

Carers News Shropshire

Jan - Apr 2020



Shropshire Carers Service



Your latest news and
information for and about
carers in Shropshire



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Support



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Quality Services Delivered with Care

Welcome To Carers News Shropshire!

We recently communicated some changes to you following the merger of Carers Trust 4all with Crossroads Together. We will now trade under the name Crossroads Together and have a new logo and brand design to signify the merged organisation. Your Shropshire Carers service will continue exactly as it always has and we look forward to supporting existing and newly identified carers and the people they care for throughout Shropshire. Our newsletter aims to give you useful information, details of groups you may find helpful and dates for a number of trips we organise offering a bit of light relief for those who really need it.

Paul Parlbay - CEO

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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 us at shropshire@crossroadstogether.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.

We need your permission to hold your address and personal details. To ensure you continue to receive the newsletter either by post or email, please ring 01743 341995 so we can check and if not send you a form to complete.

What is a Carers Assessment?

A Carers Assessment is an opportunity for you to discuss your role and the impact caring has on your life. It is not a test to see how well you are caring, but a conversation to identify what support may assist you to maintain your own health and wellbeing.



The assessment will consider the impact providing necessary care and support has on you and includes important aspects such as:

- Whether you're able and willing to carry on caring
- Whether you're currently working or want to work in future
- Whether you want to study or socialise more
- What can you do to remain well

There are various organisations which can support you in this and information may be given on appropriate technology enabled care i.e. “Any form of technology that helps us with daily living as we get older or if we have a disability”

Carers are entitled to receive information and advice to support them in their caring role and to request a carers assessment to receive supportive information and help to identify whether they have any eligible needs.

Shropshire Council Let's Talk Local (LTL) Hub Appointments

These provide an opportunity for you to have a discussion with a Social Care Practitioner (SCP); to chat about your caring role and find support to maintain your wellbeing. For those who are unable to attend a LTL hub a telephone appointment with a Social Care Practitioner can be agreed at a prearranged time.

Please telephone the First Point of Contact Team at Shropshire Council on 0345 678 9044.

***New Support groups for
people living with
Dementia and their
Family Carers***



Local charity Shropshire RCC is expanding its support groups for people with dementia or memory loss and the family members who care for them.

Care and Share will launch in Ludlow, Bridgnorth and

Shrewsbury this autumn. The meet ups offer 'mutual support' where partners take turns to have a break while their loved ones are safe and happy in the company of the rest of the group.

There are currently three Care and Share groups in Shropshire: Church Stretton, Market Drayton and Albrighton. Members come together every fortnight and take part in activities including memory games, reminiscing, gentle exercise, crafts, listening to speakers and socialising with each other.

Shropshire RCC is growing the groups following a recent grant from a fund set up by the Government to help tackle loneliness.

If you or someone you know would be interested in attending a Care and Share group, please contact:

Project Officer Nickie Long on 01743 237888, 07816 297795 or email nickie.long@shropshire-rcc.org.uk

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 Crossroads Together 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.

WEDNESDAY cont..

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, SY11 1JN

Bridgnorth: 3rd Thursday of every month, 10:30am-12:30pm, The Bungalow, Innage Lane, WV16 4HN (Bridgnorth group only contact Gail 07747587578).

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

Friday

Shrewsbury: Mental Health Carers Group, Please ring Emma on 01743 341995 for details of group meet ups and events.

Shropshire Audiology Service at the Shrewsbury and Telford Hospital Trusts

If you are worried about your hearing, see your GP and asked to be referred for a hearing test. Did you know you can do a basic check on the Free Action on Hearing Loss charity Hearcheck telephone number: **0844 800 3838**.

Digital Hearing aids

Regular maintenance is important for keeping hearing aids working:

- Batteries last 10-14 days and will need replacing. NHS patients can get them at GP surgeries, from Audiology, Volunteer drop in clinics, by post and via the NHS Audiology website
- Tubing needs to be changing every 4-6 months to keep the hearing aids working well

Look on the Audiology website: Google “Shrewsbury Hospital Audiology” to order batteries, tubing and domes and look up advice on where our 12 Community Clinics are across Shropshire Online support and to find out where Shropshire RCC run Volunteer clinics. See useful advice on hearing loss and what happens in your appointment.

Online Support: Look on You Tube [“C2Hear online”](#) for clips of cleaning and maintenance and how you need to retrain your brain to get used to sounds again. It can take up to 6 months.

How do you know which is the right or left hearing aid? On the battery drawer it should have a colour coding, so it's blue for the left ear and red for right ear.



Don't Fall Victim To Fraud

Every year thousands of people fall victim to professional fraudsters who set up well-organised scams to steal personal and financial information. This is a multi-million pound industry with new scams being developed all the time. It is therefore extremely important to be vigilant and aware of when something is likely to be a scam.

Scams can take many forms including cold calls, text messages, emails and letters and can often appear genuine. They normally involve telling the victim they have won a competition, often with a prize of cash, jewellery or other high priced items.



Unfortunately most of these competitions promise everything and deliver nothing. Very often they ask for money to be sent up front in order to receive the prize, and the victim either receives nothing, or a prize which is worth next to nothing.

As soon as you provide your details to one of these scams they will be passed on to other con men and you can soon find yourself inundated with junk mail and nuisance calls.

You can find out more about common types of scams from Action Fraud at **www.actionfraud.police.uk** or Citizens Advice **www.cabshropshire.org.uk** (03444 99 11 00)

A Lovely Day for Carers at Chester Zoo

It was a glorious sunny day as we stepped on board the minibus (driven by our volunteer driver Roy). We travelled through some lovely picturesque villages and beautiful countryside.



Then our group divided, like a parting of the waves! Those who were less able opted for electric wheelchairs which were free to hire and ready and waiting and then they were off on their adventure. The others took a leisurely walk to the elephant enclosure and met some of the most

magnificent animals at the zoo and a personal favorite. The zoo covers over 125 acres and is home to 27,000 animals! We only managed to see a just a few of them. Everyone had such an amazing day and are all very keen to return with so much more to see.

On the way back we stopped for ice-creams at Snugburys and with so many flavours to choose from you really are spoilt for choice so I picked vanilla!

Photograph's courtesy of Mary Leonard - Johnson





Shropshire Fire Service Safe & Well Checks

Shropshire Fire and Rescue Service can provide Safe and Well Visits in your home to ensure you are aware of any potential hazards and can take appropriate actions. These visits are not to judge your lifestyle, but to keep you safe from fire.



To read more online visit the Shropshire Fire Service

website at [https://
www.shropshirefire.gov.uk/safe-and-well-visit](https://www.shropshirefire.gov.uk/safe-and-well-visit)

The Fire Service can:

- ⇒ Arrange a convenient time to visit you in your home
- ⇒ Talks about the main causes of fire in the home
- ⇒ Test Smoke alarms
- ⇒ Discuss points to consider when making a fire escape plan
- ⇒ Give advice on the action to be taken in the event of a fire

Free Smoke Alarm Eligibility

To qualify for a free smoke alarm from Shropshire Fire and Rescue Service, one or more of the following criteria must be met:

- ⇒ Over 75
- ⇒ Long term illness or have a disability
- ⇒ Be physically unfit to install a smoke alarm.

Please telephone 01743 260200 to speak to a member of the Shropshire Fire and Rescue Team to arrange a visit.

Blue Badges For Invisible Disabilities

People with “invisible” disabilities are now eligible to apply for Blue Badge permits.



The Department of Transport has issued new guidance advising those with conditions such as dementia or anxiety disorders could be eligible for the scheme which allows you to park closer to your destination.

There are no age restrictions on applying, and anybody can apply for a blue badge, but in order for you to be issued a badge you must fully satisfy certain conditions and meet one or more of the set national qualifying criteria. You can apply for or renew your badge online at <https://shropshire.gov.uk/parking/blue-badge-parking-scheme/apply-for-or-renew-a-blue-badge>. You'll need the following when completing your application:

- ⇒ National insurance number
- ⇒ Driving license number
- ⇒ Passport photo
- ⇒ Details of your current badge if you have one

Alternatively, you can download an application form or contact the Customer Service Centre on 0345 678 9014 to request an application pack.

If you need help filling in your application, please contact us at Crossroads Together on 01743 341995 and we can arrange a visit to help you with this.

For all bookings call 01743 341995

Carers Lunch

Wednesday 15th January 2020

The Beacon, Copthorne Road,
Shrewsbury, SY3 8LP

Meet at 12 for lunch at 12:30pm

Lunch costs apply.



Ludlow Coffee and Chat

Monday 27th January 2020

Come along to join others in an informal atmosphere with refreshments at Ludlow Brewery The Railway Shed, Station Dr, Ludlow SY8 2PQ from 10:30am - noon



Ellesmere Boat House Afternoon Tea

Wednesday 12 February , 3–4:40pm

You are invited to enjoy a lovely afternoon tea . Come and enjoy the warmth of Ellesmere Boat House and a Valentine's afternoon cream tea. Raffle with prizes and a quiz. Please ring 01743 341995 to book. Cost is £5.50 each. Cared For Welcome.

The Mereside, Ellesmere SY12 0PA



Carers Lunch

Monday 2 March 2020

Shropshire Hills Discovery
Centre, Craven Arms, SY7 9RS

Costs apply.

Booking essential.



Carers Lunch

Wednesday March 18th 2020

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

12 for 12:30pm

Lunch costs apply.

Emma Bridgewater Factory Tour

Monday 30th March 2020

Coach leaving Market Drayton
at 11:30am. Lunch at
12:00pm followed by a
Factory Tour at 1:30pm.

Costs apply for lunch and £5
for transport.

Factory Tour is free.

Booking Essential.



For all bookings call 01743 341995

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***Easter Trip to Acton Scott
Historical Working Farm***

Wednesday 15th April 2020

Meet at Acton Scott Historical
Farm, SY6 6QN at 10:30am

Costs apply.

Trip to Trentham Gardens and Shopping Village

Monday 27th April 2020

Browse around 77 timber lodges housing amazing shops, cafes and restaurants all filled to the rafters with treats alongside Trentham Garden Centre.

Leaving Market
Drayton at 10:30
am and returning
4:30pm

Costs apply for
entry to the
gardens.

£5 for transport.

Booking Essential



**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.**

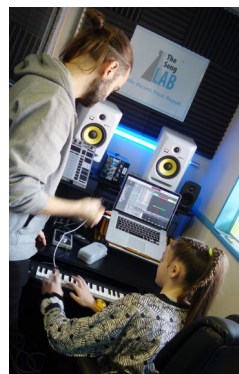
Young Carers Having Fun During Half Term!

On Monday our young carers got together at Hive Shrewsbury to learn about fun poetry with Spoz, which then helped them in the afternoon when they wrote a song together about global issues.



On Tuesday they spent a day in the woods building dens, making wooden decorations & roasting marshmallows.

On Wednesday some of the young carers that attended on Monday travelled to the Song Lab in Birmingham to record the song they'd written. Everybody had a wonderful time and made new friends. Many thanks to Hive Shrewsbury, Spoz, Gaynor and the Song Lab for all their wonderful help.



Shropshire Young Carers Service

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.

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



Free home energy checks for over 60s in Shropshire, including an average of £30 worth of small measures covering low energy LED light bulbs, reflective radiator panels and draught proofing. Advice given on how to understand heating controls, energy bills and saving energy is also given, as well as an assessment for grants. Contact Age UK Shropshire Telford & Wrekin on 01743 233 123


Disability Oswestry supports local people with disabilities and their carers. Meetings are held on the 4th Wednesday of each month at 10:30am in the Meeting Room at Hope Church, Oswestry SY11, 2QR. You will receive a warm welcome. The meeting on the 22 January will include planning for the Disability Oswestry event held annually in the town. Disability Oswestry also publish a directory of local community groups. Email Penny Rice at disabilityoswestry161@gmail.com

Feedback from a Carer



"It is knowing that people care about me. When I met others at the Carers group I felt they understood and I found friendship and kindness from other who know how difficult it can be at times."

If you would like to share any useful information or feedback for the newsletter then please contact us on 01743 341995 or email:



**shropshire@
crossroadstogether.org.uk**



Shropshire Carers Service

Crossroads Together
Unit 12, Tilstock Crescent
Sutton Farm Shopping Centre
Shrewsbury
SY2 6HW

Carers Support Line: **01743 341995**

General Enquiries: **0333 323 1990, Option 1, then Option 6**

Email us:

General Enquiries: **shropshire@crossroadstogether.org.uk**

Young Carers: **shroptyc@crossroadstogether.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



Crossroads Together



@xroadstogether



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