

# Health & Wellbeing E-News



Building a Stronger Future Together in Shropshire



## Shropshire Health and Wellbeing e-Newsletter

Welcome to this August 2017 Shropshire Health & Wellbeing e-Newsletter. This e-Newsletter is for everyone interested in health and wellbeing in the county.

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

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

Visit the [Shropshire Together website](http://shropshiretogether.gov.uk)

## Cycling sessions available at Shrewsbury Sports Village



### **Pedal for Health Taster Sessions**

Every Wednesday | 13:00 - 15:00

Looking to get back on your bike or just getting started? Have a special need and need a trike, tandem or adaptive bike? Why not join a cycling taster session at Shrewsbury Sports Village?

Gain help with your riding skills and learn about cycling opportunities to improve your confidence. Help is also available from experienced volunteer cyclists.

Cost: £2.50 Please call the Sports Village for more information.

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### **“All In” Inclusive Cycle Club**

A SEN cycling club exclusive for “All In” members. The sessions are aimed at children who want to participate in cycling, and build on technique and confidence on a bike around an all-weather track. Specialist bikes are available to hire as part of the session, these include two wheelers, trikes, tandems, side by sides plus a front loader. Siblings Welcome!

Day/Time: Sat 10:00 – 11:00 (Apr – Oct Only)

Ages: 6-19yrs

Cost: £2.00 per session. Please call the Sports Village for more information.

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### **Saturday Youth Cycling Club (Go-Ride)**

Age: All

Day: Saturday

Time: 11:00 - 12:00

An accredited British Cycling Go-Ride Club and delivered by the Sports Villages cycle coach in conjunction with Mid Shropshire Wheelers, the sessions provide a fun and safe way to introduce young riders to the world of cycle sport and provides a platform to improve bike handling skills.

£2.40 (Be-Active Member)

£3.40 (Non Member)

**To book any of the above sessions and/or for more information visit [Shrewsbury Sports Village](#) or contact reception on 0345 0007 002.**

## Pelvic Floor workshop for exercise teachers

# Pelvic Floor Workshop with Cherry Baker in Shrewsbury



**Cherry Baker Education**

One in three women and one in 10 men have issues with their pelvic floors! Do you know how to coach them? In partnership with Shropshire RCC and FitPro, Cherry Baker will deliver this five-hour workshop, giving PTs, exercise rehabilitation therapists and Pilates teachers an introduction to pelvic floor education. This workshop is essential for anyone working with post-natal clients, menopausal women, men over 50 and those with pelvic issues.

Cherry's no-nonsense approach and northern humour makes for an entertaining workshop. If your clients have a problem, let's sort it! If they don't, let's prevent it!

**Date:** Sunday, 6th August

**Time:** 12.00 noon—17.30 hrs

**Venue:** Training Suite  
Shropshire RCC  
4, the Creative Quarter  
Shrewsbury Business Park  
Shrewsbury  
SY2 6LG

**Cost:** £75  
(£65 for FitPro members)

**Accreditation:**  
4 REPS CPD points

**For more information:**  
Susie Hancock  
Wise & Well Team  
Shropshire RCC  
01743 342160  
[susie.hancock@shropshire-rcc.org.uk](mailto:susie.hancock@shropshire-rcc.org.uk)

**To book your place:**  
<http://www.fitpro.com/pelvicfloor/>



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## Free energy home checks for over 60's



[Age UK Shropshire Telford & Wrekin](#) is urging people aged 60 plus to think ahead to the colder winter months, by offering free home energy checks.

The local charity, that supports older people across the county, has secured some funding to offer a free advisory service, which will help to make homes warmer and could save money on heating bills.

Being cold can be particularly dangerous for older people, with Shropshire having one of the highest death rates in the country in colder weather – every year 285 people die from cold-related causes. The local company working with Age UK STW say it's not just about keeping warm as improved insulation can also keep us cool during the summer months.

If you would like a free Home Energy Check call Age UK STW on 01743 233123

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## Child Accident Prevention Trust (CAPT) highlight risks of open windows



CAPT are highlighting the risk of young children falling from open upstairs windows during the warmer summer months. They recommend the fitting of window catches, locks or restrictors to stop windows opening too wide. Read more [here](#)

[Shropshire Children's Centres](#) can offer accident prevention information for families with young children. Click on the link to find your nearest centre.

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Shrewsbury & Telford Hospital NHS Trust have produced their summer 2017 newsletter, which is for patients, staff, visitors and volunteers. You can read it by clicking [here](#)





Left to Right. First Aiders Mick Lewis, Norman Pryce and David Walker

Three members of Shrewsbury Walking Football Club have been honoured with a national award after saving the life of a fellow player using their first aid training.

Norman Pryce, David Walker and Mick Lewis have all been awarded the Resuscitation Certificate from the Royal Humane Society in recognition of their actions.

It was a wet, windy morning on 17th November last year; the football club were playing outdoors as usual when the drama unfolded. After a short 10 minute break of play, Ray Moreland was seen to be in some difficulty by Norman and David who are two of the club's first aiders. Ray was sitting on the ground with his hands on his knees, head bent forward, breathing abnormally and with great difficulty. Norman and David first placed Ray in the recovery position with an emergency foil blanket to keep him warm but soon observed Ray drifting out of consciousness and even more concerning, David believed Ray had stopped breathing. Norman and David used their first aid training to start CPR assisted by Mick. Thankfully, 10 minutes later Ray began to breathe again just as the ambulance crew arrived.

The three men were praised by medical staff at the Royal Shrewsbury Hospital for their ministrations of CPR and the handover to the medical professionals, as well as the communication maintained with the operator throughout the whole incident.

Ray Moreland, who continues to recover well, said: "Words are totally inadequate to sum up what I feel. The team of Norman, Dave and Mick saved my life. I get tearful about it every time I reflect on their efforts. We have built up firm friendships playing walking football. Thanks for your support and for giving me back the rest of my life."

The over 55's club was first set up by Age UK Shropshire Telford & Wrekin in October 2013. There are four walking football clubs spread across the county. Walking football is aimed at those people who want to continue to play football or return to the sport at a much slower pace, enabling you to keep up your football skills, stay fit, have fun and socialise. To find out more about wellbeing and friendship services, call Susan Stefiuk, Senior Coordinator for Wellbeing & Friendship Services for Age UK Shropshire Telford & Wrekin on 01743 233123.

## Updates from our Partners



Working together to improve health and wellbeing in Shropshire



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



### Volunteer

If you are interested in volunteering or to find out more about volunteering opportunities please visit the [web page](#) or telephone on 01743 255957



For the latest news from Healthwatch Shropshire, click [here](#)



For latest news from SaTH, click [here](#)



For latest news from the VCSA please click on the logo above

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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 Thursday 14th September 2017, starting at 2pm 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

**Thank you for reading our newsletter!**