

# Health & Wellbeing E-News



Building a Stronger Future Together in Shropshire

## Shropshire Health and Wellbeing e-Newsletter

Welcome to this June 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)

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## FORUM FOR YOUNG PEOPLE

**WHEN: FRIDAY 13<sup>TH</sup> JULY 2018**

**6PM – 8PM**

**WHERE: THE COUNCIL CHAMBER,  
SHIREHALL, ABBEY FOREGATE,  
SHREWSBURY SY2 6ND**

**FREE TO ATTEND – NO NEED TO  
BOOK – JUST COME ALONG**

Are you 25 and under and interested in local, national and international issues? If so, here is your chance to meet and question of panel of Shropshire representatives.

Although prior submission of questions would be helpful and enable a balanced cross section of subjects, time will be available for questions on the night. Please submit questions to [sheppeyh@parliament.uk](mailto:sheppeyh@parliament.uk) no later than Monday 9<sup>th</sup> July 2018

**WHY: to give you an opportunity to discuss issues of interest to young people. Local MPs, your MEP and the Leader of Shropshire Council will be available to answer your questions**



Owen Paterson MP



Dan Dalton MEP



Cllr Peter Nutting



Daniel Kawczynski MP



## Help make a difference in your community

Healthwatch Shropshire is looking for volunteers to help to reach more people so that the charity can work to shape the health and social care services that are provided locally. Volunteers are key to the work of Healthwatch; they are valuable in helping to make a difference for local communities and services.

No previous experience is needed. Volunteers just need good listening and communication skills and to be committed to helping people from all backgrounds to have a voice.

Jane-Randall-Smith, Chief Officer of Healthwatch Shropshire, said: "Healthwatch is all about local people being able to influence the delivery and design of health and social care services where they live. It's about getting out into the community to listen to people's experiences and sharing this information with those who provide the services to encourage change and improvement.

"Volunteering can be great fun," she added, "and can provide satisfaction, fulfilment and enjoyable experiences."

Voluntary roles at Healthwatch Shropshire give people the opportunity to meet new people, use and develop existing skills and knowledge, access training and support while making a difference in their local community.

Chris Knight, Healthwatch Shropshire volunteer, said: "As an Enter & View Authorised Representative, I believe that an important way to improve the quality of service in health and social care is to listen and relay back to providers and commissioners the opinions of those individuals experiencing services. That is what we achieve by volunteering for Healthwatch."

Healthwatch Shropshire is also looking for people to join its Board of Trustees who oversee the activities of Healthwatch Shropshire. The Board provides scrutiny and approves policies and procedures that are needed for it to work effectively. Healthwatch would especially welcome enquiries about board membership from people with experience and knowledge of the health and social care system in Shropshire. Applications are welcome from people of all backgrounds.

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Shropshire Libraries launch “Reading Well for mental health” with titles by Matt Haig, Sathnam Sanghera and Ruby Wax

The ‘lifesaving’ 2018 “Reading Well for mental health” titles by The Reading Agency and Society of Chief Librarians were announced at a flagship event at the Wellcome Trust on Tuesday 5 June 2018.

Each title offers invaluable support to people with mental health needs and their carers, who are at increased risk of loneliness according to recent research.

**“Initiatives like this make people with mental health conditions and their carers feel less lonely.”**

Sathnam Sanghera (Reading Well author, “The Boy with the Topknot”)

2018’s powerful book list, which will help people read well to stay well, is penned by bestselling and highly-regarded authors including Matt Haig (How to Stay Alive); Cathy Rentzenbrink (A Manual for Heartache); Sathnam Sanghera (The Boy with the Topknot); Ruby Wax (A Mindfulness Guide for the Frazzled) and many more. The expert-endorsed reads are available free in Shropshire Libraries as well as in other participating libraries across England.

The list is curated with mental health experts and includes books to support people undergoing talking therapies, as well as guided and unguided self-help.

This year the Government appointed a Minister for Loneliness to address the growing ‘loneliness epidemic’, and in April 2018 the Office for National Statistics released a report raising awareness of the link between health and isolation. People with a health condition are 56% more likely to report loneliness than those without, and those with caring responsibilities were 37% more likely to be lonely.





## Functional Fitness MOTs

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

Book your 2 1/2 hour appointment on

**Monday, 6th August**

Slots available

9.30 am to 3.00pm

**St Peter's Church Hall**

Henley Rd, Ludlow, SY8 1QZ



Appointments are limited.

Booking is essential.

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 reducing 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 in with & some "online" websites & videos. There will be a short Exercise Taster for you to try, a film about how to reduce your risk of falling & a chance to develop a personal household plan in case of a fall or fire.

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

Refreshments will be available so you can stay for a cuppa and a chat after your MOT.



### How can you join in?

Contact Jayne 01743 360641 or email: [enquiries@shropshire-rcc.org.uk](mailto:enquiries@shropshire-rcc.org.uk)

## Survey launched to hear the views of children and young people with Special Educational Needs or Disabilities



Children and young people with Special Educational Needs or Disabilities (SEND) and their families in Shropshire are being asked for their views on how they would like to receive information about SEND services, and how they could be more involved in decisions about those services.

The call out from Shropshire's 0-25 SEND Board, which includes representatives from education, health and social care and voluntary organisations, is for local children and young people aged 0-25 with SEND, and their families, to complete the online survey to find out:

- how they would like to receive information
- what information they would like to receive
- how they would like to be involved in the decision-making and planning process for individual support
- how we can involve them in developing and improving services.

The aim of this survey is to put the views of these children and young people and their families at the heart of the process so they can help shape future SEND services and support provided in Shropshire.

To take part in the survey click [here](#) or go to [shropshire.gov.uk/get-involved](http://shropshire.gov.uk/get-involved) and search 'Communications of SEND services'. The survey closes on Tuesday 31 July 2018.

Feedback from the survey will help the SEND Board to develop an effective communications and participation strategy for Shropshire. This will help them improve the way they communicate with children and young people and their families, and will help them put together the right information that they need through the communications channels of their choice. It will also help to ensure that children and young people with SEND and their families have a genuine voice in local decision-making and designing their own support.

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**Shrewsbury Ark** **healthwatch Shropshire**

# HAVE YOU, OR SOMEONE YOU KNOW, EXPERIENCED HOMELESSNESS?

We are conducting an anonymous audit to learn more about the health needs of people who have experienced homelessness in Shropshire.

If you would like to be involved, please contact Healthwatch Shropshire, or visit our website:  
[www.healthwatchshropshire.co.uk/homeless-health-needs-survey](http://www.healthwatchshropshire.co.uk/homeless-health-needs-survey)

01743 237 884 . [enquiries@healthwatchshropshire.co.uk](mailto:enquiries@healthwatchshropshire.co.uk)

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## Updates from our Partners

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Shropshire together *Working together to improve health and wellbeing in Shropshire*

Healthy Shropshire VCFA NHS healthwatch Shropshire

Shropshire Council Shropshire Primary Care people2people

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

Shropshire Council

Volunteering in Shropshire's GREAT OUTDOORS

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 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.



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 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