winter 2019/20 I telfordcarers.org.uk

caring matters

for family carers in Telford and Wrekin

NEW 'MY CHOICE' CVS PARTNERSHIP DELIVERY

FREE ENERGY ADVICE TO KEEP WARM AND LOWER BILLS

FULL NEW YEAR PROGRAMME LISTINGS - ALL AGES

CARERS NEWS - ALL AGES

A DAY IN THE LIFE . . . OUR TRANSITION SUPPORT WORKER

LOTS OF LEARNING OPPORTUNITIES FOR NEW YEAR

01952 240209
admin@telfordcarers.org.uk

Welcome to our Winter edition of 'Caring Matters'

So much has been happening throughout the last few months - this is a bit of bumper edition! And there's lots going on in the New Year and beyond for you to read about.

The biggest change for the Carers Centre has been joining with Taking Part and Age UK as part of the new CVS Wellbeing Independence Partnership to liaise and work together at The Glebe delivering seamless support including being first point of contact for all My Choice enquiries in the borough. Firm friendships have already been formed between the teams, and we are so excited about our future together! (see page 4).

We continue to be grateful for all the donations and help in kind we receive - toys for Christmas, free leisure sessions, school donations, social responsibility arrangements with businesses and donations from individuals - all the gifts given enable us to really make a difference to local carers lives - and are a reflection of the respect and admiration felt for the wonderful role our carers carry out within families and communities.

Seasons Greetings to all our carers and we hope to see you at one of our activities or events next year - or if you need information or advice, don't hesitate to get in touch.

Laura Thorogood - All Age Carers Centre Manager

CARERS CENTRE SEASONAL OPENING HOURS:
Wed 25 December CLOSED
Thur 26 December CLOSED
Wed 1 January CLOSED

Connect | Keep Active | Take Notice | Keep Learning | Give

Five ways to wellbeing Telford

We base much of the respite support we offer to carers around The Five Ways to Wellbeing. Studies have found that just including these simple actions within our lives, in all sorts of ways, can lead to a real, positive change in our health and wellbeing, making us more resilient and able to cope with the ups and downs that happen in life - especially important for those with a caring role. Our magazine is full of activities, events and ideas that fit into one or more of the above areas.

- Connect with other carers and come to one of our groups, attend an event, treat yourself to a wellbeing massage.
- Keep Active and join us on one of our friendly walks or other healthy activity
- Take Notice enjoy something new and forget any day to day worries for a while
- Keep Learning new skills through activities and training courses - check up on what you're entitled to as a carer
- Give by volunteering with us! Your experience as a carer can be so useful to other carers. Or find out where you can help in other ways in your local community.

www.telford.gov.uk/info/20275/mental_wellbeing

All Age Carers Centre Team Contact Main Line 01952 240209

Laura Thorogood	All Age Carers Centre Manager	01952 916039
Linda Boddison	Wellbeing Checkpoint	01952 262061
Isam Shaheen	Wellbeing Checkpoint/Family Resilience Worker	01952 240209
Jade Meredith	Family Carer Resilience Worker	01952 458043
Danielle Stanko	Family Carer Resilience Worker	01952 916077
Karen Corden	Family Carer Resilience Worker (Youth)	01952 916076
Anita Foster	Family Carer Resilience Worker (Youth)	01952 916054
Lucie Roberjot	Family Resillience (Transition 16-25)	01952 262064
Jane Evans	Wellbeing Respite Coordinator	01952 916079
Sue Last	Community & Social Action Coordinator	01952 262065
Tracey Wilson	Hospital Link Worker	01952 262063
Hayley Scott	Hospital Link Worker	01952 262063
Sue Puntis	Family Carer Information Solutions Analyst	01952 916078
Julie Arnold	Carers Journey Administrator	01952 916055

The All Age Carers Centre
Telford & Wrekin CVS
The Glebe Centre
Glebe Street
Telford
TF1 1JP

admin@telfordcarers.org.uk

www.telfordcarers.org.uk
www.telfordyoungcarers.org.uk

Registered Charity Number: 702589

A Company Limited by Guarantee Number: 2436644

One Great Day Catch Up

Telford Shopping Centre were over the moon with the success of our joint day of fun and fundraising. So were we! Loads of effort was put in by teams at **CVS** including **The Carers Centre** and everyone had a great time although it was good to put our feet up at the end of the day!

The idea of **One Great Day** was initiated by parents whose son received care at Great Ormond Street Hospital. It is an annual charity fundraising day, raising money for Great Ormond Street and another local children's charity – this year Telford Young Carers were lucky to be chosen as the local charity.

Katie Broome, Marketing Manager at Telford Shopping Centre said "The day has been by far the most successful One Great Day event we have had in the 3 years we have been doing it."

"We are very pleased to say that our Grand Total for One Great Day is £3,260.66 which will be shared between Great Ormond Street Hospital and Telford Young Carers".

Thank you so much to shoppers in Telford who came along to have some fun and spend a few pounds - to help not just our children in the local community but across the UK.

Jill Tiernan, All Age Carers Commissioning Officer T&W with team

Cllr Andy Burford (lead for Telford and Wrekin Council for Health & Social Care) with team

Beci Bateman and Katie Broome, Telford Shopping Centre; Debbie Gibbon CEO Telford and Wrekin

Katie Broome presenting cheque to Laura Thorogood, Manager All Age Carers

Above: A pre-Christmas get together for all the teams at The Glebe!

Telford and Wrekin CVS lead new partnership

We've been working hard over the last year within CVS, to achieve our vision of providing a new information and advice service throughout the borough, with a 'Think Family' approach. Brought to fruition at the beginning of October with the award of a long term service contract by **Telford and Wrekin Council**, the new **Wellbeing Independence Partnership (Telford and Wrekin) (WIP)** is a collaboration of current information and advice providers from the voluntary sector. Bringing together the current services from **My Choice** and the **Telford and Wrekin CVS All Age Carers Centre** it will continue to deliver information and advice for people in Telford who have care and support needs with a seamless connecting service advising them what is available in their local communities and, if necessary making referrals into adult social care for formal care assessments.

Our new partners are **Age UK,** who specialise in support for older people, and **Taking Part** who support people of working age. All team members are now located at **The Glebe Centre** ensuring a productive environment where joint flow of information and advice can give carers and other people in need of support, the best opportunity of finding quick and direct solutions to their needs. With high level skills and knowledge right across the sector being shared and closer professional friendships being made across the partnership, our new service has 'hit the ground running' and The Glebe is a hive of new ideas for giving communities across Telford the best support possible.

https://www.telfordandwrekincvs.org.uk/wellbeing-independence-partnership

WIP Partners, Telford and Wrekin Commissioners, Adult Social Care and Carer's Partnership Board representatives.

Shropshire Telford & Wrekin age UK

Taking Part
Changing Times, Changing Lives

If you are a registered carer, want to register as a carer, or have carers issues:

Continue to call the main All Age Carers Centre number and team email on 01952 240209 admin@telfordcarers.org.uk

Live Well Telford NEW 'go to' directory for all services, activities and support

Julie Mellor, Taking Part/WIP and Sarah Poole, Live Well

Live Well Telford has developed an all-age online directory, supported by Telford and Wrekin Council, bringing together in one place wide-ranging information about **services, activities and support in the local area.** This includes advice for carers on staying well, information on respite care, help for young carers, and information about planning for a crisis.

Project leader Sarah Poole visited The Glebe to talk to our team about the directory and get us up to speed on how we can set up our own areas on the site. It is very 'user friendly' so if you're looking for information or wanting to broadcast your group or activity don't hesitate to go on and explore.

If you know of a service or group that you think should be on the directory they can register by going to **https://livewell.telford.gov.uk** and selecting the 'Request a log in' link.

Alternatively, for more information contact **livewell@telford.gov.uk**

LIVE WELL TELFORD

Do you feel ready for the worst of Winter? Telford Energy Advice are here to help.

If you, a family member or friend could do with some help preparing for any colder weather, we are happy to recommend the trained energy advisors and handypersons at Telford Energy Advice, who are on hand to help.

All their advisors are DBS checked and can help tackle worries such as high energy bills, poor heating and draughty homes. They can offer **PRACTICAL ADVICE**, fit **FREE ENERGY SAVING MEASURES** and help **ACCESS GRANTS** to improve your heating or insulation at home. Emergency Funding is now also available for qualifying households in a 'no heat' situation due ro broken gas central heating systems..

Free and Impartial advice on: Keeping Warm at Home . Energy Bills, Tariffs and Suppliers . Heating and Hot Water . Insulation and Heating Grants . Support during Power Cuts.

Households qualify for grants for insulation and heating if they are in receipt of certain means tested or disability benefits. Those not qualifying will be advised on alternatives where appropriate (eg trust funds).

Free home energy checks for low income, young families, elderly or those with an illness or disability. Includes an average of £30 worth of small measures including low energy LED light bulbs, reflective radiator panels and draught proofing. Advice given on how to understand heating controls, energy bills and saving energy as well as assessment for grants.

People using elecrticity for medical equipment or for their heating are particularly vulnerable in the event of a power cut. Sign up for the Western Power Distribution Priority Services Register through Keep Shropshire Warm for priority assistance and support.

marches energy agency

Telford & Wrekin Council

Inspiring Involving Supporting CVS Telford and Wrekin

Call 0800 677192 or email advice@mea.org.uk

Manager Laura recently met Tom Langrick, a representative of **UtilityWarehouse**. Tom says: 'Although we are already a major British business, you may not have heard of us before, as we don't waste money on expensive TV advertising or in the national press. Instead we rely on our existing customers and business partners to tell others about our exciting new approach. Then we share the money we save with our members, which means they benefit from the best value in the UK. We have received numerous 'Best Buy' and 'Recommended Provider' awards from Which? magazine and have been named by them as one of the UK's best energy suppliers for 10 years in a row and were crowned by them as Utilities Brand of the Year 2018.'

Tom has asked carers to consider contacting him if they wish to switch utility suppliers. Their provision includes:

- **SAVINGS - the more great value services you take, the more you save**
- **SIMPLICITY - helping you keep track of your utility spend with one monthly bill**
- **SERVICE - award winning customer service from a UK-based team**
- **Guaranteed savings on electricity, gas, phone, broadband and mobile**
- **Cashback on your shopping**
- **Discounts on other services**
- **Up to £200 to help you switch**
- **Local contact**

Contact Tom Langrick on 07898 686132
tom@utilitysavings.org.uk
www.utilitysavings.org.uk

Authorised Distributor
UTILITY WAREHOUSE
The Discount Club

Winter is here, pressures on our health service are at their highest, and it's important to know where to go to for medical help for yourself, or the person you care for. It's useful to have a reminder from the NHS 'Help Us, Help You' information and advice campaign.

NHS 111 can help you decide the best course of action to take when you have an urgent but non-life-threatening health concern.

NHS111 allows you to have access to advice 24 hours a day, 7 days a week, by phone and online and, if necessary, they can arrange for you to speak to relevant healthcare professionals, including nurses, emergency dentists, or even GPs. The advisors can also arrange face-to-face appointments, and if you are assessed as needing an ambulance, one will be sent directly.

NHS111 provides you with a convenient way to get the right help or advice when you need it, and will ensure that you get the right care, from the right person, as quickly as possible.

So if you think you need help, call 111 or go online at 111.nhs.uk

Swim, Gym and Relax - for FREE!

Our friends in Wellington, The Whitehouse Hotel, have made a wonderful offer for Adult carers to attend their lovely leisure facilities FREE on Wednesday afternoons from 12 noon-3pm!

If you are interested in taking up this great offer, please contact Jane through the main number **01952 240209.** We will then issue you with a signed letter to present as a form of ID for entry along with a personal ID like driving licence or credit card.

Cover Story - Christmas Fair has The Glebe buzzing!

We had a busy day at The Glebe at the Young Carers Christmas Fair - with crafts and other stalls throughout the ground floor - and even though the weather was wet, we had a constant stream of lovely people through the door! Even the Mayor, Cllr Anthony Lowe, popped in! Most stopped for cake, tea and a chat and bought a raffle ticket (to be drawn on 16 December). Thank you to everyone who helped and took part - we're already planning for next time!

CVS joint working with Telford and Wrekin Live Well Hubs

The **Wrekin Locality Team** has its base at **The Glebe** on the **1st and 3rd Tuesday of every month (9am-5pm**) Other local hubs include:

- **Lawley Bank Court** - alternate Tuesdays - drop in only
- **Stirchley Medical Practice** - 3rd Tuesday of month - booked appointments or drop-in
- **Wellington Gratitude Cafe** - Every Wednesday 10am-1pm - drop-in only
- **Wellington Library** - Every Wednesday 9am-3pm - booked appointments
- **Ridgeway, High Ercall** - alternate Fridays

Telford & Wrekin COUNCIL

Able World have kindly donated a selection of assistive technology items to the Wellbeing Cafe at Madeley - including talking alarm, assistive kettle stand, pillbox reminder, magnifier with light, washable seat pad and walking stick. If you're thinking of purchasing any of these items, why not just pop in to try - no drink or food purchases necessary! But it might be an opportunity for a coffee/tea break or even lunch while shopping! Thank you **Able World** - for making assistive technology more accessible!

Care by Communication - for when you can't be there . . .

Ever wished you could check in on your loved one's for peace of mind at any time? Need to go out of the home but concerned about the welfare of a dependant?

Care by Communication provides a paid for service that uses the latest technology to improve quality of life for carers and their families.

Business owner Janet Guice (pictured) offers a comprehensive consultation to find solutions for remote caring that match your needs, and help you use the technology that is out there. She also carries out software installation and configuration of any products, providing ongoing maintenance and call services as required.

As a carer herself, with a career in IT, she knows what it's like to be concerned about loved ones when you can't be there. **Call Janet on: 07722 628442 or email carebycommunication@gmail.com**

Carers Centre and Telford & Wrekin Housing Trust celebrate success of partnership

Members of both teams met up in October to celebrate promoting their partnership - providing discounted **WATCH Alarms** and other assistive technology items to our carers. The Housing Trust updated what they offer and showed two short videos about their services, then demonstrated some of the equipment. **If you would like a FREE home visit and demonstration call the Carers Centre on 01952 240209 who will make a referral for you**

WATCH
Promoting Independent Living

The Young Carers have been selected to take part in the **Coop Local Community Fund.** The Young Carers now have a dedicated page on the Coop membership website. **Every time Coop members shop at the Coop, 1% of what they spend on selected own-branded products and services goes to help fund community projects** where they live. Choose the **CVS Young Carers and that 1% will come to us.** If you shop at the Coop will you go on and join as a member, name us as your chosen community project? There are two stores in the area -see below - Dawley and Telford Milners Lane. Here are all the links you need!

https://membership.coop.co.uk/causes/34500
https://finder.coop.co.uk/food/store/TF4-2EX/high-street
https://finder.coop.co.uk/food.store/TF4-2JH/milners-lane

The hills are alive!
Our lovely friends at **GKN**, **DENSO,** and **Telford Rotary Club** continue to support our young carers - by funding the opportunity for carers - and their families - to attend the **TADLOP** performances of The Sound of Music - thank you so much - you are all stars - it's great when we can include the whole family in an event or activity - we're sure everyone will love it (and sing along)!

GKN Wheels & Structures

DENSO

Morrisons in Wellington have chosen Young Carers as receipients of their Christmas toy donations scheme this year! Watch this space for more news in the next edition! Thank you so much Morrisons.

Morrisons Since 1899

Christmas smile

The Christmas Smile organisation was founded in 2013 to provide gifts to individual children and families living in difficult circumstances. We are hoping fifteen of our young carers families will be considered as recipients of the appeal this year. Thank you so much for your support **Christmas Smile.**

After a meet-up between **Telford United** and Jane from our team recently, the football club are hoping to be able to offer carers support through **Coaching sessions, a stadium tour, and perhaps even match tickets. Watch this space for more news!**

At last, despite weather postponements, our Manager Laura has done the deed! A hair-raising, fund-raising skydive for Telford Young Carers. Well done Laura - what a thrill!

And thanks who all sponsored Laura including **her friends and family, friends of Young Carers, Rotary Club of Telford Centre, Friel Construction and Carers Partnership Board.**

Burton Borough School raised money for us in October by hosting a 'Teach Meet' event in collaboration with Edukit, an organisation that works to ensure that no child misses out on their education. The event was held at the Google Digital Academy offices in London where three members of staff (including Head Miss Carter, pictured with our team member Jade) were speakers. The event was designed to raise the importance of mental health and wellbeing, particularly for young people who have a difficult time. The school decided to donate money from ticket sales to us. Thank you so much for continuing to support the young carers of Telford.

Laura and Jane from our team attended a presentation, with sponsor and charity speaker attendees, at the **Vinci** organisation**. Graham Stanford** of **Freyssinet**, a subsidiary of **Vinci**, spoke about their sponsorship of us and the activities they will be funding for the young and young adult carers next year.

FREYSSINET SUSTAINABLE TECHNOLOGY

Graham even came to youth club this term to talk to the younger and older groups about how they would like to be supported by Freyssinet's fantastic donation - an agenda is being compiled for different and exciting events and visits - including Harry Potter World! Watch this space carers and HUGE thanks to Vinci and Freyssinet!

GKN Wheels and Structures fund some exciting activities!

GKN staff pay £1 each month towards a charity 'pot', and then make the difficult decision about which charities they would like to give to. This time we are the very lucky ones!

Sue and Lucie from the Carers Centre attended to receive a cheque from GKN who have so generously donated to fund various exciting trips and activities for carers in Telford from 5 o 25 years old.

These activities will be immensely enjoyable for our carers, giving them the break they so deserve.

Thank you to GKN for your kind gift to young carers in Telford.

GKN Wheels & Structures

Adult carers wellbeing programme . . .

*Health and Wellbeing Sessions

An opportunity to have a coffee and biscuits and chat in a friendly setting with other carers

9.30am-12pm

Tue 7 January
Tue 4 February
Tue 3 March
Tue 7 April
Tue 5 May
Tue 2 June
Tue 7 July
Tue 4 August
Tue 1 September
Tue 6 October
Tue 3 Nov
Tue 1 December
at The Glebe, Wellington

Tue 21 January
Tue 17 March
Tue 19 May
Tue 21 July
Tue 15 September
Tue 17 November
at Newport (venue TBC)

Tue 18 February
Tue 21 April
Tue 16 June
Tue 18 August
Tue 20 October
Tue 15 December
at Woodside (venue TBC)

**At the time of going to print we are able to offer carers a maximum of one wellbeing session per month each at a contributory cost of £5 per session although this charge may alter in due course*

Contact Jane on
01952 916079/240209

2020 Walks

Leisurely strolls and lots of time for chat with other carers - enjoying the fresh air and surroundings

10.30am start

Please arrive 15 minutes before the walk to register, and wear suitable footwear and clothing for weather conditions

Thur 16 January
Meet at Meeting Point House
for Town Park walk

Thur 13 February
Meet at Lakeside Garden Cent.
for Priorslee walk

Thur 19 March
Meet at Community Centre
for Coalbrookdale walk

Thur 23 April
Meet at The Red House pub
for Lilleshall walk

Thur 21 May
Meet at Maws Craft Centre Jackfield
for Coalport walk

Thurs 18 June
Meeting place TBC
for Shifnal walk

Thur 16 July
Meeting place TBC
for Little Wenlock walk

Thur 20 August
Meeting place TBC
for Little Dawley walk

Little Dawley is a family walk - open to all - bring a picnic!

Walks continued . . .

Thur 17 September
Meeting place TBC
for Haughmond Hill walk

Thur 15 October
Meet at Sports Centre
for Lilleshall walk

Thur 12 November
Meeting place TBC
for Bridgnorth walk

Thur 10 December
Meet at The Woolpack
for Shawbirch walk

Ask Jane for more information
01952 916079/240209

Newport Rotary Lite are sponsoring a Curry Night

at The Masala Restaurant in Newport
Mon 20 January . 7-9pm

Free Meal with soft drinks/tea/coffee and free Raffle for all

Preference will be given to carers living in TF10 but all welcome to apply - age 12 upwards

The Telford Lions are sponsoring an adult carer

Carvery Meal
at The Severn Gorge pub
Tue 11 February at 12 noon

Free Meal (carvery/dessert)with soft drinks/tea/coffee

Please call to book - limited places

WELL-BEING SUPPORT GROUPS

Connect | Keep Active | Take Notice

Womens Friendship Drop-In
12-2pm
Every Thurs based at
Wellington Library at the Civic & Leisure Centre, Larkin Way, Wellington
Open to all - not just carers
It's like dropping into a friends house for a coffee and a chat! If you like to keep busy while you chat then perhaps bring any piece of craft, knitting, sewing, writing - anything you're working on - or if you need someone to listen or help we're there for you. Come and stay for as little or long as you like.

Dawley Carers Support & Wellbeing Group
1-3pm
Last Thur of Month
starting 30 Jan
Dawley Town Hall, New Street, Dawley, TF4 3JR
Our group is warm and welcoming, providing a safe environment for you to have a little time out for yourself. Not only are we here for a general chit-chat and to share experiences, but to provide support and share information should you need it. A light lunch will be provided (soup and a roll) along with refreshments (tea/coffee).

We aim to provide monthly activities, guests speakers from various services and visits from healthcare professionals - we'll keep you updated!

The Farmstead Carers Wellbeing Group
1.30-3pm
1st Wed of the Month
The Farmstead, Bryce Way, Lawley Village, TF4 2SG
Our newest wellbeing group and hoping to make you feel happier, healthier and connected to your community
Full programme of activities
Refreshments on the terrace dependent on weather

Hadley Carers Wellbeing Group
10.30am-12.30pm
2nd Thurs of Month
Castle Farm Community Centre
Refreshments and friendly chat
Providing some "me time" for carers, allowing time to relax, chat, try a new hobby or interest, and enjoy the company of others
9 Jan Telford Energy Advice
13 Feb Quiz
12 Mar Coffee and Catch Up
9 Apr Easter Crafts

Newport Hub Club Drop-In
10.30am-12 noon
3rd Wed of Month
Newport Library
The library Carers Drop-in morning provides a warm welcome to all carers - come along for a chat, to share experiences and information and enjoy some light refreshments

Shawbirch Wellbeing Group
2-3.30pm
1st Wed of Month
Join other carers In a quiet corner of this very pleasant central venue for - there are usually monthly activities or guest speakers and plenty of time to chat and have refreshments
The Woolpack, Shawbirch

Wakes Carers Wellbeing Group
10am-12 noon
2nd Wed of Month
We give a warm welcome to all carers and have a focus of looking after yourself - each month we have the theme of one of the 5 Ways to Wellbeing
The Wakes, Oakengates
Creative crafts and
own refreshments at Cafe

Information & Advice Sessions

Sainsburys Drop-In Information & Advice Session
Quiet session
9.30-10.30am
1st Mon of Month
Forge Retail Park store

Severn Hospice Drop-in Information & Advice Session
10.30am-1pm
3rd Tues of Month
Severn Hospice, Apley Castle Drive

Hospital Discharge Support Drop-in Information & Advice Session
9am-1pm
3rd Mon of Month
Corner Charity Desk, Main Reception corridor Princess Royal Hospital
Information, support, advice and a chat whether the carer is a patient or visiting

Please always call 01952 240209 with any enquiries about any group - it's also helpful to call on the morning of your intended visit to check that the group or information session is running as occasionally we have to cancel due to sickness or other emergencies

Carers voice initiative - working together in Telford & Wrekin and Shropshire to improve the lives of carers

To find out more about how you can contribute to Carers Voice, email Jill Tiernan: jill.tiernan@telford.gov.uk or speak to a member of the team at the Carers Centre on 01952 240209.

Carer Friendly Employer (CFE)

Telford Group have been invited to particpate in a research project being led by **Sheffield University** who will be interviewing members of the **CFE group**. The research title is: **Enhancing organisational effectiveness by modernising support for working carers.**

Carers Strategy

Supporting Carers in Telford and Wrekin. The final touches are being put to the Carers Strategy following a period of consultation. The paper sets out our legal requirements and how locally we intend to deliver our local offer to Carers.

Hospital Carer Liaison at PRH

LtoR: Michelle Lees RSH Worker, Cathie Richie RSH Worker, Hayley Scott Carers Centre, Margarete Davies Shropshire County Council

Telford and Wrekin and Shropshire Carer Hospital Liaison met in October to talk through ways of improving the offer to carers profile at Shropshire and Telford Hospital Trust. Ideas include: continuity of information available on wards, designated information area, information in lifts.

If you have any ideas, please make the Carers Centre aware by speaking with **Tracey Wilson or Hayley Scott on 01952 240209**

New Service from 1 October 2019

The Council for Voluntary Service in partnership with Taking Part and Age UK (Shropshire) are delivering an information and advice service for people in Telford with care and support needs along with the All Age Carers (see feature on page 4) Centre. Regular updates will be provided to the Carers Partnership Board.

Carers Partnership Board

The Board is carer-led and comprises of a range of carers, experts by experience, professionals, cabinet member, providers and statutory managers. It includes **'A Life Outside Caring' group (ALOC)**.

If you would like to know more or observe the Board please email board@cpd-tw.org.uk

Taking the Pressure out of Caring

In October a local carer facilitator, Louise Langham, met with a group of young adult carers to talk about looking after themselves and safeguarding.

The group came up with ideas of how to deliver future sessions with the idea of developing a video. In conjunction with Young Adult Carers they will meet with Carers Commissioner Jill Tiernan, Carer Facilitator Louise Langham and Carers Transition & Independence Worker Lucie Roberjot to talk through their ideas for raising the profile of carer health and safeguarding.

YOUR VOICE MATTERS!

Telford & Wrekin COUNCIL

Dementia 'Live Well' Pathway

In conjunction with the CCG (Clinical Commissioning Group) commissioners a group of people with dementia, carers, and those with lived experiences of dementia will meet to look at the pathway from diagnosis to end of life care.

If you are interested in participating, please get in touch with Jill Tiernan or speak to your Admiral Nurse.

The Wellbeing Hub, are supporting and acting as hosts for a new sub-group of the **Mental Health Forum - the BAME** (Black, Asian and Minority Ethnic) **Specialist Interest group.** The group meetings are held at **The Glebe Centre.** The group is led by **Atiyah Ali** a Community Development Worker in Mental Health. Attendees include representatives from Polski, Guru Nanak Sikh Gurdwara, Hindu, Ghana SDA Church, Kushdil Women's Group, TAARCS, One World Methodist Churches and Shropshire and Telford Women's Association. If you are interested in having a voice within this group, please contact **Atiyah on atiyah.ali@nhs.net**

WEA Adult Learning Within Reach

WEA are offering 2 FREE COURSES in the New Year - they will be running from The Glebe Centre as part of their Wellcome Trust Fund project.

Wellcome to The Science of Yoga

Starting Thur 23 January until 13 February 2020 . 1-3pm
https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3127475

Wellcome to the Science of Seated Exercise

Starting Thur 27 February until March 2020 1-3pm
https://enrolonline.wea.org.uk/Online/2019/CourseInfo.aspx?r=C3127496

The courses are both a theoretical and practical introduction on how Yoga and Physical exercise and Nature benefits our bodies and minds.

For more information go through the links or call 0300 303 3464

Low uptake of carers applying for Carers Credit - are you eligible?

A report from the DWP highlights the very low take-up by carers of Carers Credit - it appears that less then 18,000 carers are receiving this, out of around 200,000 carers who are eligible (that's less than 9% take-up).

Carers Credit is a National Insurance credit towards your State Pension while you're not making any contributions because of your caring role. **You might get Carers Credit if: • you're aged 16 or over • you aren't yet getting State Pension • you don't qualify for Carer's Allowance • you spend at least 20 hours a week caring for someone • the person you are looking after receives a benefit because of their illness or disability - Attendance Allowance, DLA or PIP • If the person you care for doesn't get of these benefits you may still be eligible.**

https://www.gov.uk/carers-credit
https://www.gov.uk/carers-allowance

Other carers work/benefits information and advice:

https://www.yourmoney.com/household-bills/carers-need-more-flexibility-at-work-say-dwp/

https://www.gov.uk/government/publications/informal-carers-and-employment-summary-report-of-a-systematic-review

Cold Weather Payments

This years **Cold Weather Payment** scheme runs from 1 November until 31 March. There is no need to apply as the payments are issued automatically if you are eligible. Claimants can read about the payments at **https://www.gov.uk/cold-weather-payment** and check if a payment is due in their area if there is a cold snap.

NEW 'ME TIME' Arts & Crafts Group for Carers

Printmaking . Experimental Painting . Textiles: Making . . . Laughing

The Carers 'Me Time' group will be continuing at a new venue in 2020. Our group of carers recognise the enormous benefit the relaxed creative sessions give - with our artist Caris Jackson and The Cultural Sisters. No experience or previous arty skills required!!

'Me Time" will run twice a month at an accessible venue in the Telford and Wrekin area (to be confirmed).

Why not come and join us!? If you feel you would like to enjoy 2 hours of creative focus and connection, please do get in touch. Call or email us now to log your interest and we can then let you know the venue and other details in due course.

Call Deb 07979 238067 or Caris 07515 723728 or email info@theculturalsisters.org.uk

Raising GP's awareness of carers

One of our first partnership WIP information sessions took place at a GP Learning Time event at the Priorslee University Campus. Sue and Keith attended to give up-to-date information to GP and other professional teams on what the WIP offers and how to refer carers who visit GP practices, to the Carers Centre (if they need support).

The Furnace Business Bridge

Manager, Laura Thorogood had a productive morning at The Furnace Kitchen in Coalbrookdale meeting fellow business representatives who all expressed a genuine interest in suppporting our carers in lots of different ways.

Further talks will be taking place around:

A joint visit to the Ironbridge Gorge Museums for our all age carers.

Cooking courses/events for all age carers

Interior design for carer family homes

Providing skills training to support family carers to remain/return to work when in challenging situations

THE FURNACE KITCHEN

WATCH THIS SPACE

NETWORKING

Sainsbury's

Our friends at **Sainsburys at Forge Retail Park**, once again have funded a lovely Cream Tea event for our adult carers. A pre-Christmas get together with carer friends was just the ticket!

Thank you Sainsburys for thinking of us.

Our Family Resilience Workers Jade and Danielle at the **'Working together to reduce serious violent crime' conference** in November.

The Farmstead sessions grow in popularity!

We held our second **"Let's Take Care of You"** session at The Farmstead (see programme page for more details) - we focus on you as a carer, and hope to make you feel happier, healthier and connected to your community. It was such a success! With manicures, mini-facials, hand massage, arts and crafts and an in house cinema on offer there were a good variety of wellbeing sessions to choose from.

Starting in the New Year, we will be changing the date to the first Wednesday of each month - first session is 8 January 1.30-3pm

We will have a full complement of those giving wellbeing sessions and hospitality from all our partners - Telford College, Supreme Care, Carers Centre and of course The Farmstead.

Interested in relaxing and socialising with other carers? Call Sue Last at the Carers Centre on 01952 240209

Wyldwoods

Designing with Texture - Tuesday 7th,14th,21st,28th January, 4th & 11th February

Priority will be given to those who completed the previous Design with Line and Colour modules as this course is intended to further develop knowledge of design using innovative textural techniques and will end with a presentation of portfolios and finished pieces.

Nature Printed Books— Tuesday 25th February & 3rd March

We will be taking inspiration from nature, using leaves , pressed flowers and bark to create eco prints and mono prints to cover and line individual notebooks or folders.

Herbs and Health Tuesday 10th, 17th,24th & 31st March

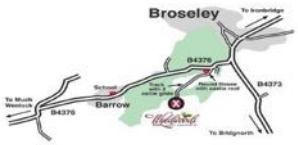
Learn how to forage and identify medicinal and culinary plants to use in your own healing tea blends and salves. Relax and look after your body with tai chi exercises and shiatsu massage techniques.

All sessions run from 10am to 2pm in the brick barn located in the beautiful woodland *Wyldwoods* setting and are free to carers with lunch provided.

Tutor : Jo Jukes. Small charge for materials, donations welcome.

To book contact steph.brett@wyldwoods.co.uk Tel:01952 884224 mobile: 07816 113539

COMMUNITY FUND



Places at Wyldwoods are in demand - we advise you contact them soonest!

Our Carers Centre team have found a few hours every few months to take part in team-building arts and crafts sessions over the last year - themed mostly around carers outcomes and the Five Ways to Wellbeing. We've had a wonderful time being creative! This years sessions have ended but we need to say a big thanks to **Crafts by Caris!**

First Aid Training @ Hub on the Hill - 19 to 24 years or Over 50s

The latest programme of First Aid is a fully recognised certificate that can be gained in just one days study (9.30am-4pm).

The course is suitable for those with no prior knowledge or those renewing a qualification after letting it lapse beyond the recommended 3 years.

Free spaces available for those:
- aged between 19 and 24 and Not in Employment Education or Training
- aged over 50 and unemployed or at risk of redundancy
- employed and without a Level 2 qualification
- disabilities or special educational needs
- a single parent with at least one child at home
- unemployed for 12 months or more

Fee for any other applicant is £56

For more information and to book contact:
Richard Shaw, Community Learning & Employment Coordinator, Sutton Hill
07973 812639
www.telford.gov.uk

Courses and groups at Madeley Court GP Practice

Telford Mind and Court Street Medical Practice are working together to provide non-traditional therapies to improve the health and wellbeing of individuals within the local community.

This community service aims to bring local organisations together to strengthen the support they provide.

Services will include:
- **Mental health support**
- **Coffee morning**
- **Tai Chi**
- **Carers and other support groups**
- **Health checks**
- **Walking groups**

The Carers Peer Support Group is on Wednesdays 4-5pm - for anyone who provides regular support to a partner, friend, neighbour or relative. No need to book, just turn up.

We need volunteers to help us run all the different parts of the service: spending an hour or two tidying or sorting (yes please!), assisting at our groups (setting up, helping with tea and biscuits and being there to chat and listen) attending information days (giving your first hand experience as a carer to others who need advice) or making friends with an individual carer who badly needs a bit of support.

We particularly need Activities Volunteers for our youth clubs at the moment - if you or anyone you know would enjoy helping children have a fun and interesting time for a couple of hours a week - get in touch!

Or perhaps you have a specific skill? - office/internet experience/ PR/fundraising/social work . . . the list is long!

If you're looking for a flexible opportunity to get out and about, make new friends, raise your confidence - and help us help carers, then please get in touch.

Contact Sue Last at the Carers Centre on 01952 240209

New Healthy Child Programme

NHS Shropshire Community Health NHS Trust

Our Family Support Worker, Karen, attended Shropshire NHS Trust's Healthy Child Stakeholder Day - to launch their Healthy Child Programme 0-19 service to improve health outcomes for children. The team will consist of health visitors, school nurses/ support staff and will have a Family First-Targeted and Community First-Universal service.

There will be a strong emphasis on being ready to learn, ready for school, promoting resilience, early intervention and mindfulness strategies.

There will be 2 nurses focussing on mental health.

We think this will be of great assistance to the Young Carers Service. Watch this space for more details.

If you're struggling with managing IT at home get **FREE** help in **Telford & Wrekin Libraries.**

Need IT help? Visit your local library . . .

Monday: Madeley
Tuesday: Newport
Wednesday: Oakengates
Thursday: Wellington
Friday: Southwater

At 11am-1pm

Telford & Wrekin COUNCIL

TRY SOMETHING NEW IN THE NEW YEAR!

Dozens of courses, in lots of different subject areas. AND in your locality - wherever you live in Telford and Wrekin there's something for you.

learn telford

www.learntelford.ac.uk 01952 382888

Our lovely friends at **The Hive** have a project planned for our young adult carers and applied to be recipients of **Tesco's Bags of Help** token collection to help fund the project.

THE HIVE

TESCO

Shoppers will be able to give their tokens to us for 3 months between January and March at the Wellington store.

If you shop there, please think of us! And watch this space for more details of the project.

Putting Higher Education and Lifelong Learning in the heart of Telford

University Centre Telford is a **Regional Learning Centre** and is part of the **University of Wolverhampton.** They are based on the 3rd floor of the Southwater building in Telford and offer **part-time Higher Education courses for mature students.** They also offer free evening lectures for members of the public to attend. The themes for the lectures vary and include **1st & 2nd World War History, Forensic Psychology, the Image of the Witch in Art, Interpreting Fairy Tales, Animal Behaviour – Sea Serpents and Snakes.** They also offer a **Knitting Group on Wednesday evenings from 6 – 8pm.** Those who attend the group are knitting and crocheting blankets for those who have dementia and have to spend time in hospital. **British Sign Language courses are also offered** and an **English Café for those whose first language isn't English.**

UNIVERSITY OF WOLVERHAMPTON
UNIVERSITY CENTRE TELFORD

Contact the University Centre on 01952 277777 or enquiries@uctelford.co.uk. Visit uctelford.co.uk/Twitter @UCTelford_wlv or Facebook /UCTTelfordWLV

A Day in the Life . . . our Transition & Independence Support Worker

This new post was created within our team after the merging of Young and Adult Carers, a little while ago. Lucie Roberjot (pictured with two young adult carers) mainly supports those who are in transition between younger and adult carer (16-24) helping them through what can be a complex period of growing up and becoming independent.

Lucie says: "As well as supporting our transition carers, I have quite a few other roles within the team! When I arrive in the office I check the email from the website, answer any queries from carers who may have issues, and go through any new referrals into the service, add them to our database and then pass them to one of our Family Resilience Workers to make first contact.

Carrying out assessments is really enjoyable - gathering all the necessary information about a child or young person and their caring role - and a chance to see the young carer or young adult carer at school or college, and to meet the rest of the family at home for the first time and get to know them. Sometimes I may have a drop-in to attend at a secondary school, where I can chat to young carers generally or deal with any of their worries one-to-one - and talk with the pastoral team at school about any specific concerns.

On a monthly basis I whizz over to Hadley Adult Carers Wellbeing Group where I meet up with both our regular and any new carers attending. We have lots of chat and laughs over a cuppa - and often an interesting visiting speaker too!

Our Young Adult Carers social group (The Inbetweeners) usually meets up regularly in the evening. We do all sorts of fun activities that are suited to their age group, and always give them a say in choosing - perhaps a good movie at the cinema, a meal at a town centre cafe/restaurant, or a sport like trampolining or bowling. We might arrange visiting speakers/guests who talk about topics relevant to young adult carers' lives or they attend training and employment information sessions independently.

Some of our young people actively give back by taking part in local and national projects (see page 15) and other residential trips,

It's great supporting carers of all ages!"

Jill Tiernan, All Age Commissioner, takes a visit to our friends at Willowdene

Great news that Chetwynd House at Burton Borough School raised £1400 for Young Carers over this current year - and even better they've chosen us for their charity this year too!

BURTON BOROUGH SCHOOL

Young Adult Carers Health Champions take London by storm!

Our intrepid Health Champions from our Inbetweeners group, including Teigan and Caitlin (below), were invited to spend a few days in London with their other NHS Health Champions friends from around the country, who we hadn't seen since the last residential trip.

We all enjoyed staying in a London hotel - but the complimentary NHS trip included a good mixture of work and play! After the group met up again, we got down to finishing and recording our song, (to be released next year!) - with lyrics about the importance of GPs giving young and adult carers five minutes thought, and to consider the vast amount of knowledge they have, and the pressure the role involves. We're so proud that one of our own carers has written the rap section of the song - watch this space for release date!

Another highlight of the trip was meeting with **Caroline Dineage, Minister for Social Care.** She took time to listen to the individual stories. and answer our questions - she seemed to have a genuine interest in the challenges faced by young adult carers. The trip was rounded off with a Karaoke Halloween Party and the chance for our carers to enjoy their time in the city.

If you'd like to be considered for a place on next years programme please contact Lucie on 01952 262064/240209

Some of our Young Adult Carers attended a great "Taking the Pressure out of Caring" workshop - and then had a free meal at Southwater afterwards. Thank you to everyone who supported this event. For more information and future plans - see our Carers Voice section on page 10.

Are you thinking of returning to work or learning a new skill? You can always contact Lucie at the Carers Centre for information and advice. We are able to provide you with a list of learning opportunities in the area and support you to access career advice/guidance. We have a number of practical courses to help you in your caring role and are always happy to hear from you if you have any additional training needs.

Contact Lucie on 01952 262064/240209

Welcome to new Inbetweeners!

We're very happy to have recently welcomed some new members to our Inbetweeners social group! They have been able to join us for our Carers Quiz Night and our recent course 'Taking the Pressure out of Caring' (followed by a meal at Novella Lounge).

As the group continues to grow it's lovely to see all the support everyone gives each other, both at the meetings and outside of the group.

It can be hard to balance college, work and your caring role and we hope that a bit of time away - learning new skills and chilling with friends - can help you cope better with everything life throws at you.

We have a number of activities planned for the **New Year**, including a visit to **Climbing the Walls Shrewsbury and a cinema trip! Follow Young Carers and All Age Carers on Facebook to see details.**

If you'd like to join the group just contact Lucie on 07817 090054

What sort of issues might Young Adult Carers experience?

· **Education** - many young adult carers struggle to find time to pursue higher or further education

· **Personal Health** - mental/emotional health, sexual health and healthy eating issues can be common among young adult carers.

· **Time and organisation issues** are also common - not having space to themselves to go out with friends or pursue their dreams and goals.

· **Employment** issues, juggling care and work.

WE'RE HERE TO HELP

Young Carers

The Fire Service came to Youth Club this term - I think our Karen and Anita were just as excited as the young carers to get up into the engine!

Our lovely friends at the **Hive in Shrewsbury** have funded **10 sessions** especially for young carers - some have happened and some are to come!

On the list are 2 pottery workshops, 2 song writing workshops, Tech-to-Tune sessions, Drumming and DJ Skills

Thank you to all at the Hive for such cool and exciting activities!

THE HIVE

We had a brilliant early Christmas party for the younger group, hosted by our friends at Sainsburys. Fab fun with lots of games!!

Sainsbury's

Great Dawley Town Council have once again funded activities - specifically for the secondary age children. It has included a **Movie Night** and a cool **Dodge Ball Tournament (with a Fish and Chip supper to follow!)** - plus we've got two more activities yet to be finalised in the New Year! Thank you!

Young Carer, Chloe, with her Shropshire Youth Association award achieved for her contribution to supporting and welcoming other young people to her youth club. Chloe is currently training to be a young leader.

Also pictured Emma from the SYA and Karen from the Young Carers team

Circus Starr the circus with a purpose

Circus Starr are donating a fantastic 70 tickets to us for our carers and their families to attend this fun event at the Oakengates Theatre soon.

If you would like to book get in touch with Jane, Anita, Lucie or Karen to put your name down for tickets!

We had some great fun building traditional gingerbread houses at youth club! Christmas is definitely on its way!

Youth Club Dates from New Year until Easter

PRIMARY

8 January
22 January
5 February
26 February
11 March
25 March

SECONDARY

15 January
29 January
12 February
4 March
18 March
1 April

HALF TERM 17-21 FEB
EASTER 3-17 APR

Seasons Greetings to our young carers in Telford and Wrekin - you're all amazing!