



## Shropshire Health and Wellbeing e-Newsletter

Welcome to this December 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](mailto:shropshiretogether@shropshire.gov.uk)  
Follow us on Twitter [@ShropTogether](https://twitter.com/ShropTogether)

**Festive Greetings to all our Readers!**



## Shared Memory Bags in Shropshire Libraries

Shropshire Libraries have five new Shared Memory Bags available for loan. Ideal for reminiscence purposes in the home, groups or care settings, each portable bag contains a Pictures to Share book together with related objects and a conversation starter guide. The new themes are Shopping, Spending Time Outside, Seaside, Proverbs & Sayings, and Spending Time Indoors. The bags are free to borrow for three weeks using a library card.

For more information, call 01743-255031 or email [libraries@shropshire.gov.uk](mailto:libraries@shropshire.gov.uk)



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## County Domestic Abuse Strategy 2018-2020

Shropshire Community Safety Partnership (CSP) would like your views on the draft County Domestic Abuse Strategy 2018 – 2020.

Tackling Domestic Abuse is a key priority for the Shropshire Community Safety Partnership. This strategy has been developed on behalf of the Community Safety Partnership by the Shropshire Domestic Abuse Forum (SDAF) in consultation with a wide range of agencies, organisations and individuals. This strategy aims to assist partnerships and agencies across Shropshire in delivering a joined up response to those affected by domestic abuse, underpinned by a recognition and understanding that no single agency can address this complex issue in isolation.

Please find out how to give your views by clicking on the link below:

<http://shropshire.gov.uk/get-involved/domestic-abuse-strategy-2018-2020/>

Consultation closes on the 22nd December 2017.

## Training course - Diamond Pilates for Pelvic Health



For  
Pelvic  
Health



**1 in 3 women and 1 in 10 men have a problem with pelvic floor, open up a whole new client base and gain a wealth of up to date knowledge.**

**DAY ONE:** Up to date information! Anatomy function and dysfunction of the pelvic floor in males and females. Understanding pelvic floor conditions and interventions. Pelvic floor exercises. Open to all exercise teachers and health professionals.

**DAY TWO:** Help your clients!! Practical exercise with Pilates principals. Lesson planning, Class formats and progressions. Business set up and marketing. Class handouts and screening. Exercises analysis and use of equipment.



**“a diamond is a chunk  
of coal that did well  
under pressure”**

-henry kissinger

Cherry Baker  
Award Winning  
Teacher, Educator  
and Presenter

Tracey Gjertsen  
Physiotherapist,  
Presenter  
& Pilates Instructor

20th/21st January  
2018

at

Shropshire RCC  
Shrewsbury Business  
Park, Shrewsbury  
SY2 6LG

Cost £180

Last few places  
available

For more information  
and to book your place,  
contact Shropshire RCC:

01743 342160

or

susie.hancock@shrop  
shire-rcc.org.uk

## Local older people asked to share stories of stressful hospital journeys



A local healthcare consumer champion and charity are asking older people from Shropshire to share the difficulty they have in getting to and from hospital appointments.

The 'Painful Journeys' campaign, which has been launched by Age UK, seeks to highlight the long, uncomfortable and often painful journeys that many older people have to endure when they are unwell, in order to have treatment or consultations. It calls for an urgent government review of essential transport services.

Almost a fifth (18%) of over-65s who have attended a hospital appointment in the past year – more than one million people – reported feeling worse afterwards because of the stress involved in the journey, according to new research from the charity.

Age UK warns that difficult hospital journeys are making older people feel more unwell and adding to NHS costs due to missed appointments and possible relapses, making the need for treatment at a point of crisis more likely.

In order to gather evidence of this locally, Healthwatch Shropshire, the independent health and social care consumer champion, is asking older people in the county to share their experiences of getting to and from hospitals so these can be fed into the debate.

To share your experience of a painful or difficult journey to hospital please call Healthwatch Shropshire on 01743 237884 or go to [www.healthwatchshropshire.co.uk](http://www.healthwatchshropshire.co.uk)

For more information about local transport options for older people in Shropshire please contact Age UK Shropshire Telford & Wrekin on 01743 233123.

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### **Safest & Kindest, the public newsletter of The Shrewsbury and Telford Hospital NHS Trust.**

In this 16-page newsletter ([which can be viewed as a printable PDF here](#)) you can read about:

- The creation of the Trust's first Exemplar Ward. See page 2
- Find out how you can become part of our new People's Academy. See page 4
- The plans we are putting in place to celebrate the NHS' 70th birthday. See page 5
- Meet all of our wonderful VIP (Values In Practice) winners. See pages 8 and 9
- Our mealtime champions scoop a gold award. See page 14
- Plans in place as our hospital brace themselves for a busy winter. See page 15

## Christmas Pop-up Shop in Oswestry

15 CROSS ST  
OSWESTRY  
SY11 2NF

SAT 25TH NOV -  
- SUN 24TH DEC



JOLT  
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**CHRISTMAS  
POP  
UP  
2017**

*designs  
in mind*

OPEN'S SAT 25TH NOVEMBER 10AM



## Beginners Pottery - Ludlow

# Beginner's Pottery



## with Loudwater Studio

Not working; on benefits; retired? Fancy learning a new skill? Join our Pottery for Beginners at Helena Lane every fortnight.



We'll teach you from the basics up including: slab; coil; press moulds; glaze and more. There's lots of fun to be had getting your hands dirty with clay.

**When:** Tuesday 9, January  
Tuesday 23 January  
Tuesday 5 February  
Tuesday, 20 February  
Tuesday, 6 March  
Tuesday, 20 March

**Time:** 1.30 - 3.30pm

**£5 per person**

**Where: Helena Lane Day Centre,  
Hamlet Road, Ludlow**

**Further Info Call (01584) 877272**

Please note we will need to see evidence that you meet the disadvantaged criteria before we can register you.

## Updates from our Partners



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

If you are interested in volunteering or to find out more about our volunteering opportunities please visit our [webpage](#), call on 01743 255957 or [email](#).

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The Shrewsbury and Telford Hospital NHS Trust For all the latest news from The Shrewsbury & Telford Hospitals [click here](#).

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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](#)

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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 18h January 2018, 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