

Carers News Shropshire


carerstrust
4all
Shropshire Carers Service
action • help • advice

Sept - Dec 2019

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



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Day**



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seven million
reasons to care

**We care,
because you do**

Welcome to our final Shropshire Newsletter for 2019 and also the last time that we will be using the name Carers Trust 4all.

Following our recent merger, we will be known by a new name by the next edition, however, please be reassured that the same care team will still be delivering the same quality service.

To mark the start of our re-branded organisation, I will be supporting the Shropshire team, ensuring all of our clients and staff are kept fully up to date on any changes to the organisation whilst maintaining our current service.

Helen Esslemont

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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.



Having the right information at the right time can make all the difference when you're caring for someone.

Each year Carers UK hold Carers Rights Day to bring organisations across the UK together to help carers in their local community know their rights and find out how to get the help and support they are entitled to.

Carers Rights Day is important as a way to:

- Make carers aware of their rights
- Let carers know where to get help and support
- Raise awareness of the needs of carers

This year Carers Rights Day is on **Thursday 21 November 2019**. In Shropshire, Carers Trust 4all are delighted to be holding the following events where you can get information, advice and support:

- 21 November: Oswestry Library, 12-2pm
- 22 November: Shrewsbury Baptist Church, Crowmere Road 10:30am - 12pm
- 22 November: Shrewsbury Library : 10am - 1pm
- 25 November: Ludlow Library 11am -12:30pm
- 25 November: Church Stretton Health and Wellbeing Centre 1:30-pm - 3pm
- 29 November: Broseley Medical Practice
- Events for Cressage, Much Wenlock and Brignorth will be communicated when confirmed

Market Drayton Carers Group

The Market Drayton carers group meet on the 2nd Tuesday of the month. They meet at different locations every month so they have something new to look forward to. The group meet at the beginning of the year and plan out what they would like to do and where they would



like to go. Outings so far have included lunch at the Wharf, Market Drayton, the Gladstone Pottery in Stoke, Wollerton Old Hall Gardens. Coming up later in the year Audlem Wheelyboat, Chester Zoo and either a theatre trip or a pantomime! For further information please contact Julie Alanthwaite at Carers Trust 4all.

Spotlight on Oswestry ALD Carers Group

Oswestry ALD carers group are a group of carers who support family members who have a learning disability.

They are a small friendly group who meet for a cup of tea and a chat at Avalon Day Opportunities day centre and enjoy the occasional speaker of interest. After the meeting they often enjoy a light lunch together at a venue they have chosen to continue the social aspect of their meeting. It is a convenient and comfortable venue to use but does not mean that you have to be caring for someone with a learning disability who attends this, or any other day service in Oswestry. They welcome visitors old and new who may benefit from meeting with others to gain peer support with some fun along the way.

For more information please ring Julie Apted 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. **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—a voice for carers of people with mental health issues: Alternate months, 1:15pm-3:30pm at Carers Trust 4all office, Sutton Farm, SY2 6HW.

WEDNESDAY

Shrewsbury: 3rd Wednesday of **every other month**, 11-12.30pm, (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 every month. 11-12pm. Avalon Day Centre Opportunities, Victoria Road, SY11 2JE. For carers of adults with a learning disability.

Much Wenlock: 2nd Wednesday of every month 11am-1pm. Venue TBC. Please ring Pat on 01743 341995 for more information.

THURSDAY

Oswestry: Last Thursday of the month, 10:30am-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, 6pm-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 Peter: 01952 461139 email:stacsshropshire@gmail.com.**

Wem: 3rd Thursday of every 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.

The Hospital Discharge Process

If your loved one is coming home from hospital, the discharge process can be difficult to navigate. The Integrated Community Services team (ICS) work together to communicate with all parties involved to ensure a smooth discharge process.

Referrals to the ICS team are made by the medical team on the ward. The ICS team work closely with local hospitals throughout Shropshire to identify the patients well enough to be discharged back to their own home with appropriate support. Once a patient has returned home a member of the ICS Team will contact them within 24 hours to establish what level of care is needed and how that will be provided .

The team assists patients who need support to avoid unnecessary hospital stays. They work with GP practices, Social Services and other organisations to identify patients who are unwell, but do not require a hospital to treat their condition and can be supported at home.

If you or the person you care for are admitted to hospital it is useful to take 2/3 copies of written information with you, including

- Name and address – and the name you like to be known as if this is different
- Name and contact details of your next of kin, and any other person you want professionals to speak with for you
- Copies of your prescription of medication

Cathy Ritchie, Carers Lead for Shropshire Council is based at RSH together with Michele Lee. They can provide advice and support if the person you care for is admitted to hospital, including Princess Royal Hospital in Telford. Cathy and Michele can be contacted on 01743 257897 or by email cathy.ritchie@shropshire.gov.uk

Claim a Power of Attorney Refund

You can receive part of your application fee back if you applied to register a Power of Attorney between 1 April 2013 to 31 March 2017.

This applies to both lasting powers of attorney (LPA) and enduring powers of attorney (EPA). You must claim your refund by 1 February 2021.



You can only claim a refund if you made the Power of Attorney in England or Wales.

Who can claim a refund:

- The 'donor' - the person who made the power of attorney
- An 'attorney' - appointed by the donor in an LPA or EPA to make decisions on their behalf

If you were appointed as a replacement attorney, you can only claim when you've been formally appointed as an attorney and are now able to make decisions on the donor's behalf.

You only need to make one claim per donor, even if you made more than one power of attorney. The refund must be paid to the donor.

How much you'll get

How much you get depends on when you paid the fees. You'll also get 0.5% interest. You can still claim a refund even if you don't know when you paid the fees.

Refunds Helpline

Email: poarefunds@justice.gov.uk

Telephone: 0300 456 0300 (choose option 6)

Monday, Tuesday, Thursday, Friday 9am to 5pm

Wednesday 10am to 5pm

Keeping Warm this Winter - Winter Fuel Payments

A winter fuel payment is a one off, tax-free payment made during the winter to help with heating costs. If you were born on or before 5 April 1954 and lived in the UK for at least one day during the week of 16 to 22 September 2019, you should get a winter fuel payment automatically. You'll get



between £100 and £300 each winter. Payments are based on your age, if you receive certain benefits (not Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit) and who you live with. If you live with someone else who is eligible, the payment is split between you.

You'll need to make a claim if you've out received it before and any of the following apply:

- You do not get benefits or a State Pension
- You only get Universal Credit, Housing Benefit, Council Tax Reduction or Child Benefit
- You have deferred your State Pension, (even If you received this before)

If you need to make a claim for the first time, contact:

Winter Fuel Helpline **0800 731 0160** Mon to Fri, 8am to 6pm

The deadline for claiming for this winter is 31 March 2020.

Free and impartial energy advice

Marches Energy Agency can help with :-

Energy efficiency improvements

Energy bills and tariffs

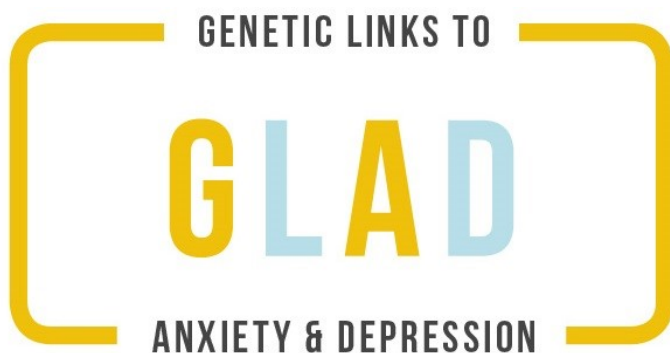
Keeping warm at home

Grants and financial support

Call: 01743 246007

info@mea.org.uk

<https://www.mea.org.uk>



The Genetic Links to Anxiety and Depression (GLAD) study, led by the National Institute of Health Research (NIHR) Mental Health BioResource and researchers at King's College London, in collaboration with researchers at Ulster University, University of Edinburgh, and Cardiff University, is a project set up to support studies exploring risk factors for depression and/or anxiety.

Depression and anxiety are the most common mental health disorders worldwide. In the UK, 1 in 3 people will experience symptoms during their lifetime. The GLAD Study aims to better understand depression and anxiety in order to find effective treatments and improve the lives of people experiencing these disorders.

If you would like more information about the study before taking part please go to the webpage <https://gladstudy.org.uk> or by the following contact methods:

Freephone: 0800 634 4504

Email us: gladstudy@kcl.ac.uk

Our office hours are: Monday to Friday 9:00am to 6:00pm

If you have concerns about your own mental health or that of someone you love, contact your GP. For further information visit the MIND website at <https://www.mind.org.uk>

Carers Group EventsLet's entertain you...

On a sunny afternoon in July, a group of carers and those they care for, enjoyed a delicious afternoon tea in Ludlow. The sun was shining, the company was enjoyable, the views of the Weir and forest were breath-taking and the rhubarb jam and clotted cream scones went down well with everybody. As the day was so popular, a return visit will be planned in the near future. For details of events in South Shropshire and around the county see pages 11, 12 & 13 and come along to something that takes your fancy. We guarantee you a warm welcome.



For all bookings call 01743 341995

Cakes, Coffee and Carers

Charter Court Community Centre, Smithfield Road, Market Drayton

Come along to this event and enjoy refreshments, games, prizes, activities and information and advice for carers from your local carer advisor and the adult social care team.



Wednesday 18 September, 10am until noon

This is a free event, donations only for Carers Trust 4all.

Talk by HSBC Bank on Scams and Banking Security

Wednesday 16 October, 11am – 1pm

Inn on the Green, Radbrook Green, SY3 6DU

All welcome– please bring small prize (e.g. biscuits) for raffle.



Carers Lunch at The Grapes

Wednesday 20 November

Meet at 12 for 12:30pm lunch

Welshpool Road, Bicton Heath,

Shrewsbury SY3 5BH

Cared for welcome. Booking essential. Lunch costs apply.

Blists Hill Victorian Town, Telford

Wednesday 27 November, at 10:30am

Come and join us for festive celebrations, enjoy a hot turkey bap (veggie alternative available) and a side of roast tatties for £14, includes entry. Booking essential



Midwinter Makes and Seasonal Refreshments

Thursday 28 November 2019
10am – 12pm, Oswestry Library

Make a seasonal arrangement and sample some classic midwinter nibbles. No charge. Donations welcome. Booking essential. Cared for welcome.



Christmas Wreath or Festive Table Decoration

Monday 2 December from 10am-Noon
Festival Drayton, Market Drayton TF9 3AX
Cost £5 to includes refreshments.
Booking essential

Christmas Wreaths and Decorations

Wednesday 4 December
1:30-3:30pm

Shrewsbury Museum, Market St, Shrewsbury SY1 1LG
£5 per person, includes light refreshments. Booking essential

Carers Christmas Lunch

Thursday 5 December 12:00pm
Ye Olde Boote Inn Boot Street,
Whittington, Oswestry, SY11 4DQ
Cared for welcome.
Costs apply. Booking essential.
Contact us if you need help with transport.



For all bookings call 01743 341995

For all bookings call 01743 341995

Carers Christmas Lunch

Tuesday 10 December, meeting at 1pm
The Boathouse, Mereside,
Ellesmere SY12 0PA
Join us for a traditional festive fayre
with a beautiful view of the mere.
Costs apply. Booking essential



Make a Festive Wreath or Table Decoration

Shropshire Hills Discovery Centre,
Craven Arms SY7 9RS
Monday 9 December from 10am-1pm
Cost £5 to include materials & refreshments
Booking essential

Market Drayton Carers Art Group

Last Monday of the month,
10am-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 at £1 per session.

Please contact us to book a place – 01743 341995



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 maybe able to arrange support.

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

Carer to Carer

Reading can be an escape and a break from caring, a way to learn and a way to relax.

Gareth is a carer who shares his love of reading :

“Do you like books but have trouble reading, either due to bad eye sight or sitting and holding a book? Have you ever thought about trying audio books? There are various ways of getting hold of them so you can try them in the comfort of your home.

You get CD's from the library and you can have 3 weeks to listen to them. Also you can use the library website and use the cloud (it's magic!), choose books there to listen to on your tablet, smart phone or computer. One advantage of these is you don't need to collect them or return to the library when you have finished. Again you have the “books” for 3 weeks. The library will explain to you how this works. All you need is a library card and a password.

I also get audio books (both on CD and cassette) from charity shops. I have just discovered that you can also listen to audio books on YouTube. There are complete books, and you can also choose different languages. When I had a look they had 100 plus books to choose from, all read by good actors who can really bring the characters to life. Another good thing about the audio books is that you can listen to them in different places like in the car, in bed, while someone else is watching TV. I would highly recommend you give audio books a try“.



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 Simon on 01743 341995

Bulletin Board



- The CEA Card enables someone with a disability to receive a complimentary ticket for someone to go with them when they visit a participating cinema. The card is also one way for cinemas to make sure they look after people with additional needs. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not. For more information please visit www.ceacard.co.uk
- The Learning Disability Family Carers Forum is taking place on Friday 18 October 2019 at Shirehall, Shrewsbury from 1:30pm – 3:30pm.
- If you would like to contribute to the newsletter with a good news story that you would like to share with others or have some useful information then please do telephone the office on: 01743 341995 or email shropshire@carerstrust4all.org.uk


We would love to hear from you!



Health & Well-being Event
Festival Drayton Market Drayton
TF9 3AX

Exhibitors from various
organisations will have stands
including Carers Trust 4all

Wednesday 9 October
10am-2pm



Shrewsbury
Mental Health
Carers Group meet
the first Thursday of
every month at Mind
in Shrewsbury.
Please ring 01743
341995 to find out
more.



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

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