

Carers News Shropshire


carerstrust
4all
Shropshire Carers Service
action · help · advice

Jan - Mar 2019

***Your latest news
and information for
and about unpaid
carers in Shropshire***



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Breaks***



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Together***



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For Carers***



seven million
reasons to care

**We care,
because you do**

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Welcome to our newsletter

Andy Craven has now left us for a new adventure and I'm sure you will join us in wishing him all the best.

I will continue to support Shropshire services and I am looking forward to meeting many of you over the next few years.

There is a lot going on in Shropshire for carers; We have some exciting activities and outings arranged that we hope you will enjoy and our Carer Advisors are running carer groups to give you the chance to relax with others who understand just what it's like to be a carer .

Our very best wishes for 2019,

Jill & the Shropshire team.

How to get future copies of the newsletter

Are you picking up a FREE copy of Carers News Shropshire for the first time in your GP surgery, library or other public place?

Would you like to receive a copy direct to you?

Post	If you wish to receive the newsletter by post, please contact 01743 341995 to confirm this choice.
Email	If you would like to receive the newsletter by email please contact shropshire@carerstrust4all.org.uk or telephone 01743 341995
Pick up a copy	Future copies will be available to pick up in all GP surgeries, at our groups and events around the county, in libraries and via Shropshire Council Hubs.

Carer Emergency Response Service

Do you worry about what would happen to the person you care for, if you were unable to care for them in the event of a unforeseen emergency?

The Carers Emergency Response Service (CERS) can help by putting a plan in place to care for your loved one when there is an emergency or crisis, providing reassurance that they will be well looked after.

The service is FREE and offers up to 48 hours of support during the week and up to 72 hours of support over weekends and Bank Holidays. Plans can be made to organise ongoing care should this be required, for which there may be a cost.

Giving carers a much needed break

Many carers are reluctant to have paid carer support workers or formal care to look after their loved one. However, a regular break can be an investment that takes some of the stress and pressure out of caring and actually helps to safeguard your well-being.

Inspected and rated

Good



Carers Trust 4all is one of a number of providers that offer regulated care services that are registered with the Care Quality Commission.

For a comprehensive list of providers get a copy of the Support Finder from Customer Services at Shropshire Council: Tel 0345 678 9000.

To find out if you are eligible for funded care you should ask Shropshire Council Adult Social Care Service for a Care Needs Assessment for your cared-for and a carers assessment for yourself.

Carers Trust 4all care services are offered on a not for profit basis and were rated 'good' during our last inspection.

We will match you and your loved one with a professional and experienced Carer Support Worker who will provide care and support. They can help with preparing meals, washing and dressing, or getting out and about.

If you would like to discuss your care needs with us or wish to arrange care on a private paid for basis please get in touch by calling us on **01743 341995**

Family Carers Partnership Board



Do you want to influence the services available for family carers and people with care needs in Shropshire?

If the answer is YES please read on to find out more about the Shropshire Family Carers Partnership Board.

The Family Carers Partnership Board (FCPB) aims to bring together family carers of all ages and people from the public, private, community and voluntary sectors to work strategically on improving the lives of family carers and those they care for. This may involve monitoring the quality of services and ensuring best use of the resources available to ensure they provide maximum benefit for family carers of any age.

Who is it for?

Meetings are open to anyone who wishes to attend but only Board members can take part in meetings and make decisions. Non-Board members can be invited to contribute by the Chair.

You can become a Board member if you are a carer and can represent the views of family carers and/or an organisation whose work involves family carers.

What is the commitment?

Meetings are held quarterly; the venue, time and date selected is the most suitable for the majority of members. Details of the meeting venue, time and agenda is circulated 2 weeks before the meeting.

To find out more, contact Margarete Davies at Shropshire Council on 01743 255776 or email Margarete.Davies@shropshire.gov.uk

An invitation from a member of the Shropshire Family Carers Partnership Board

“As a carer I am keen to be involved in discussions and suggestions to inform and improve services that support carers in the often difficult role that they do.

I have been pleased to be able to contribute to the Shropshire Family Carers Partnership Board and help make real positive change for carers living in Shropshire. I would encourage any carer who feels they could represent the needs of other carers like themselves to become a member.

One of the valuable contributions made at the meetings is sharing information about both national developments and carers projects in other areas that are achieving great outcomes and improving support for carers of all ages. Please consider if you could come and join us”

Sue Stewart, Forensic Carer

New Carers Group in Much Wenlock

Wednesday 12th December, 11am-1pm

Meetings will then be every 2nd Wednesday of the month

Wheatlands Care Home, Southfield Road,

Much Wenlock, Shropshire, TF13 6AT

Come along and meet other carers from the local area and help us shape the direction of the group! We look forward to welcoming carers from Much Wenlock, Cressage, Broseley and surrounding areas.

The venue is accessible and offers parking.

Cared for are welcome to attend and a light lunch is provided.

For more information call 01743 341995

Shropshire Singing Together



Carers Trust 4all have secured funding from Carers Trust to offer a series of monthly, informal, singing groups to carers who enjoy singing for fun. They are also suitable for people with memory difficulties, dementia and learning disabilities.

The sessions feature live music with the talented Adrian Plant playing guitar and you can sing along or just listen.

Singing brings joy to many people but did you know that it can lead to incredible benefits in your physical, emotional, and social health? Here are just a few:

- Strengthens the immune system.
- Improves your posture
- Helps with sleep by strengthening throat and palate muscles, which helps stop snoring and sleep apnoea so you and your partner have a better night's sleep.
- When you sing, endorphins (feel-good chemicals) are released in your brain. This brings about positive psychological effects.
- Improves mental alertness and helps with memory.

To book a place call 01743 341995 or turn to p.8 for dates and times



A young carer is someone under 18 who helps look after someone in their family who is ill, disabled, has mental health issues or misuses drugs or alcohol.

Shropshire Young Carers Service

We offer time away from your caring role, a chance to meet other young carers, activities and day trips, someone to talk to and 1-1 support.

For further details ring Jill or Simon on 01743 341995

Carers Groups

For many carers a group provides a safe and supportive place to speak with people who understand about their caring role. For others it is a chance to socialise, chat informally and have a short break. For more information call 01743 341995 unless otherwise stated.

MONDAY

Bishops Castle: 3rd Monday of the month, 2-4pm Boars Head, Church St. SY9 5AE.

TUESDAY

Cleobury Mortimer: 3rd Tuesday of month, 1-3pm at 2 Tenbury Road, Cleobury. Light lunch provided.

Please contact Janet Manley 01299 272841 or 07805 268439

Market Drayton: 2nd Tuesday of the month, 2-3:30pm, please ring to for more details 01743 341995

Shrewsbury: Active Carers Group for carers of people with mental health issues: Alternate months, 1:15-3:30pm at Carers Trust 4all office, Sutton Farm, SY2 6HW

WEDNESDAY

Shrewsbury: 3rd Wednesday of every other month, 11-1pm, Carers Trust 4all, Sutton Farm Shopping Centre. From Jan 19 alternate months will be lunch at a local restaurant

Oswestry: 3rd Wednesday of month, 10:30am-12noon. Avalon Day Centre, Victoria Road, SY11 2JE. For carers of adults with a learning disability.

WEDNESDAY

Shrewsbury: Mental Health Carers Group Last Wednesday of every month, 7:30-9:30pm, Oasis Room, Redwoods, SY3 5DS (See page 15 for further info.)

THURSDAY

Oswestry: Last Thursday of the month, 10:30-11:30am, Oswestry Library.

Bridgnorth: 3rd Thursday of every month, 10:30am-12:30pm, The Bungalow, Innage Lane, WV16 4HN

(Bridgnorth group only contact Gail 0 7747 587 578)

Shrewsbury: Mental Health Carers Group. 1st Thursday every month, 6-8pm. Shropshire MIND, Observer House, SY2 6BL

Shrewsbury: STACS Group for carers of adults (16yrs+) with Aspergers, Thursdays, 12-4pm, Louise House, Roman Road, SY3 9JN. Contact John 01952 461139 email:stacsshropshire@gmail.com

Wem: 3rd Thursday of month, 10:30am-12:30pm, venues alternate. Wem Methodist Church Aston St. SY4 5AU. Castle Hotel, High St. Wem SY4 5AA

To book a place call 01743 341995



Singing Together

January 7th 2019, 2:00pm-4:00pm

February 4th 2019, 2:00pm-4:00pm

United Reform Church, Coleham Head, Shrewsbury SY3 7BJ

Come and join the singalong

Bring a musical instrument if you play

Ludlow Carers Support Group

7th Jan, 11th Feb and 4th March 2019

10.30am-12noon

Ludlow Brewing Company, Railway Shed, Station Drive, SY8 2PQ

Come and chat with other carers in an informal atmosphere

(Cared for welcome and venue is accessible for all abilities)

Refreshments costs apply



Market Drayton Carers Arts Group

Last Monday of the month, 10:30am-12:30pm

The Beacon Community Centre, Prospect Road,
Market Drayton TF9 3AP

Classes are FREE, with an annual membership of
£5 per year and refreshments available £1 per session.

From beginners to advanced, all levels are welcome. You will be working with various mediums including acrylics, pastels, pencils and water colours.

Carers Lunch

Wednesday 16th January 2019, 12noon-2:00pm

The Inn on the Green, Bank Farm Road,
Shrewsbury, SY3 6DU

Lunch costs apply



Carers Pamper Session

Thursday 7th February 2019, 11:00-2:00pm
(to include light lunch—£2pp)

Carers Trust 4all , Sutton Farm, Shrewsbury, SY2 6HW



Carers Lunch

12th February 2019, 12:45pm for 1:00pm
Etzio, 8-60 High Street, Whitchurch, SY13 1BB

Lunch costs apply



Drop in and Pamper Day

Thursday 28th February 10:30-12:30pm

Oswestry Library, 9 Arthur St, Oswestry SY11 1JN

Coffee and cake, shared reading, information and
advice, a hand massage and goody bag.

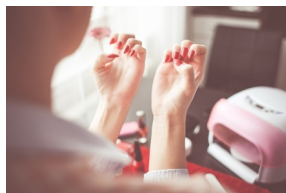
£1.00 charge for refreshments.



If you would like to come along to one of our events but can't leave the person you care for please contact us as we may be able to arrange support.

On booking lunch, please notify us of any allergies in advance.

To book a place call 01743 341995



Oswestry Pamper Day

January/February dates and times TBC

Oswestry College, Shrewsbury Rd,

Oswestry, SY11 4QB

£16 to include lunch

(All proceeds go to Oswestry College)

Ludlow Pamper Day

12th April 2019, 10:00am-1:00pm

Rockspring Community Centre, Sandford Road,

Ludlow, SY8 1SX



Lunch provided, suggested donation £5.



Colemere Walk

28th March 2019, 11:00am-1:00pm

Colemere, Ellesmere, SY12 4QB

Followed by soup and a bread roll

Colemere walk around the lake—The only one of the glacial meres in North Shropshire to have a full circular walk—reasonably level walking that can be muddy so please wear suitable footwear.

Carers Lunch

20th March 2019, 12:00noon-2:00pm

The Beacon, Copthorne Road, Shrewsbury, SY3 8LP

Lunch costs apply.



For all bookings call 01743 341995

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Craft Afternoon

14th March 2019, 1:30pm-3:00pm

Venue in Shrewsbury TBC

Cared for welcome

£4 per person which includes refreshments



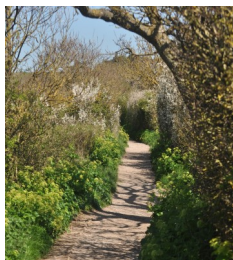
Woodland Walk

4th April 2019, 11:00am-1:00pm

Haughmond Hill, Upton Magna, SY4 4RP

All ability trail—wheelchair accessible

Followed by a light lunch at Go Café.



Carers Lunch Ellesmere

10th April 2019, 12.00noon-1:30pm

The Narrow Boat, Orchard Cottage, Welsh
Frankton, Oswestry, SY11 4PB

Carers can walk along the canal path,
weather permitting



Trip on the Welshpool Llanfair Railway

17th April, 2019, time and cost TBC



The Station, Llanfair
Caereinion, SY21 0SF

(carriage has a lift)

Emergency and Future Planning Pack

Carers often manage day to day caring responsibilities without opportunity to think about how things may change over time and to plan for some of those changes. We can support you to develop a plan with practical actions that can take away the worry of something happening to you or the person you care for. This includes:

- ♦ What you will do in an emergency if you are not able to care
- ♦ How to ensure your wishes are known and your needs understood if you are admitted to hospital
- ♦ What you would like to happen to your pets if you cannot look after them
- ♦ Help with making decisions and managing your affairs
- ♦ Paying for future care needs

Without time to think about how you will manage these changes it can mean that decisions are made at a time of crisis and stress and this can mean your wishes and those of the person you care for are not fully taken into consideration.

Call us to talk to a Carer Advisor or arrange a home visit to discuss how we can help you in planning for the future.

Raising Funds for unpaid carers!



The 100 Club is a monthly prize draw open to anyone looking to help raise funds to support unpaid carers whilst having a chance to win some money. Just £5 a month gets you one unique number that is entered into the prize draw.

50% of the money raised each month goes to the winner and the remainder to Carers Trust 4all, so the more people who join, the larger the monthly prize and the greater the amount of support we can give to unpaid carers.

It's very easy to join, just give us a call on 0333 323 1990 and select option 3 and we will do the rest. There are no limits on the number of players, or the amount of numbers you can buy - the more numbers you buy the more chance you have of winning!

Are you a carer for an adult with a learning disability?

This is an opportunity for carers of adults with a learning disability in the Shropshire Council area to meet the Director, Senior Officers and the Carers Lead . There will be a chance to discuss any issues you may have in an open forum and also to hear about the latest developments in Adult Social Care.

7th February 12:30pm-1:30pm

Shirehall, Abbey Foregate, Shrewsbury, SY2 6ND

Supporting people with learning disabilities during a hospital stay

The Royal Shrewsbury Hospital are using a 'Patient Passport' that encourages people to document important information that might be needed during a stay in hospital.



This includes information about capacity, consent, power of attorney, next of kin details and any other relevant medical information.

The passport uses a traffic light system, highlighting what is important (such as preferred communication (red), what hospital staff can do to make them comfortable such as what food they like and dislike (amber) and how they take their tea or coffee (green) The passport is kept at the end of the bed so that all staff can see it.

The passport uses clear language and symbols and pictures to it easy to use.

To get a blank copy of the passport please visit <http://www.spic.co.uk> and search 'hospital passport' or ask at the reception desk next time you are at the hospital.

Services supporting carers in Shropshire



Peer support groups

Church Stretton

2nd Friday of the month
2:00pm-3:30pm
Mayfair Community Centre

Shrewsbury

1st Tuesday of the month
10.30am-12pm
Roy Fletcher Centre

Whitchurch

4th Thursday of the month
2:30pm-4:00pm
Whitchurch Community Hospital

Dementia Support Worker

Are you caring for, or have a relative or friend with dementia?

Would you like:

- Someone to talk to?
- Information, guidance and support?
- To talk to others in a similar situation?

If so then please contact Pete Martin on:

01952 250 392 or email
peter.martin@alzheimers.org.uk

Dementia Café

Ludlow

1st Wednesday of the month
10:30am - 2:30pm
Whitchurch Community Hospital

Oswestry

Last Tuesday of the month
10:00am -12noon
Whole Life Christian Centre
Any queries call 01952 250 392

Singing for the Brain

Bridgnorth

Thursdays 1:45pm-3:15pm
St James Hall

Market Drayton

Wednesdays 1:45pm-3:15pm
Parish Rooms

Shrewsbury

Wednesdays 2:00pm-3:30pm
Gains Park
Any queries call 01952 250 392

Art Therapy Mondays 11.30am-12.30pm at The Redwoods Centre

Bulletin Board

Do you have a bladder or bowel condition that means you need to seek the toilet urgently?

To assist with preventing embarrassing situations you can apply for a “JUST CAN’T WAIT” card which helps you communicate clearly and discreetly that you need to use a toilet. To request your FREE card please ring 01926 357220.



Stoma Workshops

‘Caring for people with a stoma’ workshops provide family members and paid care workers with practical advice and guidance on how to care for someone with a stoma. For more information about the workshops please contact Irene Constable on 01691 238357.



The Headway Brain Injury Identity Card is designed to help police officers and staff more easily identify brain injury survivors and ensure that they receive an appropriate response and support.



For more information please call 0115 9240800



Carers Trust 4all
Unit 12, Tilstock Crescent
Sutton Farm Shopping Centre
Shrewsbury
SY2 6HW

Call us:

Carers Support Line: **01743 341995**
General Enquiries: **0333 323 1990, Option 1, then Option 6**

Email us:

General Enquiries: shropshire@carerstrust4all.org.uk

Young Carers: shroptyc@carerstrust4all.org.uk

Would you like to receive our newsletter by email?

**Let us know your email address, and we can send our news and
communications electronically**



Carers Trust 4all



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