

Carers News Shropshire


carerstrust
4all
Shropshire Carers Service
action · help · advice

May - Aug 2019

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



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Birds Project*



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Concert*



seven million
reasons to care

**We care,
because you do**

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Welcome to our newsletter

We are looking forward to our summer programme. Please take time to look at all the exciting trips and activities along with the details of our Carers Week concert.

Our Carer Advisors Julie, Celia, Pat, Sharon and Julie are on hand during office hours Monday to Friday to offer support and guidance.

We would like to welcome Emma Blackwood to the team as the new advisor for the Wem area.

Do you have a story you would like to share? If so please contact us so that we can share your experiences with other carers.

Jill & the Shropshire team.

Carers Trust 4all and Crossroads Together Merger

We are delighted to announce that a merger between Carers Trust 4all and Crossroads Together has been approved by the respective Boards of Trustees with effect 1 April 2019.

We are pleased to confirm that following the merger Paul Parlbly (CEO of Crossroads Together - pictured right) moved into the position of CEO. Each organisation will continue to trade under their existing name until we communicate otherwise.

We would like to take this opportunity to reassure everyone that this merger will not affect the services we offer and the organisation will continue to offer high quality services, locally delivered, which are designed to meet the needs of those we care for in exactly the same way. Please contact us in the usual way with any queries you may have.



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?

Please choose from one of the options below:

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.

Respite Breaks for Carers

Many families are looking after a loved one who needs support to enable them to live at home. This can be deeply rewarding, however it can also be exhausting and over time can have an adverse effect on your health.

Regular breaks can be an investment that take some of the stress and pressure out of caring and help to safeguard your wellbeing and improve your ability to sustain your caring role.

Carers Trust 4all can provide care at home for your loved one to enable you to have some time for yourself to relax and unwind. We will match you and your loved one with an experienced Carer Support Worker. We can help with day to day activities like preparing meals, washing and dressing and taking your loved one out and about to do things they enjoy. We can also offer overnight care.

If you would like to talk to us about arranging care on a private paid basis you can contact us on 01743 341995. Carers Trust 4all care services are offered on a not for profit basis and were rated 'good' during our last inspection. For a list of local 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 the person you care for and a carer's assessment for yourself.

Royal Shrewsbury Hospital Supporting Carers

Meet Cathy Ritchie, Carers Lead for Shropshire Council, based at the Royal Shrewsbury Hospital (RSH). Hospital admissions can be a stressful and worrying time. Many family carers begin their caring role or find the way they support a loved one, will need to change or increase following a hospital stay. Knowing who to talk to or where to start to look for support can be daunting, especially in the busy environment of a hospital when a loved one is unwell.



If the person you care for is admitted to RSH, Cathy can arrange to meet up with you in the hospital or have a chat over the phone.

If admitted to the Princess Royal Hospital or one of the community hospitals, Cathy can link you with a worker in the local area.

Contact Cathy on 01743 257897 or Cathy.ritchie@shropshire.gov.uk

Shrewsbury & Telford NHS Trust Carers Survey



If you are a carer and the person you are for has used services provided at the Royal Shrewsbury Hospital or the Princess Royal Hospital during 2018/19 please read on.

In addition to providing the best possible care and treatment for our patients, it is also important to provide support and advice to carers. We recognise the valuable role which carers play in supporting those they care for.

To enable us to identify ways to improve carer experience, we are conducting a short online survey. If the person you care for has used our services in 2018/19 please click on the link if reading online or enter the details into a search engine to complete the survey. The survey will remain open for completion until the end May 2019.

<https://www.surveymonkey.co.uk/r/8GCC3MQ>

Shropshire Wildlife Trust **'Feed the Birds'**



Shropshire **Wildlife Trust**

Shropshire Wildlife Trust 'Feed the Birds' project supports lonely or isolated people to interact with the wildlife in their garden and to improve their well-being through regular contact with a supportive friend.



Research shows that watching birds in the garden can have positive impacts on wellbeing, plus it's a great activity to enjoy. Shropshire Wildlife Trust have teamed up with local medical practices to connect people with trained and like minded volunteers. The volunteers initially set up a bird feeder in a place in the client's garden that can easily be seen and visit weekly to fill and maintain the feeder and chat with the client about the birds they have seen and lots of other things! This has led to sharing of interests and some really positive relationships have developed.

"Feed the Birds' has opened a new window of friendship and motivation and has brought immense happiness"

For further information please contact:

Diane at: dianem@shropshirewildlifetrust.org.uk or

Kerry at: Kerry.Davies@telford.gov.uk

Hodnet Hall Gardens

Sunday 19th May from 12:00 noon

Sir Algernon and Lady Heber-Percy have kindly gifted a number of FREE tickets for carers to visit Hodnet Hall Gardens this spring/summer.

Hodnet Hall, Hodnet, Market Drayton, TF9 3NN

Tickets limited to 2 per carer

Useful Nutritional Information

Lost interest in food, appetite poor or losing weight without trying?

As a carer it is important that you look after your own nutritional health as well as that of your loved one. The NHS have published some tips to help choose the right foods.



If the person you care for is struggling with eating and drinking in the first instance you should seek help from a health care professional and follow their advice but these suggestions might be helpful.

If the person you care for struggles with cups or cutlery, there is specialist equipment that can help, such as no-spill cups or easy-to-handle knives and forks.

If the person you care for has difficulty swallowing food, contact their GP. You might be referred to a specialist for help, which may include nutritional supplements or alternative feeding methods, such as a nasogastric tube (a tube that goes down the nose into the stomach) or percutaneous endoscopic gastrostomy (PEG) – where a feeding tube is surgically implanted into the stomach.

If you can't shop for, prepare or cook a meal, then there are alternatives available. You may have heard of 'Meals on Wheels', this has now been replaced by the Community Meal Service which is provided by Shropshire Council. This is a frozen meal service that can be delivered on a regular basis. There is a charge of £3 per day for a two course meal which includes the cost of delivery. You can also pay a private company to supply your meals.

Call the Disability Living Foundation on 0300 999 0004 or here are some useful links:

- **Shropshire Council:** www.shropshire.gov.uk/adult-social-care/faqs/
- **Disability Living Foundation:** www.dlf.org.uk/factsheets/eating
- **Shropshire CCG Advice on nutrition and hydration:**
www.shropshireccg.nhs.uk/health-advice/nutrition-and-hydration

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. **Contact Shaz on 01743 341995 to confirm details.**

TUESDAY

Cleobury Mortimer: 3rd Tuesday of month, 1-3pm at a variety of venues. **Please contact Janet Manley 01299 272841 or 07805268439.**

Market Drayton: 2nd Tuesday of the month, 2-3:30pm, **please ring 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, (June, August, October, December) at The Inn on the Green, Bank Farm Road, Shrewsbury, SY3 6DU—Speakers, games, activities and a raffle—please bring a small prize.

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

Much Wenlock: 2nd Wednesday of month 11am—1pm Venue TBC please phone Pat on 01743 341995.

WEDNESDAY

Shrewsbury: Mental Health Carers Group Last Wednesday of every month, 7:30-9:30pm, Oasis Room, Redwoods, SY3 5DS

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 07747587578**).

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. Please ring 01743 341995 for further details.

Celebrating Carers Week - to book call 01743 341995

Open Garden Afternoon

11th June 2.30pm – 4.30pm

Join us at a lovely open garden in Wem for Afternoon Tea.



Sandwiches, cakes, refreshments, quiz and raffle.

There is no charge but booking is essential

Full details available on booking



Cleobury Mortimer Carers Support Group Annual Garden Party

18th June, 12.00 noon – 3.00pm

Cleobury Mortimer Social Club, Love Lane, Cleobury Mortimer, DY14 8PE

All welcome

Accessing Public Services

Toolkit Workshop

Cerebra will be holding a free workshop for families.

CEREBRA

Working wonders for children
with brain conditions

The aim of the workshop is to support families having difficulties in relation to health, social care and education support services.

13th June 2019, 10am–2pm

Location: Derwen College, Whittington Road, Oswestry SY11 3JA

To book a place, contact us on: 01743 341995

Refreshments and light lunch included

Cerebra is the charity dedicated to helping families with children with brain conditions discover a better life together.

You are invited to the:
**Carers Trust 4all
Concert**


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★ Celebrating ★
Carers Week 2019

Saturday 8th June
Commencing at 3pm

Venue: Christ Church, Glebe Road,
Bayston Hill, Shrewsbury SY3 OPX

Join us for a fabulous afternoon
of music and song

Performances from:

- Jack Hancher - classical guitarist
- Shrewsbury Concert Band
- Shawbury Military Wives Choir

Refreshments and a raffle
will be available. Tickets £8



Tickets available in advance or on the day, for further information:

 **01743 341995**

 **shropshire@carerstrust4all.org.uk**

Call into our office:

Unit 12, Tilstock Crescent, Sutton Farm, Shrewsbury, SY2 6HW

For all bookings call 01743 341995

Carers Lunch

15th May, 12.00 noon for 12.30pm start

The Abbey Hotel, Monkmoor Road,
Shrewsbury, SY2 5AZ



Costs apply and booking is essential, Cared for welcome.



Cream Tea

Monday 1st July, 3.00 pm

Green Café, Linney, Ludlow, SY8 1EG

Enjoy a Cream Tea overlooking the
beautiful River Lugg and Weir

(Approximately £6 depending on choice of refreshment) Cared for welcome

Carers Lunch

17th July 12.00 noon for 12.30pm

Montgomery's Bar, Lower Claremont Bank,
Shrewsbury, SY1 1HH



Costs apply, Cared for welcome.

Canal Boat Trip

26th June, 10th July, 14th August,
10.30am – 3.00pm (all dates)

**Leisurely canal boat trip from Lyneal Quay
near Ellesmere, SY12 0LQ**



£8 each to include lunch and refreshments

Canal boats are fully accessible, cared for welcome.

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.

For all bookings call 01743 341995



Cream Tea and Quiz

17th July 3.00pm –4.30pm

The Boathouse, Ellesmere, SY12 0PA

Enjoy a stroll around the Mere or just enjoy the beautiful views. Join us for a quiz to win a beautiful hamper.

Canal boat trip

28th May, 24th July, 28th August

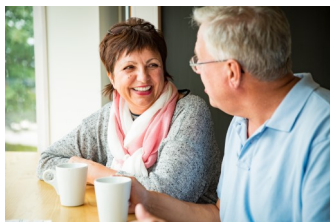
10.30am – 3.00pm

Heulwen Trust near Welshpool

£8 per person which includes

lunch and refreshments.

Canal boats are fully accessible, cared for welcome.



Coffee and Chat

13th May, 3rd June, 5th August 2019
10.30am-12noon

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

Meet other carers in an informal atmosphere.

Cared for welcome and venue is accessible.

Market Drayton Carers Arts Group

Last Monday of the month, 10:00am-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.

Boat trip on the Sabrina

17th July 11.00am - 12.00pm

Victoria Quay, Victoria Ave, Welsh Bridge,
Shrewsbury, SY1 1HH

Costs apply, cared for welcome



Pamper Day

16th August 10.00am –1.00 pm

Rocksprings Community Centre, Ludlow, SY8 1SX

Enjoy some relaxing time out and indulge yourself the person you care for is welcome too.

A light lunch is available for a small donation



Carers Lunch (Followed by visit to see birds of prey)

18th September 12.00pm for 12.30pm

Battlefield 1403, Upper Battlefield,
Shrewsbury, SY4 3DB

Costs apply, cared for welcome



Carers Lunch

13th June 12.30pm

The Navigation Inn,
Maesbury Marsh, SY10 8JB

Enjoy lunch at the inn followed by a post lunch walk if you wish.

Costs apply, if transport is an issue we may be able to help.

To book a place call 01743 341995

Shropshire Libraries Support Carers



Shropshire libraries are a mine of information when it comes to helping you to look after yourself and your loved ones. All branches offer Reading Well, a wide range of self-help books on diagnosed conditions, endorsed by health experts, together with free use of computers to access health websites and the Shropshire Community Directory.

Libraries offer sociable daytime activities, such as reading groups, Scrabble clubs, Knit & Natter and the popular Books Aloud. If getting out and about is difficult, the Home Library Service for housebound customers is a great way to have books, audiobooks and DVDs delivered to your door. You can also borrow audiobooks, large print books and Shared Memory Bags, while our e-library service gives you access to a wide range of e-books, e-magazines and e-newspapers in your home completely free of charge.

For more information about staying healthy with Shropshire Libraries or to ask about a concessionary or carer's ticket, visit your local library or visit our website at <http://shropshire.gov.uk/libraries>

Carers 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 an 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 that prevents you from carrying out your caring role, or a 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.

To find out more or to register please ring 01743 341995

Make your own twiddle muff!

This is a double knitted muff with items attached so that a person with dementia, and others who may have restless hands, can use it to help provide comfort, distraction and assist in alleviating anxiety. It is a wonderful way of providing sensory stimulation which is both visual and tactile. They are simple to make and you can add old buttons, bells, ribbons etc. as long as they are securely sewn in.



You will need a selection of oddments of wool, 6.5mm straight needles and/or 8mm circular. Cast on 45 stitches using 2 strands of double knitting wool. Knit a row, purl a row for 11 inches (stocking stitch).

Muff Body: Continue with stocking stitch changing to different textured and coloured wools regularly until it measures 23 inches, Cast off.

Finishing: If working with straight needles, lightly iron the long strip, sew the sides together using edge to edge stitch (knit side facing out). Turn inside out and push the one colour cuff up inside the muff body. Sew the two ends together again using an edge to edge stitch. Decorate with embellishments like pom-poms, loops, buttons, ribbons, beads, bells but ensure they are securely attached.



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

Bulletin Board



New Eye Care Liaison Officer for Shrewsbury & Telford NHS Trust

Emma Chaplin is the new Eye Care Liaison Officer based within the Ophthalmology Department at Royal Shrewsbury Hospital (RSH).

Emma's role is to offer practical and emotional support to patients with sight loss and their families/carers. This can include:

- eye conditions and treatments
- welfare benefits
- aids and equipment
- employment advice
- mental health and emotional wellbeing
- children's services and getting help with difficulties at school
- voluntary organisations and local support groups

Emma can also explain the process of becoming registered as blind or partially sighted and the benefits of being registered.

Emma will be at Princess Royal Hospital in Telford on Mondays and the Royal Shrewsbury Hospital Tuesday to Thursdays.

You can contact Emma on 07808 736449 or at the RSH on 01743 261000 ext. 3616

Crowmoor Hub



Shrewsbury Baptist Church,
Crowmere Road, Shrewsbury, SY2 5JJ
Have a chat and a cup of tea with one of our Carer Advisors on the last Friday of the month between 10.30am and 11.30am



The next **Learning Disabilities Family Carers Forum** is on Thursday 20th June 12.30-13.30 at the Shirehall, Shrewsbury SY2 6LY



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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



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