

# Health & Wellbeing E-News



Building a Stronger Future Together in Shropshire



## Shropshire Health and Wellbeing e-Newsletter

Welcome to this September 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)

## Community Transport Services



Our community transport services in Shrewsbury (Dial a Ride), South Shropshire (Ludlow Traveller) and Corvedale (The Buzzard) are open to anyone who cannot use public transport – for whatever reason, including the fact that there may be no buses in an area. Our services can be used for shopping trips, to get to activities, to visit friends – for anything which helps people in their day-to-day lives.

Each journey costs between £1 and £3.50 depending on the service and whether the passenger has a bus pass

People can try it out before they commit and, if it works for them then Membership is £15 per year. We also have a group membership scheme for organisations and private hire for events/outings.

Give us a ring to find out more: 01743 450350

## Carers invited to new support café at RJAH



From left, Alison Harper, Patient Advice and Liaison Service (PALS) Patient Experience Manager at RJAH, and Margarete Davies, Carer Project Coordinator at Shropshire Council.

### **A dedicated carers' support café is to launch at The Robert Jones and Agnes Hunt Orthopaedic Hospital.**

The first Carers' Café was held at RJAH on Tuesday 5 September, with further sessions to be held every second Tuesday of the month.

The café will give carers an opportunity to meet other carers in an informal environment, over a cup of tea or coffee.

Carers who attend the monthly café can also find out about resources available to them, and identify ways they can be supported within the community.

Margarete Davies, Carer Project Coordinator at Shropshire Council, will be on hand at the café every month to provide carers with the information and support they need to assist them in their day-to-day role as an unpaid carer.

The café will run between 10am and 4pm every second Tuesday of the month, following the first session on September 5.

It will be held at the main entrance to the hospital, opposite The League of Friends café.

For further details about the café, contact Margarete by telephoning: 01743 255776 or emailing: [Margarete.Davies@shropshire.gov.uk](mailto:Margarete.Davies@shropshire.gov.uk).

## Save The Date - Free event



**Keele**  
UNIVERSITY



South Staffordshire and  
Shropshire Healthcare  
NHS Foundation Trust  
A Keele University Teaching Trust

# Save The Date

**New Horizons in Clinical Research in 3D (Delirium,  
Dementia and Depression) in Older Adults**

**Tuesday 31st October 2017**

**9:00am—4:00pm**

**The Learning Centre, St George's Hospital, Stafford, ST16  
3AG**

**What to expect from the event:**

The event will explore topics and issues surrounding mental health in older adults, from both clinical and service-user and carer perspectives.

There will be presentations from national and local experts specialising in older adult's mental health. Speakers include:

*Dr Paul Campbell, Dr Kate Walters, Professor Peter Crome and Dr Rashi Negi*

There will also be the opportunity to learn about the research currently being undertaken at South Staffordshire and Shropshire Healthcare NHS Foundation Trust and Keele University.

**Who the event is aimed at:**

This event is aimed at anyone with an interest in older adults mental health, including professionals, service-users and carers.

The event is free to attend and lunch and refreshments will be provided.

**For more information:**

For further details, or to book a place, please contact:  
[annabel.nash@sssft.nhs.uk](mailto:annabel.nash@sssft.nhs.uk) or [lucy.tudor1@sssft.nhs.uk](mailto:lucy.tudor1@sssft.nhs.uk)

## Good Neighbours - A Wise and Well Event



### Good Neighbours A Wise and Well Event

Thursday 9th November

9:30 am – 2:00 pm

Central Baptist Church,  
Claremont Street,  
Shrewsbury, SY11QG

Essential information for anyone working or  
volunteering within our local communities to  
prevent the isolation of others.

Lunch with the High  
Sheriff— *Charles Lillis.*

#### Talks to include:

- A “Shifting not Lifting” workshop.
- Affordable Warmth.
- The Fire Services— Safe & Well visits.
- Healthwatch Shropshire— Who we are & what we do.
- Compassionate Communities—CoCo



To book, contact Lisa Darkin on 01743-342162

Or email [Lisa.Darkin@shropshire-rcc.org.uk](mailto:Lisa.Darkin@shropshire-rcc.org.uk)

Supported by



Facilitated by Shropshire RCC Wise & Well Team

Shropshire RCC is a company limited by guarantee, registered in England and Wales No. 4652487.  
Registered Charity No. 1096779

## Programme

**9:30am** Arrival and Coffee

**10:00am** Welcome

**10:10am** **Andrea Williams**

“Shifting not Lifting” Workshop

**11:10am** **Lizzy Thain**

Affordable Warmth!

**11:30am** **Break**

**11:50am** **Del Kelly**

The fire services “Safe & Well” visits—It’s not just fire alarms!!

**12:10pm** **Lynn Cawley**

Healthwatch Shropshire

**12:40 pm** **Paul Cronin**

Compassionate Communities –  
Co-Co

**1:00pm** **Lunch** with Charles Lillis

**2:00pm** **Close**

A donation towards the cost of lunch is very  
welcome.

## Presentations

**Andrea Williams.** ‘Make a difference to someone’s mobility’ - a discussion and practical demonstration on how to help someone move e.g. standing up from a chair to walk.

**Lizzie Thain.** Tackling the problem of increased fuel prices, lower incomes and increasing awareness of being energy efficient.

**Del Kelly.** Safe & Well is a sign posting service that aims to reduce falls, social isolation, fuel poverty and increase healthy lifestyles.

**Lynn Cawley.** Healthwatch Shropshire is the health and social care champion for people and local communities in Shropshire. We are here to help make sure everyone gets the best from their health and social care services.

**Paul Cronin.** Social isolation and loneliness makes people sick and sick people sicker. A Co-Co is where ordinary people support their frail and vulnerable neighbours to remain active members of their community.

## Social Group in Market Drayton

**NEW SOCIAL GROUP**  
**OPEN MORNING**

**WEDNESDAY 04th Oct**  
**10.30am-12.30PM**

We are developing a social group originally for people with memory loss and their carers, and now welcome anyone who would just like to pop in for a coffee and chat. We look forward to meeting you and discussing how to 'grow' our group.

For more information call Ness- 01743 255773

**AT RAVEN HOUSE CHESHIRE ST. MARKET DRAYTON TF9 3AH**



## Events at the Hive in Shrewsbury



### **Up Tempo weekly drop in sessions for young people aged 16-24**

The Hive Up Tempo weekly drop in sessions are music making, song-writing workshops for young people aged 16 - 24.

Tuesdays 4 - 6pm at The Hive.

Tel 01743 234970 or email [sal@hiveonline.org.uk](mailto:sal@hiveonline.org.uk) for more information

### **Drop in for Mental Health Awareness Day on the 10th October 2017**

Drop In at the Hive for International mental health awareness day on 10th Oct

Click on the link below for more information.

<https://www.eventbrite.co.uk/e/international-mental-health-day-music-stalls-information-cake-tickets-36487400798>

## SAND (Safe Ageing No Discrimination) event

SAND (Safe Ageing No Discrimination) event

Tuesday 17th October at The Hive, 5 Belmont, Shrewsbury

SAND (Safe Ageing No Discrimination) has been working with health & social care providers to improve practice around older and old lesbian, gay, bisexual and trans people accessing health & social care. As it happens, the work we have been doing seems to have pertinence to other equalities groups - and general inclusive practice.

This event - which will run from 12 noon (with lunch) to 4pm, aims to share what we have been doing and what we have learnt with an audience drawn from those interested in improving the experience and increasing the expectation of LGBT people in later life. We are currently compiling a panel and are delighted to confirm our first couple of panelists:

- Cath Molineux, Nurse Consultant, Shropshire Community Services who we have been working with to deliver sessions for staff working in End of Life care across the County
- David Coull, Chair of the National Care Forum, Chair of Shropshire Partners in Care (we have been delivering sessions to SPIC members in different parts of the County) and Director of Coverage Care who we are currently working with to undertake some research to identify appropriate points of intervention to improve working practice.

The panel will be Chaired by Dr Jane Traies, author of *The Lives of Older Lesbians: Sexuality, Identity & the Life Course*

The afternoon will also include a 25-minute screening of the film *Gen Silent*, which was the catalyst for the advent of SAND back in 2012. We show the trailer to the film (which is short for Generation Silent) at all of our training / awareness raising sessions and it never fails to speak to people. The trailer can be viewed here: <http://gensilent.com/>

The event is free to attend, and we are asking people to book so we know who is coming. Details and booking: <https://www.eventbrite.co.uk/e/spirit-of-sand-tickets-36809319666>

## Healthwatch 'Hot Topic' - Neurology



Tell us your experience of using Neurology services in Shropshire



**healthwatch**  
Shropshire  
01743 237 884  
[enquiries@healthwatchshropshire.co.uk](mailto:enquiries@healthwatchshropshire.co.uk)

**Neurological services in Shropshire are under serious pressure**

During September and October Healthwatch Shropshire is focusing its "hot topic" on neurology and is seeking feedback from people to understand how these changes have affected patients and their experience of treatment. Neurology includes the treatment of a wide range of conditions including brain injury, Parkinson's, Motor Neurone Disease, Epilepsy and Multiple Sclerosis.

Click [here](#) to give your feedback

## Consultation on Returning to Work After Time Out Caring



The Government Equalities Office would like to know more about the barriers to returning to work after time out for caring. They have opened a consultation and would like to know more about the experiences of people who want to return to work, employers' experiences of recruiting these people and other evidence on the barriers that they face and the support available to them.

This call for evidence is for:

1. Those who have returned to work after time out caring for children or family
2. Those currently caring for children or family who would like to return to work
3. Employers
4. Organisations or individuals with knowledge of returners

The consultation closes at midnight on 22 October 2017. The [online survey](#) and further information is available on GOV.UK

## Launch of Shropshire Recovery Partnership

# Please Join Us To Launch Shropshire Recovery Partnership

The Buttermarket  
Howard Street  
Shrewsbury  
SY1 2LF

Thursday  
28th September 2017  
10.00am to 3.00pm



addaction

**We formally invite you to attend**

**The Launch of**

## **Shropshire Recovery Partnership**

**Commissioned to Provide Support for Substance Misuse in Shropshire**

**At The Buttermarket, Shrewsbury**

**On Thursday 28<sup>th</sup> September 2017 - 10.00am to 3.00pm**

**Please book your place ASAP – as spaces are limited**

Join us - see who we are, what we do, and how we do it?

Lunch will be provided.

We look forward to seeing you there.

If you would like more information about this event, please contact  
Jo Gerrard on 01743 294700 or 07393 232019.

# Children's Mental Health Services in Shropshire

South Staffordshire and Shropshire Healthcare   
NHS Foundation Trust  
A Keele University Teaching Trust

## Let's talk about Children's Mental Health Services in Shropshire...

*Everyone welcome!*

South Staffordshire & Shropshire Healthcare NHS Foundation Trust  
invites you to attend our constituency meeting to discuss Children's  
mental health services for yours and surrounding areas...

Join us at **Bishops Mascall Centre, Ludlow, SY8 1RZ**

on

Friday 6<sup>th</sup> October 2017

10a.m-10.30a.m - Breakfast Buffet & Networking

10.30a.m-12.30p.m – Main Meeting

**Agenda to include...**

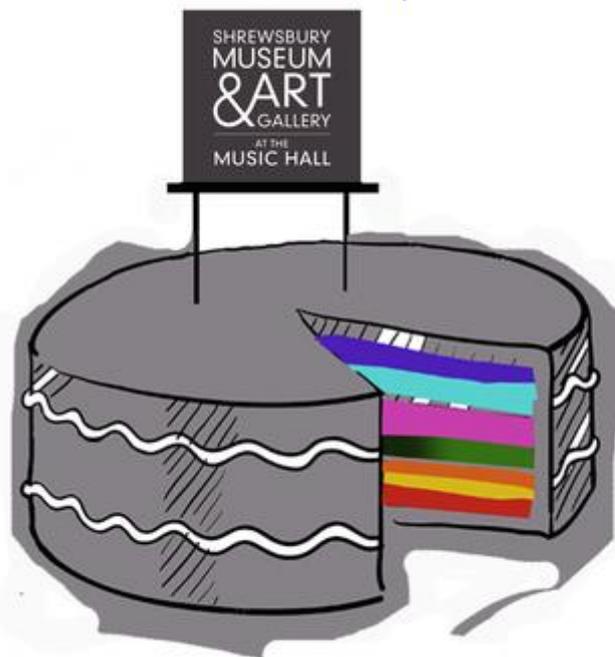
**An introduction to 0-25 Emotional Health & Wellbeing  
Service**

**A presentation from The Children's Society**

**And a question and answer session with Governors, Non  
Executive Directors & Service Representatives**



## Depressed Cake Shop - Tuesday 10th October 2017



Shrewsbury Museum & Art Gallery / The Square / SY1 1LH

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### 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

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### 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

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

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

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For latest news from the VCSA please 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**



**Thank you for reading our newsletter!**