



Shropshire Health and Wellbeing e-Newsletter

Welcome to this October 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)

Carers Rights Day



SHROPSHIRE
Parent
And
Carer
Council



4all
Shropshire Carers Service
action · help · advice



Carers Rights Day Event

If you look after a relative or friend, who cannot manage without that help, you are a carer. Come and meet us at our

Information and advice event

FRIDAY 24th NOVEMBER

9.45am–1 pm

Shrewsbury Baptist Church, Crowmere Road, SY2 5JJ

Introduction by Directors of Adult and Children's Services

Workshops on stress management, managing change & future planning, self advocacy, staying active

Information stands including pharmacy, legal advice, aids & equipment

Free admission and light refreshments

For more information contact 01743 341995



Carers Trust 4all



@carerstrust4all



www.carerstrust4all.org.uk

Carers Trust 4all is a Registered Charity No. 1075268. Registered office: Overton House, West Street, Congleton, Cheshire, CW12 1JY. A company limited by guarantee registered in England No. 3554493.

Stoma Group in Oswestry



DO YOU OR SOMEONE YOU KNOW HAVE A STOMA?

We are a support group who call ourselves The Shropshire B.O.Ts (Bums on Tums). We meet on the 2nd Thursday of each month in the Memorial Hall, Oswestry at 2pm.

At our meetings we:

- Socialise with other ostomates
- Offer the opportunity to talk and share practical experience, but do not offer medical advice – that is for your stoma nurse or Doctor
- Find out about the newest items on offer from suppliers
- Have a natter with a cup of tea or coffee and a biscuit
- Have speakers on a variety of subjects



We are always looking for new members (male and female) so if you are interested in joining us we'd love to meet you.

For more details call:

Irene Constable
01691 238357

or

Carole O’Ryan
01691 671624

ireneconstable@phonecoop.coop

Shropshire Domestic Abuse Service Drop-in Sessions



DROP IN SESSIONS

For people experiencing or affected by domestic abuse, we can provide impartial and confidential advice. To access these support services throughout the County of Shropshire, for a chat and some initial advice, please visit us at one of the following locations

Location	Date/Time	Address
Shrewsbury	1 st Monday of each month from 2 nd October '17 1pm - 3pm	Crowmoor Surestart Centre, Crowmoor Primary School, Shrewsbury, SY2 5JJ
Ludlow	1 st Tuesday of each month from 3 rd October '17 10am - 2pm	The Ludlow Foyer, Marston Mill, Ludlow, SY8 1PZ
Bridgnorth	2 nd Monday of each month from 9 th October '17 9am – 4pm	Number 7, West Castle Street, Bridgnorth, WV16 4AB
Whitchurch	2 nd Thursday of each month from 12 th October '17 9am – 12pm	Surestart Children's Centre, Whitchurch Primary School, Station Road, Whitchurch, SY13 1RJ
Market Drayton	3 rd Wednesday of each month from 18 th October '17 9am - 12pm	Surestart Children's Centre, Market Drayton Infant & Nursery School, Longstow Lane, Market Drayton, TF9 3BA
Oswestry	3 rd Friday of each month from 20 th October '17 9am – 12pm	The Centre, Oak Street, Oswestry, SY11 1LW
Shrewsbury	4 th Tuesday of each month from 24 th October '17 10am-4pm	Riversways Elim Church, Lancaster Road, Harlescott, Shrewsbury, SY1 3LE
Wem	4 th Thursday of each month from 26 th October '17 10am – 4pm	Edinburgh House, New Street, Wem, SY4 5DB



Severn Valley Country Park Events

Booking essential for all events. Call 01746 781 192
NEW TO SEVERN VALLEY COUNTRY PARK FOR 2017

Buggy Walks - FREE
Wednesday 1st, 15th, 29th Nov & 13th Dec 11am-12pm
 Join us for a pushchair friendly walk, sometimes followed by a short story time. The buggy walk is suited for those children who are not yet walking and are in pushchairs. For older children please see Wild Toddlers below.
 The buggy walks are FREE to join. No booking is required. Car park charges apply. Coffee shop open on our return where refreshments can be purchased.

Wild Toddlers - FREE
Wednesday 25th Oct, 8th, 22nd Nov & 6th & 22nd Dec 11am-12pm
 Join us for a toddle and some seasonal nature fun around the park. Activities may include scavenger hunts, feeding the ducks and muddy puddles! Please wear your wellies. Wild Toddlers is suitable for those older children who are now walking, we will be using paths NOT suitable for pushchairs. For younger children please see Buggy Walks above.
 Wild Toddlers is FREE to join. No booking is required. Car park charges apply. Coffee shop open on our return where refreshments can be purchased.

Guided Walks
 Booking essential for all walks - call 01746 781192. 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 (unless stated). Meet at Severn Valley Country Park unless otherwise stated. You can book on to walks up to two months in advance.

Wed 15th & Monday 20th November, 9.30am - 4pm
Alveley, Howlett Hall and Romsley (7 miles)
 Explore the countryside around Alveley and Romsley, passing Howlett Hall. Marvel at views of the Shropshire Hills on our return.

Wednesday 6th & Monday 11th December
Eardington, Chelmarsh and Glazelay (6.5 miles)
 Journeying out from Eardington explore the countryside around Glazelay and Chelmarsh.
 Please note that this walk starts and finishes Eardington Nature Reserve (WV16 6AT) and NOT Severn Valley Country Park. Please have exact change for walk fees as we won't have a till. Free parking at the Eardington car park

Booking essential for all events. Call 01746 781 192

OCTOBER HALF TERM

Saturday 21st October - Sunday 29th October
Self-led Halloween Trail
 Follow our Halloween trail around the park. See if you can solve the creepy clues to win a lolly! Trail map £2.00 each and are available each day from the visitor centre 11am-3pm.

Mon 23rd October 10am-12pm & 1.30pm-3.30pm
Fungi Foray
 Our rangers will be joined by Jo Weightman of Herefordshire Fungus Survey Group for this guided walk. It will be a good opportunity to get outdoors, amongst the autumn colours, to find out which of the many fungi on the park can be eaten and which cannot. Places are limited to 15 per session. Booking and payment in advance are required. Adults £4.50 Children £3.00. Price includes a hot drink & biscuits.

Tuesday 24th October 1.30pm-3.30pm
Rock and Fossil Hunt Join our rangers and local experts from 'Geologists in the Geopark' and try to find your own carboniferous fossil! This family friendly 2 hour session starts at the visitor centre with a brief introduction to the fascinating geology of the park and what you might expect to find during the fossil hunt. The experts from 'Geologists in the Geopark' will be on hand to share their knowledge as you dig in to an exposed area of coal spoil to see what you can discover. At the end of the session, return to the visitor centre to examine your finds under a microscope. Please bring a small trowel and a plastic tub with you to aid your fossil hunting. You will be able to take home your finds along with an identification sheet. Booking essential. Child £3.50, adult free. All children must be accompanied by an adult. Suitable age 5 and up

Events at a glance 2017/2018

October 2017

Sat 21st Oct—Sun 29th Oct
 Self led Halloween Trail
 Mon, 23rd Fungi Foray
 Tues, 24th Rock & Fossil Hunt
 Wed, 25th Halloween Story & Crafts
 Wed, 25th Nordic Walking
 Wed, 25th Wild Toddlers
 Thurs, 26th Shropshire Rocks
 Fri, 27th Halloween Lantern Making & Parade

November 2017

Wed, 1st Buggy Walk
 Wed, 8th Wild Toddlers
 Thurs, 9th Talk: Battle of Passchendaele
 Wed, 15th Guided Walk: Alveley & Romsley
 Wed, 15th Buggy Walk
 Mon, 20th Guided Walk: Alveley & Romsley
 Wed, 22nd Wild Toddlers
 Wed, 29th Buggy Walk

December 2017

Fri, 1st Rain or Shine present Dracula
 Wed, 6th Wild Toddlers
 Wed, 6th Guided Walk: Eardington & Chelmarsh
 Thurs, 7th Talk: Barn Owls & World Owl Trust
 Fri, 8th Wreath Making
 Mon, 11th Guided Walk: Eardington & Chelmarsh
 Wed, 13th Buggy Walk
 Wed, 22nd Wild Toddlers

January 2018

Thurs, 11th Talk: Severn Area Rescue Association

February 2018

Thurs, 8th Talk: Cuan Wildlife Rescue

Contact us.....

Severn Valley Country Park
 Chapel Lane, Alveley, Bridgnorth, WV15 6NG

Phone: 01746 781192
 E-mail: outdoor.recreation@shropshire.gov.uk



Severn Valley Country Park

Events
 October 2017 to
 December 2017

Like us on Facebook!



Website —
www.shropshireoutdoors.co.uk



Booking essential for all events. Call 01746 781 192



Wed 25th October 10am-12pm & 1.30pm-3.30pm
Halloween story and crafts session
 Enjoy the popular Halloween story 'Room on the Broom' with our rangers and volunteers. Also, mix up some spooky potions and make yourself a wizard's hat and witches broom!
 Please dress for the outdoors. Children £3.50, Adults free. Please call 01746 781 192 to book your place. Under 8s must be accompanied by an adult. Suitable for ages 4 and upwards.

Thursday 26th October 11am-1pm
Shropshire Rocks at Severn Valley Country Park
 Paint and decorate rocks in this fun drop-in session. Once decorated, hide the rocks around the park and see if anyone finds them and how many others you can find! This is a drop-in session (no booking is necessary).

Friday 27th October 4.30pm-6.30pm
Halloween Lantern Making & Lantern Walk
 With our rangers, make your very own colourful Halloween lanterns. Will you be brave enough to venture into our spooky woods for our lantern parade? You never know what you might see.Don't forget to wrap up warm and bring a torch.
 Children £5 each (Adults Free). Price includes sandwich, pizza slice, Halloween fairy cake & drink. Booking & payment in advance are essential as places are limited. Please call 01746 781 192. All children must be accompanied by an adult. Suitable for ages 4 and upwards.

Booking essential for all events. Call 01746 781 192

Thursday 9th November 7.30pm
Talk: The Battle of Passchendaele—1917
 Local historian Kenneth Wright, will be giving an illustrated talk commemorating the Battle of Passchendaele. Mr Wright is a local military & social historian specializing in the First World War & the European theatres of the Second World War. He lives in Kidderminster, and is a keen collector of artefacts relating to the Great War. Adult £3.00, Child £2.00. Ticket price includes hot drink and biscuits. Please call 01746 781 192 to book your place.

Friday 1st December 7pm (doors 6.15pm)
Indoor Theatre—Dracula
 Rain or Shine proudly present a new adaptation of Bram Stoker's famous Gothic fantasy... With a twist Dracula... or A Pain in the Neck
 This is a play you can really sink your teeth into! A Thrilling new comedy for all the family.
 After the success of 2016's The Hound of the Baskervilles, Rain or Shine are dying to bring you yet another Classic novel... but with their own individual comedic style! Hailed last year as 'a delicious nightmare' Rain or Shine will be raising the stakes by expanding on their new brand of 'Morecombe & Wise-ish comedy' style for another season of mystery, mayhem, but above all multi-role madness! So book your tickets for a fang-tastic evening with lots of bite. Adult £10, Child £6. Call 01746 781 192 to book your tickets.

Thursday 7th December 7.30pm
Talk: Barn Owls and the World Owl Trust
 Meet Barney the Barn Owl and Indie the Long Eared Owl during this fascinating talk about the work of the World Owl Trust. Adult £3.00, Child £2.00. Ticket price includes hot drink and biscuits. Please call 01746 781 192 to book your place.

Friday 8th December 10-12pm & 1.30-3.30pm
Wreath Making Join our rangers to create your very own Christmas wreath. Begin with a walk around the park (please wear boots or wellies), gathering together natural items from which to make your wreath. Back at the visitor centre, use the items to make your wreath. £6 per person including a hot drink and mince pie. Booking and payment in advance essential as places are limited to 12 per session.

Social Group in Market Drayton

SOCIAL GROUP OPEN MORNING

EVERY WEDNESDAY 10.30am-12.30pm

We are a new group who welcomes anyone who would just like to pop in for a coffee and a chat. We look forward to meeting you and discussing how you would like to 'grow' the group. For more information call Ness- 01743 255773

AT RAVEN HOUSE CHESHIRE ST. MARKET DRAYTON TF9 3AH (Near Morrison's supermarket)



Families and Concerned Others Information Event



Are you affected by someone's drug or alcohol use?

Come and meet us at our...

Families & Concerned Others Information Event

Thursday 16th November 2017
9.00am - 1.00pm

The Barnabas Centre,
Longden Coleham,
Shrewsbury, SY3 7DN

Support



For catering purposes it would be hugely appreciated if you emailed gavin.hogarth@shropshire.gov.uk or call 01743 253982 to let us know you are attending.

Safer Shropshire
together 

Updates from our Partners



www.shropshiretogether.org.uk
shropshiretogether@shropshire.gov.uk
01743 253972



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>

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](#)



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 16h November 2017, 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