

## Shropshire Health and Wellbeing e-Newsletter

Welcome to this March 2018 Shropshire Health & Wellbeing e-Newsletter. This e-Newsletter is for everyone interested in health and wellbeing in the county.

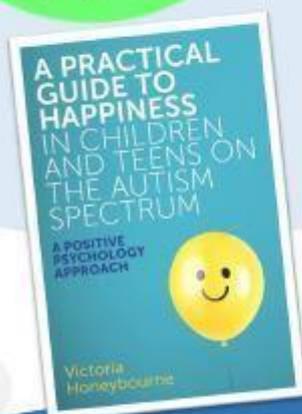
To contact us, please email: [shropshiretogether@shropshire.gov.uk](mailto:shropshiretogether@shropshire.gov.uk)

Follow us on Twitter [@ShropTogether](https://twitter.com/ShropTogether)

## World Autism Awareness Week

26 March - 2 April

Shropshire Libraries supporting Autism Friendly Libraries



### Understanding the Autism Spectrum

Join Victoria Honeybourne for a talk in support of Autism at

**Bridgnorth Library**  
Wednesday 28<sup>th</sup> March 2pm  
01746 763358

**Shrewsbury Library**  
Thursday 5<sup>th</sup> April 11am  
01743 255308

**Ludlow Library**  
Friday 6<sup>th</sup> April 2pm  
01743 250510

Over 700,000 individuals in the UK are thought to be on the autism spectrum. Autism is increasingly being viewed as a natural part of human variation rather than as a disorder, yet many stereotypes and misunderstandings still prevail. This talk explores what is meant by the autism spectrum. What differences do individuals on the autism spectrum experience? What is Asperger Syndrome? What are the myths surrounding autism? How can we support the wellbeing of autistic individuals? How can we make our society more inclusive of people who function differently?

### Booking essential

Entry to all these 1-hour events are **FREE** with an opportunity for questions and to purchase copies of the latest book.



# Age UK call out for volunteers in Bridgnorth

## Volunteers needed to support older people

Age UK Shropshire Telford & Wrekin is looking for more people who are willing to volunteer some of their time to make a real difference to the lives of older people living in Bridgnorth and the surrounding area. The charity is urgently looking for more volunteers to help out with befriending and the day centres at Alveley and Much Wenlock.

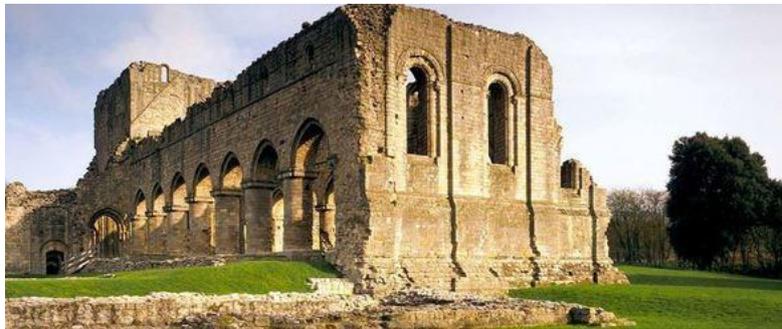
Volunteer befrienders spend 1-2 hours a week visiting an older person in their own home to provide companionship. The role might also involve taking an older person out to a coffee shop or accompanying them to a hobby in the Bridgnorth area.

The day centres in Alveley and Much Wenlock are looking for more people to join the team of dedicated volunteers. The Age UK STW day centres offer older people a chance to get out of the house and socialise with others. For a small charge transport to and from the day centre is provided along with a hot meal and plenty of activities such as singing, bingo, quizzes, talks and day trips.

Alveley day centre meets on a Monday and is also looking for an organiser to co-ordinate the volunteers, set up for the day, arrange the activities, serve lunch and refreshments. Much Wenlock day centre is looking for a volunteer helper to be part of the team on Tuesdays.

Heather Osborne, Chief Executive of Age UK Shropshire Telford & Wrekin, said: "We are specifically looking to fill these roles in the Bridgnorth area. Volunteering is incredibly rewarding and a wonderful opportunity to make a real difference to the lives of local older people who are lonely and isolated".

Age UK Shropshire Telford & Wrekin provides ongoing support and training, and reimburse expenses. If you would like to discuss the roles in more detail please call Janice or Claire in Volunteer Recruitment on 01743 588 570 or visit the website [www.ageukshropshireandtelford.org.uk](http://www.ageukshropshireandtelford.org.uk)



## Guided Walk - Broseley, Buildwas Abbey & Benthall Edge (6 miles)

**Monday 26th March EXTRA DATE**

Meeting at Birchmeadow Centre car park (TF12 5LP located off Birchmeadow Road in Broseley) we will walk to Ironbridge and follow the River Severn passing Buildwas Abbey.

On the return to Broseley we will pass along Benthall Edge.

Please note that this walk starts and finishes from Birchmeadow Park, Broseley and NOT Severn Valley Country Park. Free parking at the car park.

**Booking and payment in advance is essential for all walks - call 01746 781192.** (Sorry no refunds)

We are finding that the walks are very popular so please book early to avoid disappointment. Please wear walking boots and bring a packed lunch and drink.

Meet at starting point at 9.15am for a 9.30am start.

Adults £3.50 Children £2.00.

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## KICK CANCER PROGRAMME



Today Shrewsbury town in the community launched their new Kick Cancer programme. Working in partnership with Lingen Davies Cancer Fund, they have created a multi-sport programme helping those living with or recovering from Cancer in Shropshire.

The programme is looking to recruit people from Shropshire onto the 6-week programme which will start on 13th March, running every Tuesday, 3.30pm – 5.30pm.

The sessions will consist of different group exercise sessions followed by social sessions both held at The Community Hub at Shrewsbury Town Football Club.

Speaking of the programme, Naomi Atkin, Executive Officer at Lingen Davies, Said

"I am really pleased that Lingen Davies Cancer Fund and Shrewsbury Town in the Community are working together on this exciting pilot project."

"Physical activity can be really beneficial to people during and after their cancer treatment, and this is a great opportunity for people in our community to get back to fitness or try out a new activity to help their recovery."

"Lingen Davies is the only local charity supporting active treatment and recovery for people affected by cancer in Shropshire, Telford and Wrekin and Mid Wales; quality of life beyond cancer is a key theme of our £1.25 million 40th Anniversary Appeal, and we're excited about the contribution that the Kick Cancer programme will make to this."



Are you or someone you know living with Alzheimer's or similar disease?

Has your working life been one of: Responsibilities? Challenges? Meetings? Conferences?

Feeling a loss of identity, self-respect, and dignity?

Missing social and intellectual stimulation of peers?



Please attend the first meeting of PALZ-UK – Professionals with Alzheimer's:

**"Update on Alzheimer's Disease and Dementias"**  
Professor Tony Elliott Medical Director PALZ UK

**"Participating in Research in Dementia"**  
A Person Living with Dementia

10am Tuesday March 20th 2018 at the Shropshire Conference centre (free parking).

To attend or for more information please register your interest at the email below.

Future meetings will take place every two months at the same venue with a variety of stimulating speakers followed by discussion.

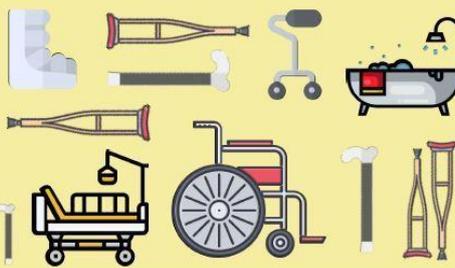
Contact:  
[lizaholdsworth@hotmail.com](mailto:lizaholdsworth@hotmail.com)

[www.palzglobal.org.au](http://www.palzglobal.org.au)



**DO YOU USE DAILY LIVING AIDS?  
DO YOU NEED EQUIPMENT TO HELP WITH YOUR RECOVERY?**

We want to hear about your experiences of accessing and returning the equipment you need to help you live independently



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

## WANTED



### Self-employed Dance, Exercise and Cookery instructors

Through the Doorway to Healthy Living is currently looking for experienced freelance dance, exercise and cookery instructors to join our bank of staff to provide 8 to 12 week courses on an occasional basis. Our courses run in the daytime and are aimed at adults of all ages and abilities in the Shrewsbury area and occasionally in other locations across Shropshire.

You will need to be able to work independently to support individuals to help them become more connected socially and where appropriate help them progress into follow-on support. Some of the courses we offer are part of the Building Better Opportunities (BBO) Shropshire programme which provides pre-employment support within Shropshire and Telford and Wrekin for people aged 19 and over who are not in work. The principal sources of funding are the National Lottery through the Big Lottery Fund and the European Social Fund.

#### Essential qualities:

- A minimum of 12 months experience in a similar role.
- Exercise instructors should hold REPs membership, or equivalent
- You will need to be friendly and engaging, and able to work with people from a variety of backgrounds.
- You must be able to work independently.

You must be computer literate and have excellent administrative skills as we have robust and quite demanding enrolment, monitoring and evaluation systems in place. These must be adhered to in order to secure payment for our services. We will provide guidance and, if necessary, support in the early stages to help you with the administrative side of the role.

We welcome applications from all parts of the community regardless of gender, ethnicity, disability, sexual orientation or background.

All applicants must have the right to live and work in the UK.

These roles are subject to an Enhanced DBS Disclosure, which we will pay for.

Through the Doorway to Healthy Living is an organisation that encourages people to live healthier lifestyles. We provide activities which are enjoyable whilst improving people's health and well being.

More information about Through the Doorway to Healthy Living and BBO can be found on our website at [www.throughthedorway.btck.co.uk](http://www.throughthedorway.btck.co.uk)

To apply for this role, please send your CV together with a covering letter explaining why you feel you are suited to this role to: [ams.doortohealth@gmail.com](mailto:ams.doortohealth@gmail.com)

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



Through the Doorway to Healthy Living  
Company No. 4746087 – a Not for Profit Company Limited by Guarantee, registered in England and Wales

## Updates from our Partners



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



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  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.

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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 24th May, 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