

Health & Wellbeing E-News



Building a Stronger Future Together in Shropshire



Shropshire Health and Wellbeing e-Newsletter

Welcome to this July 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

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

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

UK Recovery Walk - Bid for Shrewsbury!

The UK Recovery Walk is an annual event that aims to celebrate recovery and freedom from drug and alcohol dependence. Held each September, as part of International Recovery Month, the walk draws thousands of people from all over the country to come together and provide hope and inspiration to those who are struggling to overcome their drug and alcohol misuse.

Next year marks the 10th anniversary of the walk in the UK. Shrewsbury is just one of two places in the UK who are bidding to be the host town for the walk in 2018 and will be competing against the city of Bradford. Your support will be much appreciated to bring the Recovery Walk to Shropshire.

Hosting the Recovery Walk in Shrewsbury will mean so much more than just the day itself, it would be a real catalyst for the continued development of effective recovery from drug and alcohol dependence in our county. The event will raise awareness of drug and alcohol dependency and challenge the stigma linked with substance misuse, demonstrating that recovery is possible.

UK Recovery Walk is organised by Faces and Voices of Recovery (FAVOR) UK, a national charity, and voting for Shrewsbury could not be easier.

Please support Shropshire's bid by following the link below and select Shrewsbury, the process will only take a few seconds: <https://s.surveytown.com/survey/?c=200216&id=1>

Please share this message across your networks and encourage friends and family to vote too. Voting is open now and will close at 12.00pm, Friday 28th July

Pop-Up shop - Oswestry



**JOLT
POP UP
SHOP
8TH-22ND
JULY**

15 CROSS ST OSWESTRY

Bursting with vibrant colour you are invited to an interactive retail space by JOLT, a homeware brand of Designs in Mind. JOLT aims to challenge mental health stigma and the culture of low expectation that surrounds our makers. Adults are referred through mental health services and from our studio at Designs in Mind, we work together to make it possible to live life through the creation of high quality, ambitious and experimental art and design work.

FREE DROP IN WORKSHOPS

Saturday 8th July

Opening day!
A screen printing demo by Elin, our in-house design lead. A chance to see what you can learn on one of our evening Screen printing workshops.
2pm - Free to attend

Sunday 9th July - Pom Poms and a spot of Wild Reading

Come and try your hand at making these fluffy, tactile delights while being read to by Bella from Oswestry Library. What a combo for a lazy Sunday afternoon!
2pm - Free to attend

Tuesday 11th July - Knitting for Mindfulness - Wild Reading

Join Gemma Manning (Gemmipop designs) as we help you cast on, knit, sit back and listen to how the art of stitching can calm the mind.
2pm - Free to attend

Wednesday 12th July - Kids Storytime - Plant the Seed of Emotional Wellbeing

This children's story session will focus on stories with a theme of emotions and wellbeing. What better way to start the conversation about mental health for children than through storytelling. This session is aimed at children aged 5 - 8 (younger children and siblings welcome)
Read by Gwyneth from Shared Reading.
3.30 pm - Free to attend

Saturday 15th July - Stop and Jot - Infusing Writing into Your Life

Join Kay Marsland, one of our studio workshop facilitators, for a series of practical exercises to make the blank page look a little less scary... and get you writing immediately!
2 - 3.30pm - Free to attend

Tuesday 18th July - Crochet your way to calm

Join our studio volunteer Gabriella as she shows you how to use t-shirt yarn to create a handy little coaster. A great way to take your mind elsewhere for an hour and try something new.
2pm - Free to attend

Wednesday 19th July - The Book Doctor

Bella from Oswestry Library can prescribe you a book according to your mood! The Book Doctor will be promoting books for your health and wellbeing including the new Reading Well collection for people with long term health conditions.
11am - Free to attend

Thursday 20th July - Drawing for Beginners

Join our studio manager, Bridie, for a gentle introduction to observational drawing. No drawing experience needed.

2pm - Free to attend

There is no need to book - just turn up.

www.thisisjolt.co.uk
01691 655 140
15 Cross St
Oswestry
Shropshire
SY11 2NF

Screen Printing and Lino-Cut and Print evening workshops also happening.
For more information visit
www.thisisjolt.co.uk/workshops

autism

west midlands

Autism West Midlands have got some great activities going on over the summer for families to attend at Little Rascals, Chester zoo, Severn Valley Country Park and Busy Buddies play sessions.

Further information is attached.

- [awm+busy+buddies+bridgnorth+july+2017.pdf](#)
- [awm+severn+railway+2017.pdf](#)
- [awm+busy+buddies+Oswestry+August+17.pdf](#)
- [awm+Chester+Zoo+2017.pdf](#)
- [AWM+summer+events+2017.pdf](#)



Volunteers urgently needed for Oswestry Age UK charity shop



Age UK Shropshire Telford and Wrekin is looking for more volunteers who are willing to give some of their time to its Oswestry charity shop.

The charity furniture shop on Oswestry's 'Red Square' has been running for 6 months and business is booming. The charity urgently needs van drivers and shop assistants to keep up with demand.

Heather Osborne, Chief Executive at Age UK Shropshire Telford & Wrekin, said: "We are looking for van drivers and drivers' assistants who are capable of moving furniture and happy to do deliveries and collections across the Oswestry area. We also need retail assistants who enjoy meeting the public and selling quality preloved stock. The profits from our donated furniture store in Oswestry, as well as our Shrewsbury and Wellington stores, go directly towards delivering services for older people across the county. We welcome enquiries from anyone within the Oswestry area who feels they could join our friendly team of staff and volunteers to keep up with demand."

If you would like to make a real difference to older people across Shropshire by giving some of your time at the Age UK STW Oswestry shop, please call the volunteer recruitment office on 01743 588 570 for an application pack or pop into the Oswestry store for a chat.

Alternatively, visit <http://www.ageuk.org.uk/shropshireandtelford/how-you-can-help/volunteering>.



Your views are needed to help shape Local Healthwatch, the voice for patients, service users and the public on health matters in Shropshire.

Each local authority is required by the Health and Social Care Act 2012 to make arrangements to establish and maintain a [local Healthwatch](#) organisation in its area. [Healthwatch Shropshire](#) has been working in Shropshire since 2013, and its current arrangement ends in March 2018. We'd like you to help us to shape how Healthwatch in Shropshire will look from 2018 onwards.

Please click on the link below to find out more.

<http://new.shropshire.gov.uk/get-involved/shaping-the-future-of-healthwatch-in-shropshire/>

Updates from our Partners



Working together to improve health and wellbeing in Shropshire



www.shropshiretogether.org.uk
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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

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 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!