 2019**  
at  
Bridgnorth Baptist Church  
West Castle St, WV16 4AB

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)



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## 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.



**NHS**  
**Shropshire**  
**Clinical Commissioning Group**

## Become a Patient Representative on the Shropshire Care Closer to Home Programme Board

Become a Patient Representative on Shropshire CCG's Care Closer to Home Programme Board and use your knowledge and experience to help develop local health services.

NHS Shropshire Clinical Commissioning Group (CCG) is currently seeking a Patient Representative to join the Shropshire Care Closer to Home Programme Board.

The Shropshire Care Closer to Home Programme Board is responsible for looking at how existing services might be provided differently and more efficiently, co-ordinating and integrating care. The programme aims to give people in Shropshire access to the care they need closer to where they live, either in their own home or in the community.

If you live in Shropshire and have experience of using NHS services then the CCG wants to hear from you.

Dr Finola Lynch, Joint Chair for the Shropshire Care Closer to Home Programme Board at the CCG, said: "Patients are at the heart of everything we do and we make decisions about health services based on the feedback we get. The Patient Representative role is an important one and will help us to

ensure the services we redesign as part of the Shropshire Care Closer to Home Programme are ones that residents need and can access."

For this voluntary role as the Patient Representative on the Shropshire Care Close to Home Programme Board, the CCG is looking for someone who:

- Lives in the County and has experience of NHS services in Shropshire, or a local carer of someone using NHS services in Shropshire.
- An ability to work with senior health and social care professionals.
- Has experience and understanding of the community and voluntary sector in Shropshire.
- Can take part in discussions on agenda items and act as an ambassador for the patient and public voice, working alongside other Programme Board members as equals.
- Has the ability to champion the diversity of patients' views and not just represent their own experience.
- Can understand and evaluate a range of information and evidence.
- Respect the need for confidentiality.

Can attend 80% of the monthly meetings, which are held during the day at William Farr House, Mytton Oak Road, Shrewsbury.

If you would like to become the Patient Representative, please write a letter stating why you are interested and what you would bring to this voluntary role as well as contact details.

All letters of expression of interest will be reviewed by a panel, which will include representatives from the CCG, and shortlisted candidates may be invited to take part in an informal chat.

Anyone interested in becoming a Patient Representative must submit their letter by 5pm on Thursday, 31 January 2019, to Barrie Reis-Seymour, Commissioning and Redesign Lead – Shropshire Care Closer to Home, NHS Shropshire CCG.

**Email:** [shrccg.careclosertohome@nhs.net](mailto:shrccg.careclosertohome@nhs.net)

**Post:** NHS Shropshire Clinical Commissioning Group, William Farr House, Mytton Oak Road, Shrewsbury, SY3 8XL.

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## Art 4 Well-being

Our 8-week Art 4 Well-being course will be looking at the use of different techniques to harness your creativity and help foster a sense of well-being. Various media will be explored from graphite pencils to collage, and we will look at composition and the use of colour or black and white.

**The Gateway Education and Arts Centre, Chester Street,  
Shrewsbury, SY1 1NA**

**9.30am - 12.00 noon**

**Starting Friday 18 January 2018**

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@throughthedorway.org.uk](mailto:anne@throughthedorway.org.uk) or [www.throughthedorway.org.uk](http://www.throughthedorway.org.uk)

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



**BBO Shropshire**

where will your journey take you?



NATIONAL LOTTERY FUNDED



**futurefit**  
Shaping healthcare together

**NHS**

### Health leaders set the date for a decision making meeting on future of hospital services

Health leaders have today announced that a decision making meeting on the future of local hospital services for people across Shropshire, Telford & Wrekin and mid Wales will take place on 29 January 2019. This is subject to a further meeting with NHS England and a further meeting of the Future Fit Programme Board.

The Future Fit Joint Committee of Telford & Wrekin and Shropshire Clinical Commissioning Groups (CCGs) will meet on 29 January to make a decision on the two options designed to transform the hospital services provided at the county's two hospitals:

**Option 1: The Royal Shrewsbury Hospital becomes an Emergency Care site and the Princess Royal Hospital becomes a Planned Care site**

(This is the CCGs' preferred option)

**Option 2: The Princess Royal Hospital becomes an Emergency Care site and the Royal Shrewsbury Hospital becomes a Planned Care site**

Under either option, a 24-hour urgent care centre, outpatient services and tests would be available at both hospitals.

The Committee will be made up of 15 voting members, which includes three clinicians, two lay members and one executive from each CCG Governing Bodies, plus two voting independent clinicians and a voting independent chair.

David Evans, Chief Officer at NHS Telford & Wrekin CCG commented: "We are pleased to be able to announce the date for this important meeting, in which members of the Joint Committee will be asked to make a final decision on the future of clinical services at the two hospitals. On behalf of both CCGs, I would like to thank everyone who has been involved in the Future Fit process over the last five years and has helped to get us this point - our patients and communities, doctors, nurses and other health professionals, the voluntary sector and partner organisations."

Dr Simon Freeman, Accountable Officer for NHS Shropshire CCG commented: "This meeting marks the end of a conscientious consideration phase in which both CCGs, together with key stakeholders, have taken time to hear, reflect and comment on the feedback from the public consultation, which took place from 30 May to 11 September 2018.

"In addition, we have looked in detail at the additional work that has been ongoing for some months. This includes public, community and non-emergency travel and transport activity, ambulance modelling, the impact that any changes to hospital services may have on seldom heard groups and the proposed plans to improve community services for health and care closer to home".

The conscientious consideration phase has involved a series of meetings, including the Joint HOSC of Telford & Wrekin and Shropshire Councils, Powys Community Health Council and the boards of Powys Teaching Health Board, The Shrewsbury and Telford Hospital NHS Trust and Shropshire Community Health NHS Trust.

Anyone is invited to attend the Joint Committee meeting, which will be held in public at 6.30pm on Tuesday 29 January 2019 at Harper Adams University, Edgmond, Newport TF10 8NB. The meeting will be live streamed via a webcast that can be accessed at [www.nhsfuturefit.org](http://www.nhsfuturefit.org)

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## Updates from our Partners

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## Job Vacancy

### CHAIR – SHROPSHIRE DOCTORS COOPERATIVE

Shropshire Doctors Cooperative (Shropdoc) is a clinically led, not for profit, provider of Urgent Primary Care services. Established in 1996, we were rated as 'Outstanding' by the Clinical Quality Commission in 2017.

Our workforce of 200 GP members and 180 clinical and administrative support staff has a strong track record of innovation in both service design and multidisciplinary workforce development and collaborates with many organisations both locally and nationally in pursuit of excellent Patient care.

Following a thorough Governance review we determined that the Board would be further supported by an independent Chair and are now seeking applications from suitably qualified candidates.

The successful applicant will be a senior individual with proven strategic leadership and governance skills. Specific health knowledge and experience is desirable but not essential – the critical objective is to establish an effective, capable Chair going forward. The NHS is experiencing serious financial and workforce challenges and we require expert support to maintain quality, exploit opportunities and manage risk.

The post is **3 half day sessions per month**, covering monthly Board meetings and regular contact with the Managing Director, staff teams and managers.

For further information and a job description, please contact Lynda Russell, HR Recruitment [Lynda.russell@shropdoc.nhs.uk](mailto:Lynda.russell@shropdoc.nhs.uk) or phone 01743 454900.

For an informal visit or discussion to better understand our organisation, please contact Dr Russell Muirhead [Russell.Muirhead@shropdoc.nhs.uk](mailto:Russell.Muirhead@shropdoc.nhs.uk) or phone Alison Wragg, PA on 01743 454900.

Website [www.shropdoc.org.uk/about-us](http://www.shropdoc.org.uk/about-us)

Please forward your up to date CV and covering letter to [lynda.russell@shropdoc.nhs.uk](mailto:lynda.russell@shropdoc.nhs.uk)

Closing date: 25<sup>th</sup> January 2019



## 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 17th January, 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