

Health & Wellbeing E-News



Building a Stronger Future Together in Shropshire



Shropshire Health and Wellbeing e-Newsletter

Welcome to this April/May 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)

Dementia Awareness Day at Blists Hill Victorian Town



The IRONBRIDGE GORGE MUSEUMS Ironbridge Telford Shropshire TF8 7DQ

[Blists Hill Victorian Town](#) in Shropshire is marking National Dementia Awareness Week, 14th – 20th May, by inviting those living with dementia and their carers to come and enjoy a visit to Blists Hill Victorian Town on Friday, 19th May at a very special price of just £5 per couple.

To obtain the special discount on 19th May, those guests living with dementia just need to tell the staff that they are taking part in the Dementia Awareness Day.

Information about local dementia services will be available on the day about where to go to get advice

Open 10am to 4.30pm Blists Hill is one of the ten Ironbridge Gorge Museums. For further information, call the Ironbridge Tourist Information Centre on 01952 433 424 or visit www.ironbridge.org.uk. The Gorge is easily reached via the M54 motorway exiting at Telford junction 4 or 6.



Let's Talk About Death Event

“In this world nothing can be said to be certain, except death and taxes.”

A group of individuals from across Shropshire are hoping to change all that with a special event which is being held in Shrewsbury as part of Dying Matters Week.

The public event will take place in the Square in Shrewsbury from 10am – 2pm on Friday 12 May and will involve the End of Life Care team from The Shrewsbury and Telford Hospital NHS Trust (SaTH), Severn Hospice, Shropshire Council, local commissioners, Shropshire Community Health NHS Trust and Shropshire Partners in Care.

It aims to make it easier for people to discuss death and dying by meeting professionals in a more relaxed environment.

Plans for the event are still being finalised, and there may be a few surprises on the day.

Click [here](#) for more information

Market Drayton Seniors' Enterprise Festival of Wellbeing

**MARKET DRAYTON SENIORS' ENTERPRISE
ANNOUNCES**

A FESTIVAL OF HEALTH & WELL BEING

WHEN

**May 10th, 2017
11.00am - 3.00pm**

WHERE

**Festival Drayton
Centre**

Auditorium

VISIT • Health & Wellbeing Stalls & Demonstrations

**PRESENTATIONS • Questions and answer sessions on
important health topics**

**MEET PEOPLE FROM • Local support groups, Community groups
- Chat, Enquire, Join?**

MEET MARKET DRAYTON SENIORS' ENTERPRISE VOLUNTEERS

**THERE WILL BE
SPECIALISTS AND
EXPERTS ON:**

HEALTH & WELLBEING

**LEGAL MATTERS, DIABETES,
ALZHEIMERS, HEARING &
SIGHT IMPAIRMENT,
FITNESS, EXERCISES**

**AT THE FESTIVAL YOU
WILL FIND**

**30 STALLS
37 Exhibitors
Enquiry Desks
Experts to offer
Information & Advice**

HOSTED BY

**Market Drayton Seniors'
Enterprise
In conjunction with
North Salop Wheelers**

SPONSORED BY

**C D Purcell Accountants &
Wealth Management**

BENEFITS

**With such a rich mix, you
should find answers to
nearly all of your
questions and queries**





Or contact the team by:

Telephone: 01743 237 884

Email: enquiries@healthwatchshropshire.co.uk

Post: Freepost HEALTHWATCH SHROPSHIRE

'Tell Us' your experiences of accessing and using these services within Shropshire by clicking [here](#)

See and Hear Exhibition



Shropshire's [See and Hear Exhibition](#) will again be hosting a fantastic range of events and activities for people with sight and hearing loss on Wednesday 10 May 2017.

The annual event, which celebrates its tenth successful year, will be hosted at Shrewsbury Sports Village on Sundorne Road, Shrewsbury, between 10am and 4pm. The event is free and open to everyone, to try equipment and learn more about the support on offer to help improve the quality of life for those with a sensory impairment.

See and Hear will be providing information sessions and demonstrations throughout the day, as well as hosting over 70 exhibitors from local and national companies, services and charities.

Booking is essential. To book a place on a workshop or seminar, please contact Pauline Rose on **01743 257746** or email pauline.rose@shropshire.gov.uk.

You can find out more and see the full itinerary here: <http://shropshire.gov.uk/news/2017/04/see-and-hear-exhibition-goes-from-strength-to-strength-as-it-celebrates-its-tenth-successful-year/>

Free on-line courses for Shropshire parents and parents to-be

Shropshire Council is offering all Shropshire parents and parents to-be, the chance to complete these popular courses on-line, for free, by the use of an access code.

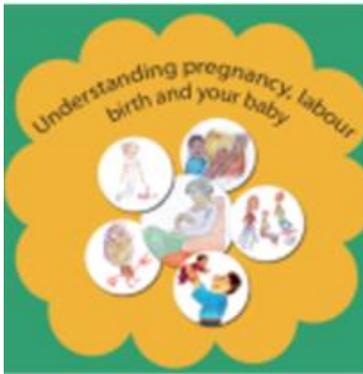
Read on for more information.

Understanding Your Child



This course is suitable for parents of children aged between 6 months and 18 years. It gives you information about how your child develops; understanding how your child is feeling; tuning into what your child needs; responding to how your child is feeling; different styles of parenting; having fun together; the rhythm of interaction; Why is sleep important; Self-regulation and anger; communication and tuning in, and looking back and looking forwards. The course has been developed by the Solihull Approach team - health professionals working together with parents and practitioners to support a child's emotional development, behaviour, and relationship with their parents.

The course is 11 modules long and each module takes about 20 minutes. There are interactive activities, quizzes, video clips and practical handouts.



Understanding pregnancy, labour, birth and your baby

The antenatal online Understanding pregnancy, labour, birth and your baby course gives you practical information about pregnancy and birth, whilst at the same time introducing you to your baby. The course explains how and why you are important to your baby, whether you are the mother, father, partner, grandparent or birth partner. The course was developed by Registered Midwives working with health professionals in the Solihull Approach team. It has the same content as the Solihull Approach face-to-face antenatal course, which has the same name 'Understanding pregnancy, labour, birth and your baby.'

Understanding your baby

This postnatal course gives you information about your baby's brain development and your baby's physical and emotional development. It shows how important your relationship with your baby is for your baby's development. The course looks at your baby's sleeping, feeding, crying, playing and childcare options and was developed by Health Visitors working with health professionals in the Solihull Approach team.

To access any of the courses on-line:

1. Go to <https://inourplace.co.uk/>
2. Click 'START NOW' - Fill in your details, to register & sign in
3. Scroll down & pick the course you want
4. Click on 'Take course'
5. Click 'Already have a discount coupon?'
6. Type in the relevant code (this is your 'coupon') as detailed below:

Understanding Your Child SHRPSAPASNT

Understanding pregnancy, labour, birth and your baby SHRPSOLIHULLAPPROACHANT

Understanding your baby SHRPSOLIHULLAPPROACHPOSTN

7. Click 'Apply coupon'

Access Services for Adult Mental Health



South Staffordshire and
Shropshire Healthcare
NHS Foundation Trust

Access Services for Adult Mental Health

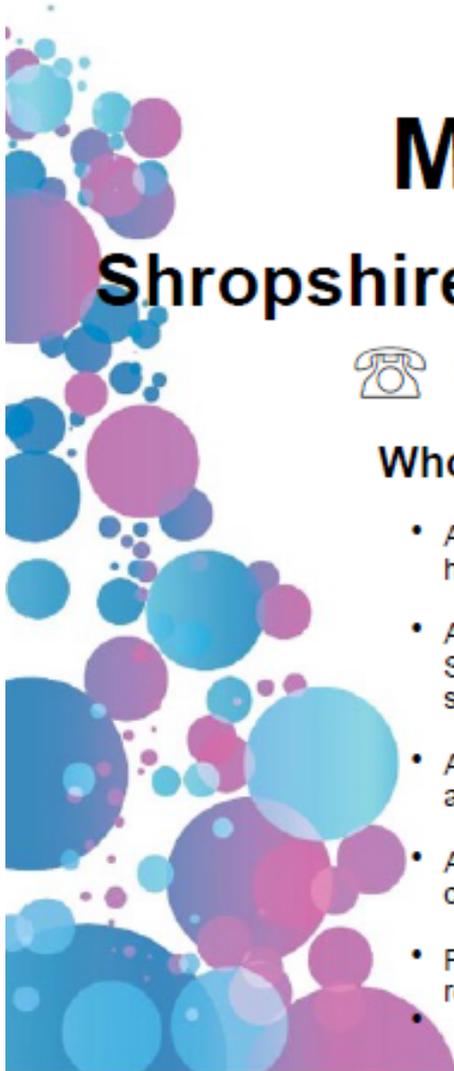
Shropshire/Telford&Wrekin



0300 124 0365

Who should use this number?

- Anybody who is worried about their mental health
- Anybody using South Staffordshire and Shropshire Healthcare's adult mental health services who needs to contact us out of hours
- Anybody who cares for someone receiving adult mental health services from us
- Anybody concerned about the mental health of an adult family member or close friend
- Professionals needing advice and guidance regarding adult mental health issues



Build a Bench Project – Young Adult Carers

Building Better Opportunities - Funding will support projects in England that tackle poverty and promote social inclusion. It is funded by the Big Lottery Fund and the European Social Fund.



Develop skills in greenwood crafts and **BUILD-A-BENCH** at the Green Wood Centre, Ironbridge

Help us build a woodland bench for your local community.

Working with our greenwood craft worker you'll learn traditional craft skills and meet new people, working together to create an amazing community bench. The project, part of the Building Better Opportunities initiative, is an opportunity to build skills and discover your potential.

The project is suitable for people of all abilities with no prior experience necessary. We would like to work with **young carers age 19 or over** who want to step forward and learn more about future opportunities and experiences.



For more information about the project please call **01952 432769**
or email richardthomason@smallwoods.org.uk

Updates from our Partners



Working together to improve health and wellbeing in Shropshire



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

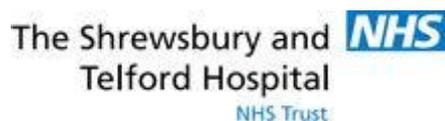


Volunteer

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

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 6th July 2017, starting at 9.30am 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