



Shropshire Health and Wellbeing e-Newsletter

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



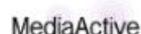
Curious Shoes



Curious Shoes - a beautiful and thought provoking collaborative performance for people living with dementia and their loved ones.

Mayfair Centre, Church Stretton
Wednesday 15th May
11.00 and 2.00pm

To book
ring Mayfair Centre reception 01694 722077



40 Lingen Davies
Ruby Appeal

Help us achieve our
£1.25 million
Ruby appeal target

40th Anniversary Ruby Ball

8th June 2019

Drinks reception - 6:45pm
Carriages - 12:00pm

Black tie with a hint of Ruby
3 course meal and wine on the table
Music from The Hot Jazz Biscuits
Auction

**TICKET
PRICE
£45**

Shooters Hill Hall Hotel, Wem, SY4 5PP
For further information and tickets contact Lingen Davies
on 01743 492396 lingendavies.co.uk/rubyball

With thanks to our headline sponsor
PATON-FEATHER
CHARTERED FINANCIAL PLANNERS

We exist to make a positive difference
to lives affected by cancer in **Shropshire,
Telford & Wrekin and Mid Wales.**
Lingen Davies Cancer Fund (C) Registered Charity Number 1105922

Volunteer challenges loneliness in Shropshire

Katie Burton, a volunteer befriender for Age UK Shropshire Telford & Wrekin, is a woman on a mission. Two missions in fact. And a serious training programme.

On 4 and 5 May Katie intends to hike 106km, non-stop, around the Isle of Wight and on 8 September she will be one of the 40,000+ runners participating in the world's biggest half-marathon, the Great North Run.

Katie's motivation is clear: 'One of the most shocking things I learned when I first started volunteering with Age UK Shropshire Telford & Wrekin, is that loneliness can be as harmful to health as smoking 15 cigarettes a day, that 3.9 million older people say the TV is their main source of company and that 1 million will spend Christmas alone. I've realised that it's so easy in this day and age to just "drop off the radar" and especially for an older person living on their own.'

The first of her tests, the Isle of Wight Challenge, is a tough circular, coastal route with over 2000m of climb along the way, with participants (runners, joggers and walkers) taking anywhere between 9 and 36 hours to complete. As the weekend approaches, Katie has been putting in some final training sessions, running up and down the Wrekin.

Of the upcoming event Katie said: 'It's a bit daunting but I've done the training and firmly believe the goal of raising funds to combat loneliness and isolation is worth losing a night's sleep for!'

Heather Osborne, Chief Executive of Age UK Shropshire Telford & Wrekin said: 'I am full of admiration for Katie; neither of these events are easy and both require a serious amount of training and determination, so to do two in one year is quite an achievement. We are delighted that Katie has chosen to raise funds for Age UK Shropshire Telford & Wrekin in this way and help us continue providing vital services for local older people, many of whom are living alone. Good luck Katie, you are an inspiration.'

If anyone would like to help Katie smash her fundraising target, please go to <https://www.justgiving.com/fundraising/katie-burton11> where you can make a donation and also leave a message of support. In doing so you will be helping Age UK Shropshire Telford & Wrekin in their mission to work with and for local older people to improve the quality of later life, whilst spurring Katie on to not one but two great personal achievements.

For information about volunteering opportunities with Age UK Shropshire Telford & Wrekin, please call 01743 233 123, email enquiries@ageukstw.org.uk or visit www.ageuk.org.uk/shropshireandtelford



Accessing Public Services Toolkit Workshop
Cerebra will be holding a free workshop for families

The aim of the workshop is to support families having difficulties in relation to health, social care and education support services. The workshop isn't about giving legal advice or solving individual issues, but about helping parents to get the services that they need for their child and family.

This includes how to:

- Identify commonly occurring problems facing families accessing services and recognise different types of dispute
- Come up with problem-solving approaches to these problems
- Use a number of template letters when corresponding with public bodies

We will look at case studies relating to direct payments, respite care, disabled facilities grants, residential placements and school transport.

To book a place, contact:

Shropshire Carers Service: 01743 341995

Refreshments and light lunch included

Cerebra is the charity dedicated to helping families with children with brain conditions discover a better life together.



SHROPSHIRE Parent And Carer Council

Date: 13th June 2019
Time: 10am – 2pm
Location: Derwen College, Whittington Road, Gobowen, Oswestry SY11 3JA



Extending a warm invitation to the Remember When Café

A welcoming environment for those living with
dementia, their carers and people living in the local
community

Talks, music, activities and more
Only £2.50 per person



Open every Monday from 10.00 a.m. – 12.30 p.m.
(Except Bank Holidays)

Starts on Monday 29th April 2019

Shrewsbury Baptist Church, Crowmoor, Crowmere Road,
Shrewsbury, SY2 5JJ

If you are interested in joining us please call Sue on
07484 218772

Dementia Respite Service celebrates first birthday

Afternoon tea delighted those gathered last Monday to celebrate the first birthday of Age UK Shropshire Telford & Wrekin's Dementia Respite Service at Withywood in Shrewsbury.

The bright, spacious lounge was filled with easy chatter, singing and laughter as service users and their families came together for the milestone event.

Emma Wilde, Senior Co-ordinator (Day Services) of Age UK Shropshire Telford & Wrekin, gave thanks to everyone who made the first year of operation such a success, including attendees and their carers, staff at Withywood, volunteers and her own team: 'It's been a special year, full of wonderful people doing amazing things. We've received a lot of support from a whole variety of people and had a lot of fun along the way, creating so many wonderful memories.'

Emma also gave special tribute to the first users of the service, several of whom were present: 'It's been both a privilege and a pleasure to get to know you and hugely gratifying to see you here today, one year on, thank you.'

The scale of the dementia challenge in the UK makes sober reading: Over 850,000 people* are living with dementia and this is predicted to increase to one million by 2021.

Figures collected by GPs** indicate that there are around 70,000 people aged over 65 living in Shropshire, with more than 3,400 diagnosed as living with dementia. Current projections will see this figure rise to 6,000 by the end of the decade.

Heather Osborne, Chief Executive of Age UK Shropshire Telford & Wrekin, said: 'The people gathered for the birthday celebration are testament to the success of the service. What a positive atmosphere! I'm delighted and heartened by their feedback and kind words.'

She continued: 'As our local population ages, the number of carers of people living with dementia, will only continue to grow. The respite service provides an opportunity for them to have some time to themselves, knowing that their loved one has some social interaction, can perhaps pursue a hobby or interest and is remaining active, whilst in the safe hands of a fully-trained, experienced and caring team. The Withywood facility is a lovely environment to be in and is an ideal place to offer respite once a week to families living with dementia.'

Feedback from family members attending the birthday party includes the following:

'It's good for me and good for my husband. He even starts getting things ready on a Sunday and I know he benefits from attending.'

'We've tried lots of different services for Mum and this one is by far the best. Each week everything is well planned and the team put such a lot of thought and care into everything they do.'

'It feels like a family environment, and one that's safe and happy.'

'I get some time to run errands, meet friends or just have a few hours to myself, knowing that my husband is being safely cared for.'

The improvement in Mum's spirits since she started coming here is amazing. Each week she leaves animated and happy, just like my Mum used to be.

'This is a life-saver, just being able to get stuff done without having to worry is priceless.'

'My wife definitely seems happier and is always keen to come here.'

'This wonderful service allows me to spend some quality time with my daughter. We go shopping and do girly things, which we simply weren't able to do before. I couldn't imagine our lives without it now. Priceless.'

'My husband gets spoilt when he comes here. He so looks forward to Mondays.'

Age UK's Shropshire Telford & Wrekin's weekly Dementia Respite Service at Withywood is open from 10.00am-4.00pm. The service is run by qualified carers supported by experienced volunteers and our Dementia Support Workers.

For more information and to book a visit to look around Withywood with a member of our Dementia Support Team, call us on **01743 233123** or email enquiries@ageukstw.org.uk

SmallWoods

You Are Invited!

To The Small Woods 'Build a Bench' Open Day
23rd May 2019 - 10:30am – 3:00pm

The open day is for those working in the social and community sector who may have clients that would benefit from our Build a Bench course.

The Build a Bench is a course for people who are unemployed and who want to learn new skills, build confidence and work towards achieving their goals.

On the day you will get the opportunity to try your hand at greenwood crafts and make woodland jewellery and gypsy flowers to take home.

Hear about our successes from past participants and about our exciting plans for the next round of funding.

Refreshments will be provided.

Day starts at 10:30 with activities throughout the day and presentations at 12:00pm and 2:00pm.



If you are interested in attending or need more information please contact Treasa Reilly at treasareilly@smallwoods.org.uk and indicate whether you will be attending the morning or the afternoon.



BBO Shropshire
where will your journey take you?



COMMUNITY FUND



The project is funded by The National Lottery Community Fund and the European Social Fund.



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 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 or telephone: **01743 253998**



Health and Wellbeing Board - Next Meeting:

The next public Health and Wellbeing Board meeting will be held on the 23rd May, 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