

# Health & Wellbeing E-News



Building a Stronger Future Together in Shropshire



## Shropshire Health and Wellbeing e-Newsletter

Welcome to this September 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)

### Workshops with Shropshire Carers Service



#### **Mental Capacity Act (MCA) Workshops for Carers Lead by Mary Johnson from Joint Training**

Do you support someone with decisions that they can't make for themselves? Learn the principles of the MCA and how it is applied in practice.

**If you care for someone with mental health needs:**  
Thursday 11th October, 2:30pm - 4:30pm  
Redwoods Centre, Somerby Drive, Shrewsbury SY3 5DS

**If you care for someone with Autism or Aspergers:**  
Wednesday 24th October, 1.00 - 3.00 pm  
The Lantern, Meadow Farm Drive, Sundorne, Shrewsbury

To book a place please call 01743 341995 or email:  
[CMacintyre@carerstrust4all.org.uk](mailto:CMacintyre@carerstrust4all.org.uk)

*In partnership with Carers Trust 4all, Rethink  
Shrewsbury Carers Group and Shropshire Council*



Carers Trust 4all is the trading name of Crossroads Care Cheshire, Manchester and Merseyside Limited. Registered Charity No. 1075208  
Registered office: Overton House, West Street, Congleton, CW12 1JY. A Company limited by guarantee registered in England No. 3554493.  
Registered with the Care Quality Commission. Patrons: Rt Hon Lord Bradley, Fiona Bruce MP & Sir Nicholas Winterton

# Taking the pressure out of caring

Do you feel overwhelmed at times?  
Then this **FREE** carer facilitated workshop is for you.



## #carersvoice

**Food and drinks will be provided**

All workshops will run from 1pm – 3.30pm. Lunch will be available from 12.30pm.

To book your place in Telford contact Kara Neck on 01952 381262 or email [kara.neck@telford.gov.uk](mailto:kara.neck@telford.gov.uk) For Shropshire contact Margarete Davies on 01743 255776 (please leave a message if no reply, and you will be called back) or email [Margarete.davies@shropshire.gov.uk](mailto:Margarete.davies@shropshire.gov.uk)

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| <b>Newport</b><br>9 October 2018<br>Telford Town Centre<br>17 October 2018 | <b>South Telford</b><br>22 October 2018<br>Shrewsbury<br>2 October 2018 | <b>Owsestry</b><br>4 October 2018<br>Market Drayton<br>25 October 2018 | <b>Bridgnorth</b><br>19 <del>October</del> 2018<br>Ludlow<br>10 October 2018 | <b>Telford Town Centre</b><br>27 October 2018 |
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## On 5th September 2018 Adult Social Care launched their new Preparing for Adulthood Team in Shropshire.



The team has 6 dedicated Preparing for Adulthood social workers/practitioners and a lead for Preparing for Adulthood. The social workers/practitioners are based across the county and will work as a virtual team, meeting monthly to share good practice, resources and receive training. Young people will remain with their social worker from the point of referral (which will be around each young person's 16th birthday) until their longer term plans are in place, which may include employment, accommodation and daily activities. What this will look like for each young person will be different as it will be designed with the young person's needs at the centre.

The team will have close links with the SEND team, education, children's social care, safeguarding, mental health, health, advocacy and many other organisations to ensure that each young person

receives support which is tailored to meet their needs in a way that maximises their potential to achieve and promotes their independence. The team is also supported by lead workers from the adult mental health social work team and adult safeguarding.

We have been working on making information more easily accessible to young people and their families. The Local Offer has been under review and we are developing the adult social care pages to give clearer information about how we work. This will include a flow chart that will show how young people, depending on their needs, can access support and examples will be illustrated with personal stories that will be developed from a range of young people's experiences. This development is supported by a group of young people who have accessed adult social care support to ensure it meets the needs of young people.

Adult social care are working in partnership with Shropshire SEND team and Severndale Specialist Academy to host an annual 'Preparing for Adulthood' event at Shrewsbury Town Football Club. Each young person under the age of 25 with an EHCP in the county, along with their family or carers, will be invited to attend the event each year. A wide range of agencies and services will be there on the day to give information and advice to young people and their families to support planning for the future. The agencies will include education, care support, advocacy, social care, housing, assistive technology and many more. There will also be a rolling programme of speakers on the day which young people and families can choose to attend. We hope by making this event annual, we can keep young people and their families up-to-date with what is available in the county and support planning for the future.

The 'Preparing for Adulthood' model is likely to evolve further in future as we continue to learn how the 'Named Social Worker' approach works in Shropshire.

For further information, please contact the Preparing for Adulthood Lead, Kelly Kubilius at [Kelly.Kubilius@shropshire.gov.uk](mailto:Kelly.Kubilius@shropshire.gov.uk)

### 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 in with & some "online" websites & videos. There will be a film about how to reduce your risk of falling & a chance to develop a personal household 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.

## 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 hour appointments are available between 9.30 am & 3.00pm  
**Thursday, 4<sup>th</sup> October 2018**  
At University Centre  
The Guildhall,  
Shrewsbury, SY3 8HQ



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 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 hour appointment between 9.30 am & 2.00pm  
**30<sup>th</sup> October 2018**  
in The Lantern Centre,  
Meadow Farm Drive,  
Harlescott, SY1 4NG



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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**SHROPSHIRE B.O.T.S. (Bums on Tums)**

**2018 STOMA OPEN DAY**

**JOIN US BETWEEN 10.30AM & 3PM**

**ON THURSDAY 11TH OCTOBER**

**AT**

**THE MEMORIAL HALL**

**SMITHFIELD STREET**

**OSWESTRY, SY11 2EG**

12 Suppliers & Distributors will be displaying their products and offering complimentary samples. Colostomy UK, The Ileostomy Association and The Urostomy Association will also be represented.

There will be lunch time talks by Giovanni Cinque from Colostomy UK and Jo Jones, a representative of the Security Department from Birmingham Airport who will explain how to ensure a smooth passage through airports.

Complimentary light refreshments will be provided and there will also be a raffle.

For more information please feel free to get in touch.

Email: [ireneconstable@phonecoop.coop](mailto:ireneconstable@phonecoop.coop) Tel: Irene Constable 01691 238357



## **Free home energy checks for older people**

Age UK Shropshire Telford & Wrekin is a local charity supporting older people and has been successful in securing additional funding to offer free and impartial home energy checks for the over 60s.

Keeping warm in the colder months is a huge issue for many homeowners who live in Shropshire. Many people live in poorly insulated houses which are not on the main gas grid and are therefore expensive to heat. Shockingly around 285 older people die every winter in Shropshire from cold-related causes.

The free advisory service is delivered in partnership with Age UK Shropshire Telford & Wrekin and Marches Energy Agency. The charity wants to stress it is not trying to sell anything, the one hour visit will offer impartial advice to make homes warmer and could save money on heating bills.

Heather Osborne, Chief Executive of Age UK STW, said: "With temperatures plummeting to minus 13 in some parts of Shropshire last winter and significant snowfall we are urging older people to think ahead and prepare their homes for the coming winter months. This scheme is always very popular, I am delighted we have been able to secure the funding for a third year running to support older people keep their homes warm. Last year we visited over 100 older people who were desperate for help to reduce their energy bills but didn't know where to turn, so please do pick up the phone and talk to us.'

**If you would like a free Home Energy Check call Age UK Shropshire Telford & Wrekin on 01743 233123.**

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## Updates from our Partners

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## 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](#).

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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](#)

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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 1st November, 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