



TELFORD AND WREKIN ALL AGED CARERS CENTRE

Supporting Unpaid Family 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, 9am-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.....	5
Carers Week.....	6
Carers Assessment Flyer.....	8
Dates For Your Diary.....	9
Upcoming Events.....	11
Maples Hub Spotlight.....	12
Useful Contacts.....	13

Read More



Call us: 01952 240209



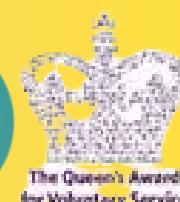
E-mail: admin@telfordcarers.org.uk



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



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



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.

Nadine Buchanan



Family Resilience
Worker

Jade Meredith



Family Resilience
Worker

**Sam
Vickers**



Family Resilience
Worker

Lorna Troon



Creative Activities
Assistant

**Esmae
Cooke**



All Age Carers
Centre Team
Leader

Gemma Naylor



Carer's Views
Assistant

Linda Boddison



Wellbeing Checkpoint
Officer

Abbie Guest



Community Link
Worker

*wishing
you
All the Best*

We have some bittersweet news to share — Sue, our Community Resilience and Social Action Coordinator, is retiring from TWCVS.

Sue has dedicated many years to making a real difference in the lives of service users, beneficiaries, and colleagues alike.

While we will miss her greatly, we wish her all the best for a well-earned and wonderful retirement!!

*Happy
Retirement*



**Community
Resilience & Social
Action Coordinator**

WHAT WE'VE BEEN UP TO...

We've had a busy and fun few months at the Carers Centre! From wellbeing walks and games nights to Easter treats and VE Day celebrations, it's been lovely seeing so many of you getting involved. We also marked Young Carers Action Day and facilitated a disability exhibition—thank you to everyone who joined us!



Wellbeing Walks



Inbetweeners Games Night



Hidden Illness & Disability Exhibition



WHAT WE'VE BEEN UP TO CONTINUED...



VE Day Celebrations



Young Carers Action Day

Inbetweeners Easter Bake Off



Carers Easter Quiz



Easter Eggs kindly donated by Sainsburys as prizes for our Easter Quiz and Inbetweeners Bake Off

CARERS VIEWS



We care, because you care!

Carers Feedback

Carers Voices

"Thank you for your continued support"

"You have no idea how I appreciate your time and help"

"Thank you for all your support over the years"

"Really appreciate that your service continues to support us after your cared for passes away, as it is like learning to live again"

"I am so grateful for your help"

"Thank you for your help and kindness, it means such a lot"

You said:

More information was needed on Carers Assessments

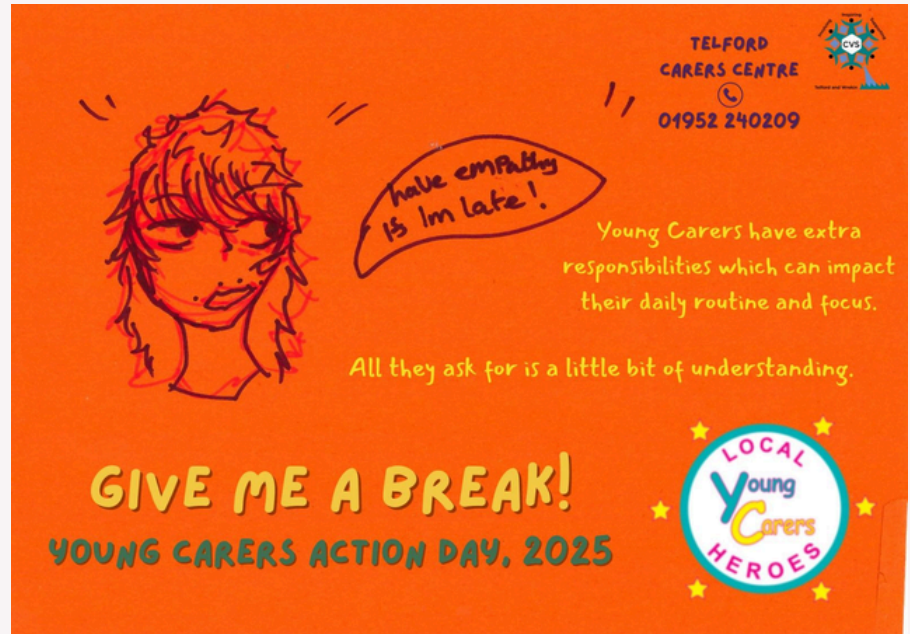
We did:

We've included a brand new flyer on Carers Assessments on page 8

Feedback Survey

We would greatly appreciate it if you could take the time to fill out our feedback form, it gives us valuable insights into how we're doing and tells us how we can provide you with the best service

click here to fill out our survey!



This was created by one of our Inbetweeners during Young Carers Action Day, when asked if they wanted to create a poster to raise awareness of Young Carers and how we can all help them to feel supported.

For more information about Young Carers email info.youngcarers@telfordcarers.org.uk or check out their facebook here

Carers Week

Carers Week will be taking place from Monday 9th June to Sunday 15th June.



There will be lots of activities taking place arranged by the Carers Centre team as well as other outside providers.

Check out the next page for a preview of all the events taking place including offers & discounts for carers.



Please look out for an email with everything you need to know or give us a call for more information

Carers Week

What's On



Sound Bath



**Info Stand in
Telford Town
Centre**

RAF Cosford Trip



**Carers Discount
at Madely
Wellbeing Cafe**

**Picnic in
the Park**

**Online Tea,
Craft &
Chat**

**And
More!**

We're so excited to share this sneak preview of everything we have on offer for Carers Week. We've been busy talking to a range of fantastic providers to finalise our offers for Adult Carers, Young Carers, and Inbetweeners! Stay tuned for the timetable!



Carers Assessments

What is a Carers Assessment

A Carers assessment is a time for you to have a conversation with someone from Adult Social Care about your caring role and how it affects you.

It is not a test of how well you are Caring but an opportunity to discuss how your caring role impacts your life and what support could be offered to help you. It is completely judgement free and focuses on your own personal experiences.



Why should I have a Carers Assessment

- **Identifying needs-** What help you may require to stay well both physically and emotionally
- **Improved wellbeing-** Feeling listened to, valued and supported
- **Increased Capacity to Care-** Helping you to feel more in control by offering both practical and emotional support
- **Eligibility for support-** Ensuring you are accessing all support out there for Carers
- **Potential for financial support-** One off payments to support with things such as accessing activities that support Carer wellbeing, respite opportunities, equipment to support caring role, training opportunities and courses.

All Unpaid Carers are entitled to a free Carers Assessment, to book yours contact us at the All Age Carers Centre on 01952 240209 and we can make the referral.



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To find out more
about Carers
Assessments
[Click Here](#)

DATES FOR YOUR DIARY! 2025



Let's Talk Live Well Hub

Every Wednesday 10am-1pm

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

14 th May	CVS Adult Carers
21 st May	SENDIASS
4 th June	Telford Autism Hub
11 th June	Telford Autism Hub
25 th June	CVS Adult Carers
2 nd July	Telford Autism Hub
9 th July	Telford Autism Hub
16 th July	SENDIASS
30 th July	Adult Carers
6 th August	Telford Autism Hub

For more information visit our Facebook or
call the Carers Centre

01952 240209

Further info at

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



Our carers groups offer a welcoming space to connect with others, share experiences and find support. Whether you're looking for a friendly chat or practical advice, we run a range of activities to help you take a break and look after yourself

Hadley

**Hadley Community Centre,
30 High Street, Hadley, TF1**

5NL

10.00-12.00PM

Thursday 8th May 2025

Thursday 12th June 2025

Thursday 10th July 2025

Thursday 14th August 2025

To book your place, please

contact

Lorna 01952 240209

lorna.troon@tandwcvcs.org.uk

Newport

Newport Baptist Church,

Water Lane,

Newport, TF10 7LD

10.30-12.30PM

Thursday 22nd May 2025

Thursday 26th June 2025

Thursday 24th July 2025

Thursday 28th August 2025

To book your place, please

contact

Jade 01952 240209

jade.meredith@tandwcvcs.org.uk

The Maples

Randlay Avenue, Randlay,

Telford, TF3 2LH

10.30-12.30PM

Tuesday 6th May 2025

Tuesday 3rd June 2025

Tuesday 1st July 2025

Tuesday 5th August 2025

To book your place, please

contact

Jade 01952 240209

jade.meredith@tandwcvcs.org.uk

DATES FOR YOUR DIARY... CONTINUED

2025 

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!

Shawburch

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

2:00-3:30PM

Wednesday 21st May 2025

Wednesday 18th June 2025

Wednesday 16th July 2025

Wednesday 20th August 2025

To book your place please
contact Lorna 01952 240209
lorna.troon@tandwcvvs.org.uk

Last chance for CVS Swap Shop!

Launched in December and it has been a fabulous success! **Thank you** to each of you who swapped, donated and re-homed items. We kindly ask for **no further donations**, but we strongly encourage you to visit us and take something home with you! ***Women's/Men's/Children's clothing and some household items are available.***

For more information- please contact us on
01952 240209

admin@telfordcarers.org.uk

Please come and get something whilst you can
before items are re-distributed to other
charities & causes

Information boards
and contact details
available at GP
Surgeries across the
Borough and at
Princess Royal
Hospital
Apley Castle, Telford
TF1 6TF

Independent Living Centre

3A Hazeldine House,
Telford Town Centre,
Telford TF3 4JL

Every Friday

10:30-12:30pm

or

1.30-3.30 on last Friday of
every month

Carer and cared for
welcome to attend this
session!

Inbetweeners Group

32, High Street, Madeley TF7 5AR

We have a dedicated 'Inbetweeners'
social group for our Adult Carers aged
16-25. Our usual location is Wellbeing
Madeley Community Café and
sometimes Telford and Wrekin CVS.
Held on the third Wednesday of every
month 18:00-19:30 (variations in
duration and location are subject to
activity)

Wednesday 21st May

Wednesday 18th June

Wednesday 16th July

Wednesday 20th August

For more information- please contact
us on 01952 240209
admin@telfordcarers.org.uk

FREE EVENT

Dementia, Hearing & Sight Loss Event

An event for people affected by dementia, hearing or sight loss across Shropshire.

- 80 local & national exhibitors
- Digital Skills for Sight Loss Drop In
- Free shuttle buses from Shrewsbury Train Station

Feeling lost about dementia, hearing or sight loss?

Find clarity, support and a pool of resources all in one place through a multitude of organisations we've called together to guide and help you.

COME ALONG!

Tuesday 20th May
10.00am - 3.00pm
Theatre Severn, Frankwell, Shrewsbury, Shropshire SY3 8FT

Get in touch to find out more

01743 245555
 karen.corcoran@radfieldhomecare.co.uk

Radfield Home Care

COMMUNITY RESOURCE

Sight Loss Shropshire

FREE

Whispers of the Hills

A creative project inspired by the spirit of the Shropshire Hills

Discover the Shropshire Hills through a guided visit followed by creative workshops.

Connect with the land's resilience creating ceramic flags for a large installation marking the gateway to the Shropshire Hills National Landscape.

When:
Trip out: 29th May 9.30am ~ 3.00pm
Workshop: 10th July 1pm ~ 3pm
Workshop: 25th July 10.30am ~ 12.30pm

To book a place contact:
admin@telfordautismhub.co.uk
or call 01952 916109

Be part of this inspiring project alongside other local contributors!



In June, Jade from the Carers Centre will be climbing Killimanjaro after making a promise to push herself to help raise vital funds and spread awareness for Men's Mental health charities.

Click here to donate to this amazing fundraiser, and help Jade on her mission to support men in our communities





LET'S TALK SEND...

TUESDAY 20TH MAY 2025

11AM-1PM

(FAMILY ZONE, HAZLEDINE HOUSE, TF3 4JL)

We would like to invite to you to our Let's Talk SEND event.

Please come along for a coffee and a chat and meet other parent carers with an interest of SEND.

Let us help and support you navigate the SEND Local Offer and find out what help is available locally within the Telford & Wrekin area. We will explore the SEND IASS website and much more.

We look forward to meeting you and hearing your views and experiences...

TO FIND OUT MORE INFORMATION

PLEASE CALL 01952 457 176 OR EMAIL:
INFO@IASS.ORG.UK
















Join Us:-

- Come along for a chat
- Enjoy some "time out" with like minded individuals
- Meet other Young Adult carers, you are not alone
- Feel more connected
- Share information and get tips in a non-judgemental safe space

Join Us INBETWEENERS CARERS

We provide Young Adult Carers aged **16 - 25** with the opportunity to meet and socialise with other adults in similar positions, our aim is for them to be able to take time out of their caring roles to just be them.



WEDNESDAY 21ST MAY 2025

16.30 - 18.30pm

Meeting at Hazledine then walking over to the town park for some outdoor fun!



Suite 12 & 15 Hazledine House, Central Square, Telford Centre
TF3 43L

To Book Your Place
Please Contact Nadine on

01952 240209

or email nadine.buchanan@tandwvcvs.org.uk

(Booking preferred but not essential)

This Month's Offer:-

Lou from DWP will be joining us to discuss carers passports



Participate in a game of rounders or other outdoor games with a side of friendly competition and camaraderie!

Light Refreshments Will be available











Drop in at Southwater Library.

Provided by Strengthening Families and Dandelion Peer Parent support

WEDNESDAY 7TH MAY 2025
WEDNESDAY 25TH JUNE 2025
WEDNESDAY 2ND JULY 2025
9.30am-11am

SENDIASS Telford & Wrekin are joining the Drop in on the above dates..

Please call by to get information, advice and support











JOIN US

Spotlight on...

Randlay Carers Wellbeing Group

Held on the first Tuesday of each month 10.30-12.30

Our Randlay Carers group is held at the brilliant Maples Care Home on Randlay Avenue, TF3 2LH.

The Maples is so much more than a home - it is an integral part of the local community - it offers a welcoming and safe environment where you're among people you love and trust.



Come along for a chat, share information and experiences, and discover what there is across your community to help you feel more connected!

**For more information please call
01952 240 209 or email
admin@telfordcarers.org.uk**



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@tandwcv s.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/helptoclaim/> or 0800 144 8 444.