



Telford and Wrekin All Age Carers



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

ADULT CARERS NEWSLETTER

*Carers News,
Updates
and Information.*



The All Age Carers Centre provides Information, Advice and Guidance for unpaid family carers.

The Adult Carers Centre supports and enables family carers, over the age of 18, to improve their quality of life and to be more confident and able in their caring role. We aim to meet the needs of carers in a variety of ways depending on their preferences, the difficulties they may be facing and the level of care they are providing.

We have a dedicated Carers phone line manned 5 days a week, 9-16:30pm (answerphone available outside of these hours). Offering free, confidential advice.

Contents of this season's issue:



Meet the team.....	2
What we've been up to.....	3
Carer's Views.....	4
Dates for your diary.....	5
Weston Park.....	6
Hub Spotlight!.....	7
Useful contacts.....	8



Call us: 01952 240209



E-mail: admin@telfordcarers.org.uk



**Further information found at:
www.telfordcarers.org.uk**



**For latest updates follow our page:
<https://www.facebook.com/telfordcarerscentre/>**

Read More



MEET THE TEAM!



Our excellent team want you to know we are here to support you! The frontline Carer's Centre team are friendly, approachable and knowledgeable. We have a broad mix of current professional skills in different areas of information, Advice and Guidance.

Linda Boddison

Wellbeing Checkpoint
Officer

Esmee Cooke

Community Link
Worker

Gemma Naylor

Carer's Views
Assistant

Lorna Troon

Creative Activities
Assistant

Nadine Buchannon

Family Resilience
Worker

Jade Meredith

Family Resilience
Worker

Sam Vickers

Family Resilience
Worker

Sue Last

Community Resilience &
Social Action
Coordinator

Terri Green

Community Link
Worker

Our wonderful team work hard to ensure our carers are provided with the best support available.



We want to wish a huge Good Luck to our lovely Terri who is leaving the CVS family to enjoy her retirement! Thank you for all of your amazing hard work, kindness and dedication to the service. You will be hugely missed by the team!
Best wishes for the future!

- TWCVS Team

Good Luck!

WHAT WE'VE BEEN UP TO...

In June we celebrated National Carers Week and put on various activities and events throughout the week for our Adult Carers. This included; Picnic and a walk, Afternoon Tea, Pamper and Information day, an offer at the Madeley café, Information Stand in Telford Town Centre, access to Attingham park and Sunny croft and even a Competition!

JUNE 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



NATIONAL CARERS WEEK 2024
10TH-16TH JUNE

MONDAY
Stroll & Picnic
11-12.30 Library Southwater One, Brierley
Bring your own picnic

TUESDAY
Afternoon Tea
Dobbies, Donnington
2.30-4.30

WEDNESDAY
Well-being event
Buffet lunch
11-2pm Hazledine House

THURSDAY
Brunch
10-12 Hadley Community Centre

FRIDAY
Information Stand
Telford Town Centre
Gadget Showcase
Independent Living Centre

CARERS WEEK OFFER
£2 cake, drink and take away a frozen Meal Tuesday & Thursday 9-2pm Madeley Wellbeing Cafe

FREE ENTRY
Celebrate Carers week with the National Trust
Visit Attingham Park or Sunny Croft 15th & 16th

Please contact the Carers Centre to book your places. Numbers limited on some events.
01952 240209
admin@telfordcarers.org.uk



Carer's WEEK



carers centre

10th-16th June
CREATIVE WRITING COMPETITION

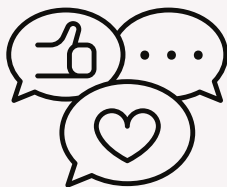
Put your pen to paper (or the keyboard) and get creative about something that brings you joy - family/friends, the change in seasons, even something you're passionate about. Let your mind wander and allow the creativity to flow!

SHORT STORIES - POEMS - LETTERS

All entries to be emailed to admin@telfordcarers.org.uk or posted to Suite 12 & 15 Hazledine House, Central Square, Telford Centre, Telford, TF3 4JL.

WIN A GIFT CARD

CARERS VIEWS



We care, because you care!

The All Age Carers Centre have worked in Partnership with Telford and Wrekin Council to gain views on their draft All Age Carers Strategy. Many of you responded with opinions and feedback which will really help to shape the future for unpaid carers in the Borough.

Did you know?

The Carers Centre have a dedicated Carer's Views Assistant. The aim is to promote the voice of the carer by gathering views and feedback to enhance our service.

If you would like to share your thoughts, give feedback or make suggestions, please get in touch with Gemma Naylor via email:

gemma.naylor@tandwcvcs.org.uk

Or call the Carers Centre:

01952 240209.



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Do you care for someone?

Are you happy with the services and support available to you?
Or are there changes you would like to see?

Share your views at drop-in Q&A sessions.

Newport Community Hub – 139 High St, Newport TF10 7BH
Wednesday 31 July, 10.30am-12.30pm
Tuesday 6 August, 2pm-4pm

ILC – Hazeldine House, Overdale, Central Square, Telford TF3 4JL
Saturday 10 August, 10am-12noon

CHEC – Madeley, 31 High St, Telford TF7 5AR
Thursday 1 August, 10am-12noon
Wednesday 14 August, 2pm-4pm

Ridgway Retirement Living communal room, TF6 6BY
Wednesday 14 August, 11am-1pm
Friday 16 August, 2pm-4pm
Wednesday 21 August, 5pm-7pm

Wellington Library – Wellington, Telford TF1 1LX
Thursday 22 August, 10am-12noon
Tuesday 27 August, 2pm-4pm

Online sessions

via Microsoft Teams

Thursday
1 August
6pm-7pm



Tuesday
27 August
6pm-7pm



Your feedback will help us to provide the services that meet your needs so you can be supported in your caring role:

AllAgeCarers@telford.gov.uk
01952 380536

*Feel valued
Feel supported
Feel listened to
Feel in control
Your journey,
your way*

You said:

"I miss the Newsletter it was really helpful"
"When will the Newsletter be back?"

We did:

Created a Newsletter to be brought back in to circulation for our Adult Carers!

Your feedback matters!

What would you like to see?

We're all ears for ideas and want to hear from you. Our team are open to suggestions and ideas for our wellbeing sessions and activities!

DATES FOR YOUR DIARY!



Come along to one of our groups for a chat, share information and experiences and discover what there is across your community to make you feel connected!

Hadley

Hadley Community Centre,
30 High Street, Hadley, TF1 5NL
10:00-12:00PM

Thursday 8th August
Thursday 12th September
Thursday 10th October
Thursday 14th November
Thursday 12th December

To book your place, please contact

Lorna 01952 240209

lorna.troon@tandwcvcs.org.uk

Shawburch

Shawburch Medical Centre,
Brandon Road, Admaston,
TF5 0DU

2:00-3:30PM

Wednesday 21st August
Wednesday 18th September
Wednesday 16th October
Wednesday 20th November
Wednesday 18th December

To book your place please contact Lorna 01952 240209

lorna.troon@tandwcvcs.org.uk

Sutton Hill

Hub on The Hill, 104 Southgate,
Sutton Hill, TF7 4HG.

11:30-1:00pm

Wednesday 7th August
Wednesday 4th September
Wednesday 2nd October
Wednesday 6th November
Wednesday 4th December

To book your place, please contact

Gemma 01952 240209

gemma.naylor@tandwcvcs.org.uk

Let's Talk Live Well

Every Wednesday 10am-1pm

Madeley Community Library, The Anstice,
1 Anstice Square, Madeley TF7 5BD

Carers	7th August
SENDIASS	14th August
Carers	21st August
Telford Autism Hub	28th August
Carers	4th September
Telford Children's Autism Hub	11th September
Telford Children's Autism Hub	18th September
Telford Autism Hub	25th September
SENDIASS	2nd October
Carers	9th October
Telford Autism Hub	16th October
Wellbeing Café Team	30th October
SENDIASS	6th November
Young Carers	13th November
Telford Autism Hub	20th November
Telford Children's Autism Hub	27th November
SENDIASS	4th December
Carers	11th December

For more information visit our Facebook or call Carers Centre 01952 240209

Further info at



<https://livewell.telford.gov.uk/Services/4358/Live-Well-Hubs>

NEW

Princess Royal Hospital

Main entrance,

Princess Royal Hospital
Apley Castle, Telford

TF1 6TF

Bi-weekly information stand

Thursday afternoons

We offer a range of wellbeing groups, activities, and events throughout the year to promote and improve the carers health and wellbeing. At these sessions the carers can interact with one another and have the family resilience workers there if further advice or support is needed.



T&WCVS and Telford Council

Tea and Tech digital drop in session!

Wellbeing Madeley

Community Café

32, High Street, Madeley
TF7 5AR

Members of TWCVS and Telford Council supporting with your digital

needs such as navigating and using your device, using WhatsApp, using email, navigate council services, online shopping and more!

To book your place or more info, please contact

Esmae 01952 240209

esmae.cooke@tandwcvcs.org.uk

Inbetweeners Group

32, High Street, Madeley TF7 5AR

We have dedicated a group to our 'Inbetweeners' who are Adult Carers aged 18-25. We welcome you to join us at Wellbeing Madeley Community Café for a casual meet up with drinks, snacks and games. Held one evening and one weekend date every other month.

For more information- please contact Nadine 01952 240209

nadine.buchanan@tandwcvcs.org.uk

WESTON PARK COLLABORATION



We are delighted to share with you an exciting opportunity for Telford and Wrekin CVS!

During the month of November, we as an organisation have been invited to exhibit Art Work that our beneficiaries have created. The Art Exhibition will take place in the Rose Patterson Gallery at Weston Park from Friday 1st November until Thursday 28th November 2024. The gallery is open daily from 11am until 4pm free of charge to the public.

The exhibition will display Art centred around our beneficiaries response to our values: How does TWCVS Involve, Inspire and Support you? We would love to incorporate nature as an underlying component of the works. Art Work can be expressed through a variety of mediums; paintings, crocheting, photography, poetry to name a few!

ADULT CARERS CREATIVE ART WORKSHOP

by Rosalyn Donati



Rosalyn Donati

Professional Artist

Ros will guide you through the process and you'll produce a piece of art that will be exhibited as part of the CVS exhibition project at Weston Park.

Nature Themed Tetra Pak Print Making

In this session you will use stencils and a 'Tetra Pak' to carve a printable surface. You will then use a printing press to create your own nature themed prints. Using this process creates interesting mark making and uniquely expressive results.

All materials will be provided, so all you need to bring is your creativity and a willingness to learn.

**Friday 30th August
1:00 - 3:00pm**

To Book Your Place Please Contact us on
01952 240209 or email admin@telfordcarers.org.uk

This will be a 'messy' session, so please wear old clothes.

Join us for a fun and interactive art workshop!

Whether you're a complete beginner or a little more experienced, you'll learn new techniques and ways to express your creativity.



Venue:- The All Age Carers Centre
12 and 15 Hazeldene House
Central Square
Telford
Shropshire
TF3 4JL



ADULT CARERS WESTON PARK TRIP

THURSDAY 22.08.2024

1PM-4PM

JOIN US FOR A LOVELY AFTERNOON EXPLORING THE PARKS AND GARDENS AT WESTON PARK - BRING ALONG A PICNIC OR PURCHASE YOUR OWN REFRESHMENTS FROM THE VENUE

MINIBUS WILL PICK US UP AT THE LAY BY
OPPOSITE THE INTERNATIONAL CENTRE AT 1PM
RETURNING AT 4PM

Places are limited and must be booked in advance
To book or for more information contact the Carers Centre
on 01952 240209 or Email: Sam.vickers@tandwcvcs.org.uk



JOIN US



Spotlight on...

The Independent Living Centre



Protect, care and invest
to create a better borough



Members of the Carers Team are based in the Independent Living Centre on Mondays, Thursdays & Fridays.

We are available to provide advice, information and guidance. We can also take referrals and showcase equipment to help with independent living needs.

Feel valued
Feel supported
Feel listened to
Feel in control
Your journey, your way



Carers WAY

What About you?

Come and meet members of Telford and Wrekin CVS- Carers team every Thursday and Friday 10am-4pm at the Independent Living Centre 3A Hazeldine House, Telford Town Centre TF34UL

Register with the Carers Centre.



Join us every Friday 10-12pm, meet with other carers for a coffee, chat and wellbeing activity.



Attend sessions with guest speakers from a variety of community services.

Get information about the services we offer and how we can support you both in your caring role and as an individual.

Register to take part in our Tea and Tech sessions learning basic skills on phones, tablets and laptops



Get the opportunity to have your say and let your voice be heard with regular Carers meetings facilitated by the Carers Views Assistant

Specific sessions will be advertised separately with dates and times when planned. For more information, please contact Telford and Wrekin CVS- Carers Centre Phone 01952 240209 or email adrian@telfordcarers.org.uk



ACTIVITY DROP IN

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+. You are welcome to bring the person you are caring for to this session too. Come and join us for a coffee and discover...

WHAT'S ON IN 2024:-

Friday 5th July
32 Days of Gratitude Challenge - Time to reflect and take positive action

Friday 12th July
Mosquito Repellent Candles - Rid those pesky bugs buzzing around your ears the natural way

Friday 19th July
Breathing Techniques - We all know how to breathe BUT did you know there are different ways depending on how you feel!

Friday 26th July
Bag Painting - Lessen the load and create yourself a personalised bag

Friday 2nd August
Let's put a spring in your step, check out what Healthy Snacks can boost your energy and make you feel good

Friday 9th August
Neurographic Art - Free your mind and relax while swapping away to create beautiful pictures

Friday 16th August
Gadget Showcase
Join us to see how little things can make a big difference

Friday 23rd August
Carers Canvas - Using a variety of art materials, express how you feel as a carer

Friday 30th August
Paper Cutting - Have a go at making intricate designs that once cut out will leave a beautiful laced effect

FRIDAY MORNING
ANYTIME BETWEEN 10.00 - 12.00
INDEPENDENT LIVING CENTRE
3A HAZELDINE HOUSE,
TELFORD TOWN CENTRE,
TELFORD, TF3 4JL

Contact Us
01952 240209
More Information
www.telfordcarers.org.uk



On Fridays from 10.00-12.00 we have an activity session. This may involve a craft activity, guest speakers and is an opportunity to meet with other carers for a chat and light refreshments in a relaxed, informal environment!



Attendees enjoyed making their mosquito repellent candles recently!



USEFUL CONTACTS

Personal Details

Please contact us if your personal details have changed since registering (such as your email, phone number, or address) or if you wish to be removed from the mailing list, let us know so we can keep our records up to date. It will only take a few minutes! If your circumstances have changed and you are no longer in a caring role for whatever reason, please do let us know and we can remove your details from our database. **Remember-** you are still eligible for support via the Carer's Centre for a year after the person you have cared for has passed away.

To ensure you receive all the information you need, here is a list of important contact links we think you will find useful:



Main Telford and Wrekin CVS number: 01952 916035

Telford and Wrekin CVS: <https://www.telfordandwrekin cvs.org.uk/>

<https://www.facebook.com/TelfordCVS>

Telford and Wrekin CVS Email: admin@tandwcvcs.org.uk

All Age Carers Centre number: 01952 240209

Adult Carers: <https://www.telfordcarers.org.uk/> <https://www.facebook.com/telfordcarerscentre>

Referral forms can be found on the homepage for new carers.

All Age Carers Centre Email: admin@telfordcarers.org.uk

Young Carers: <https://www.facebook.com/telfordcarers> <https://www.telfordyoungcarers.org.uk/>

Young Carers Email: info@telfordandwrekin youngcarers.org.uk

Carers UK <https://www.carersuk.org/> provide further information, advice and support.

Forum 50 <https://forum50plus.org.uk/> support people over 50 in the Telford & Wrekin area, helping them to maintain wellbeing and independence.

Age UK <https://www.ageuk.org.uk/> or 0800 678 1602 provide services and support at a national and local level to inspire, enable and support older people.

Emergency Response Carer Service: 01952 385385 select Option 3 when prompted. Free immediate assistance when you are unable to help someone who is reliant on your support. After 5pm or at weekends call **Emergency Duty Team:** 01952 676500

Wellbeing Independence Partnership: 01952 916030 or 01952 385385 option 2. For general Information in relation to Health and Social Care and not registered with a social worker.

Emergency Welfare Assistance: <https://telford-gwa.egovhub.net/Gwa/launch> or 01952 380400.

Mental Health Access Team: 0300 124 0365 for emotional health crisis (suicide or similar)

Telford Mind: 01952 588367

<https://www.mpft.nhs.uk/services/mental-health-community-services>

Citizens Advice www.citizensadvice.org.uk or the following numbers:

Advice line: 0808 278 7988 **Local line:** 01952 567193 **Food bank referrals:** 01952 567193

Universal Credit <https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/helptocclaim/> or 0800 144 8 444.