

Summer 2021

# Caring Matters

The newsletter for family and friend carers in Telford and Wrekin



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[www.telfordcarers.org.uk](http://www.telfordcarers.org.uk)

## Welcome

It's not easy to put into words our thoughts about the last 15 months—it has been extremely difficult for so many. And even now, when we're hopefully seeing some light at the end of the tunnel, it's clear many carers continue to experience worries, with after-Covid issues and log jams in social care and health services. The national numbers paint a picture of increased unpaid care with an extra 4.5 million people becoming carers in the weeks after the first lockdown—this is on top of an estimated 9 million carers pre-pandemic. We are very aware that many of our carers have suffered a great deal, looking after not only their cared-for but also dealing with their own mental and physical health worries, and some sadly losing family members prematurely to the virus. We would be really grateful if you could complete our **Carers Coronavirus Survey** in the newsletter so that we can get an overall picture of your life during lockdown.

The All Age Carers Centre used every avenue possible under restrictions to reach our 4000+ carers, each of our team working safely and efficiently from their homes. We have made 1000s of Safe and Well calls (and vaccine information/support calls), liaising with the local authority for added expediency where required and referred hundreds of carers to both local and national support organisations. From transport information, IT support and food parcels to mental and physical health crisis prevention, our team have endeavoured to support carers to ease their worries and issues.

We've held dozens of Adult and Young Adult virtual Wellbeing Groups and Youth Clubs, encouraging carers to connect and get involved in what's been possible online, and the many competitions we've held for all ages on Facebook have attracted carers and enthused them to create wonderful things!

With Telford and Wrekin CVS and projects (including The All Age Carers Centre) moving to new Telford town centre accommodation in June, we feel a new start is on the cards in more ways than one! We are coming out of the pandemic, ready to give Telford carers a new enhanced service delivery—easy town centre access, on site space for all our Wellbeing Groups and Youth Clubs (when the Roadmap allows) and a rejuvenated team set and ready to go for the hoped-for post-Covid period.

I'd like to send my condolences to all those who have lost someone, a friend or family member, over the last year or so, and give my usual reassurance that we are here for all our carers in Telford and Wrekin when you need our support. If you want to register as a carer with us just call on 01952 240209—it only takes about 15 minutes to sign up.

Have a good summer and keep on keeping safe.

Best wishes

**Laura Thorogood—All Age Carers Centre Manager**

## We've been on the move!

**You may have heard by now that the All Age Carers Centre has moved!**

Telford and Wrekin CVS have taken on new premises in Telford Town Centre giving us brilliant town centre access (as neighbours to our partners at The Independent Living Centre too!) The accommodation gives us plenty of space to enable us to invite our carers in for meetings, one-to-one sessions and wellbeing groups—when the Roadmap allows of course.

Meanwhile we're settling in well, continuing our seamless support by phone and online, and looking forward to our new enhanced service as soon as we move fully out of lockdown. Here are some of our Inbetweeners having a very safe short social distancing familiarisation visit to our wonderful new Family Room!

**For your information our new address is:**

**Suite 12 and 15 Hazledine House**

**Central Square**

**Telford**

**TF3 4JL**

**All other information including all phone numbers remain the same**

**Main contact number for All Age Carers Centre 01952 240209**



## Smash Life give young carers a boost



Once again, Smash Life came to visit the Young Carers Youth Club (online) and used their usual life-coaching magic with great advice and tips for building self confidence and life resilience skills.

George's mum sent in this brilliant photo of George wearing his PRIZE T-shirt for his Excellent Contribution to the motivational session.

Thank you <https://www.smashlifeuk.com> for all the support you give to our young carers!



## Are you juggling tablet use between family members? We have Kindles for loan!

We have been donated a number of **BRAND NEW KINDLES** for use by our carers—of all ages—which you can use on free loan from us. Lockdown is still having a big effect on face-to-face events, enquiries, shopping etc—would an extra device for your family be helpful to get online and make it easier to use the internet?

Signing up is **EASY AND FREE** and you could be the lender of a brand new Kindle as soon as you want one.

**Get in touch with us on our main number 01952 240209 or email on [admin@telfordcarers.org.uk](mailto:admin@telfordcarers.org.uk) if you'd like to loan one of these really useful devices.**

## Afternoon Tea from Green Fields Farm Shop a scrumptious success

Our Afternoon Teas, funded by us and prepared beautifully by <https://www.greenfieldsonline.co.uk>, were so appreciated. One carer said ***"can I just say thank you for the afternoon tea box me, my mom and son had. I'm very grateful as my mom is having a bad day in lots of pain today"***. Another said: ***". . . how amazing that the sun was out and rules allowed for a socially distanced afternoon tea in the garden. I had a perfectly lovely time, such a special uplifting experience. The food was very tasty—thanks to all involved"***

Great to get this feedback! We're so glad you enjoyed it.



## Walk in Covid vaccination Clinic dates for 18-39 available . . .

9 July, Saturday 10 July, Sunday 11 July—Robert Jones and Agnes Hunt Orthopaedic Hospital, Gobowen. Age 18-39 (Pfizer vaccine). 8am-5.30pm.

9 July, 10 July, 11 July. Telford International Centre. First doses only, age 18-39 (Pfizer vaccine)

[Walk-in Covid-19 Pfizer Vaccination Clinics offer vaccines to 18 to 39-year olds in Shropshire, Telford And Wrekin \(shropscommunityhealth.nhs.uk\)](https://www.shropscommunityhealth.nhs.uk)



## What does FREEDOM mean to carers?

We want to know what freedom means to you! We're sure freedom means different things to different carers and we'd love to hear your thoughts and feelings - reading a book in a quiet corner, walking in the countryside, dancing, singing, shopping or more a feeling inside you . . .

Link here to answer our short survey:

<https://carerstelford.surveyparrot.com/s/What-does-FREEDOM-mean-for-family-Carers/tt-a993f2>

## Just for Men!

**We have around 1000 adult male carers registered at the All Age Carers Centre** and statistics tell us that more than 4 in 10 unpaid carers nationally are men - as husband, partner, dad or son. A study carried out a few years ago, it was found that:

- More than one in four male carers in employment would not describe or acknowledge themselves as a carer to others, meaning they may not get the support they need at work
- Over half of the male carers felt that the needs of male carers were different to those of female carers, many citing that men find it



In a

harder to ask for help and support and that balancing work and caring is challenging, particularly if they are the main earner

- One quarter of men surveyed cared for more than 60 hours per week and also worked
- Four in ten male carers said that they never had a break from their caring role
- Just over half of male carers aged 18-64 said being a carer had a negative impact on their mental health and the same number said that their health was "fair or poor".
- Male carers under 65 in England are also more likely to visit their GP than the rest of the male population, visiting four times per year—but despite this their health is often still poor and many are not identified as being male carers and so do not get support.



**We are interested in gaining an up-to-date picture of our male carers' thoughts about their role**, and how we can help in lessening any worries or problems that are specific to them as men. Could you spend a few minutes completing our **Just Men** survey and send back as soon as possible. **The link for the survey is here—please do help us in our planning by taking a few minutes to complete it—thank you!**

<https://carerstelford.surveyparrot.com/s/Male-Family-Carers-Survey/tt-721044>

## Ironbridge and Severn Gorge Lions—Charity Family Walk 2021

On Sunday 3 October, the Lions are planning to hold the first of what they hope will be an annual Charity Family Walking event.

They say: "The past year has been very difficult for those who rely on fundraising, whether the sustainability of a club or the inability of charities to deliver services and help to those in need. We want this walk to be an opportunity for local and national charities, clubs and groups to raise funds for their cause. We want this to be a family event, and with this in mind, the plan is to offer walkers two distance options—approximately 6 or 12 miles; both options will Start and Finish at Telford Town Park and both will be supported by detailed maps and directions. We will provide the necessary marshalling, way markers and water stations and cover all administrative requirements including permissions, health and safety and liability insurance."



Ironbridge and Severn Gorge Lions have been continuous supporters of carers in Telford over many years, with gifts in kind and donations, and we would love our carers to get involved in this fun event!

See all information about the event on the Lions website [www.ironbridgelions.org.uk](http://www.ironbridgelions.org.uk)

## Welcome changes to End of Life Care

Denise Jackson of the Carers Partnership Board attended a Shropshire and Telford Hospital End of Life Care (EOLC) workshop in May in a personal capacity as a carer, but she also put forward ideas with regard to carers and former carers. Other participants included representatives from T&W Healthwatch, SaTH nurses and Shropshire Healthwatch. SaTH is updating the definition of “end of life” to be seen as the final 12 months of a patients’ life (rather than being a patient’s last days or at most weeks), and they are identifying people in this period to help them plan for their needs.



It was widely recognised by participants in the workshop that many unpaid carers are closely involved in the end-of-life care of the person they are caring for and are often involved in planning and decisions around their end-of-life care. Denise pointed out that for many carers, the caring journey ends with the cared-for person passing away, and also that former carers can often find that their support network has disappeared or been seriously weakened during their time as a carer and they can be left with little support as they reach the final stages of their own lives. Older couples who have been providing mutual care for each other are one example of where this situation can arise.

Points raised and discussed included:

- To remember the importance of understanding that people who are dying are simultaneously also very much still *living their lives* and this needs to be respected and not overlooked.
- People in care homes need support and guidance around EOLC, just as much as people who are in their own home
- There is some confusion between the ReSPECT (Recommended Summary Plan for Emergency Treatment and Care) form and other emergency plans in use in local hospitals. The differences need to be clarified and communicated.
- It was stressed by several attendees that as far as informal care was concerned, the needs of non-traditional families (who may not have partners, adult children etc available to participate in their care) need to be taken into consideration.
- If a person does not have close family at home to support them, this does not necessarily mean that they cannot die at home, should that be their wish. An NHS attendee said that health professionals will do everything possible to enable a person to go home/remain at home for their final days if that is their wish, and will put appropriate support services and equipment in place in the patient’s home if at all possible.
- Another hospital representative mentioned that when people do have to spend their final days in hospital, guidelines can be altered to make them as comfortable as possible. For example, pets to be allowed in under the Pet Passport scheme, using own bed linen, plants around etc.
- It was agreed by all that End of Life Care needs to be arranged at a much earlier stage than tends to happen currently, so that plans can be put in place, rather than it coming down to “crisis management”.

The workshop took place around the time of **Dying Matters Week**—see more information on their website here: <https://www.dyingmatters.org/>



## Do you need some advice and support about coping post-Covid?

The unexpected loss of our normal routines and usual support mechanisms, has resulted in feelings of uncertainty, anxiety and loss of control for many people.

**Phyl Edmunds, Advanced Grief Recovery Specialist**, recognizes that the pandemic has resulted in multiple loss and grief worldwide.

In these circumstances, we often turn to our old and learned ideas to deal with these feelings. For example, overeating and increased alcohol consumption. Keeping busy is a coping mechanism too. However, this can be harmful as often we have busy lives anyway. Therefore, increasing our 'busyness' to distract us from our feelings can sometimes lead to exhaustion, resulting in physical and emotional illness.

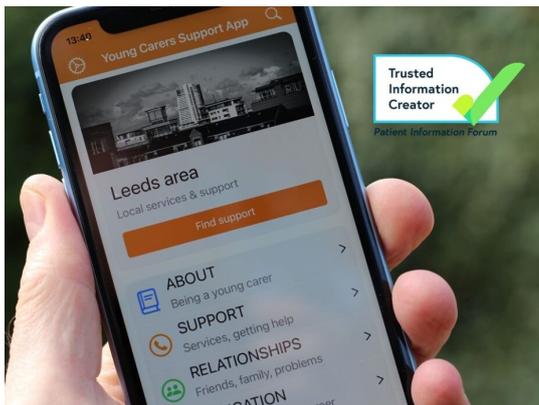
Phyl advises to think about grief as a garden full of weeds. You can keep cutting down the weeds, which will create short-term relief – short-term because the weeds will grow back. Or you can pull the weeds out of the ground and eliminate the problem altogether.

**The Grief Recovery Method, the only evidence-based grief programme globally that gives people the tools and skills to learn how to move beyond death, divorce and other losses is available locally and now online.**

**If you or anyone you know, needs support with any type of loss and grief, call Phyl on 01952 255952 to arrange a free consultation. Or go to [www.griefuk.org/phyl](http://www.griefuk.org/phyl) to access articles and request a free e-guide to Living Through Lockdown.**



## Useful new App for Young Carers . . .



We all know that caring can impact on a young person's health, social life, education and self confidence. The pandemic has added more challenges. A recent survey from Carers Trust highlights the impact the pandemic has had on young carers mental health. 69% of young carers and young adult carers reported feeling less connected to others, with up to 78% saying they are feeling more anxious about the future.

The West Yorkshire and Harrogate Health and Care Partnership have worked with Expert Self Care Ltd, to launch a **Young Carers Support App which is FREE and available to download on both Android and ISO.** The App bears the Patient Information Forum 'PIF Tick', the only UK quality mark

for trustworthy health information.

The app offers clear and easily accessible advice and is a comprehensive resource not just for young carers but also for any professional working with young carers and young people.

**Why not download now!**

## Brand new logo especially for young adult carers

Telford Young Adult Carers (aged 16-24) have been working alongside the creative media group at Telford College to design a logo that raises their profile as a special group within the All Age Carers Centre.

Young adult carers have a variety of different issues and interests as they transition from young to adult carer – including more emphasis on further/higher education and employment, independence from caring, and activities (through our Inbetweeners social group) to suit their age range.

**We all love the logo—a big thanks to Telford College for their brilliant new design!**



## Feature—My Caring Life by a Caring Wife

On Monday 18 May 2020 our family life was turned upside down. My husband of 33 years was blue-lighted into the Royal Shrewsbury Hospital with loss of feeling in his legs (later found to be the result of a blood clot in his back) and which resulted in a total of 7 operations, the removal of his left leg and the fear throughout at many critical stages, that he would not survive—all experienced within the heart-breaking restrictions of Covid hospital rules. On 4 July he was discharged under my full-time care.

Although I had been an informal carer to my parents, being a carer for my disabled husband is so very different, especially as I still work full-time and help support my children and grandchildren too.

I am fortunate in having a job in the care sector which means I fully understand the health and social care 'system'—and this has been such a blessing. As a first stop, I was quickly able to link myself into the Telford and Wrekin All Age Carers Centre and find out what was available to me that I could access as a carer. For me, the biggest hurdle has been able to get respite especially through lockdown. My husband does now have a Direct Payment which means we get some limited support at home which we are both grateful for. But my ability to get a break from my caring role has been limited and it's only now that I find that I can start to plan short breaks for some 'me time'.



Recently I took myself off to visit Blists Hill Museum—a place I'd been to a few times - but this time I had free entry with a Carer's Pass from the Carers Centre. I felt it was an experience just for me and although some thoughts centred around the care of my husband, in the main I was able to step outside my caring role and give myself some self care.

I'm a person who never sits still so relaxing doesn't come naturally to me. I find creative arts helps me a lot. I bought some lovely caster-plast plaques at the museum so I could paint them for family and friends. I also make lots of cakes too! I find these types of activities very therapeutic. For me, it's better than a massage! But having 'me time' is different for every carer.

Walking and gardening is something else I've taken up during lockdown and walking around Blist's Hill was so rewarding and refreshing. I did get some strange looks when I went on the Merry-Go-Round on my own, but hey ho—why not?! It was fun and you're never too old!

I went into Forest Glen and had a peppermint tea and hot sausage roll!

I sat in the sunshine and just watched the world go by—it was definitely time for me.

I was away from my caring role for a few hours, but it was long enough for me to recharge, reflect and remember how far our family have come - life is not perfect, but it doesn't have to be wonderful to be lived enjoyably. I was born on a Friday ('Friday's child is loving and giving') and I am a giver . . . but sometimes I need to think of just me. My advice both as a professional in the care sector and a carer myself is never give up, get up, take stock and definitely take time for YOU as a carer as it's different to any other role you've ever had. I have a brand new motto which is 'Life Goes On' and I'm going to try and live my life as fully as I'm able.

*Editors Note: Thank you Julie for such an honest and reflective piece. For all our carers, please remember we are here to help—don't hesitate to call us if you need our support.*



## Get your walking shoes on!



Lots of carers have asked about regular walks and with the Roadmap allowing and summer in full swing, now's the time to get some comfortable shoes on, pack a light raincoat and get going!



You don't need any special equipment and with the variety of free walks on offer, you will be able to choose a walk at a time to suit you. Each walk is run by qualified volunteer walk leader, normally 2 walk leaders per walk however smaller walks may only have 1. Each walk leader has completed a training course from Walking for Health and will make you very welcome.

Within the Five Ways to Wellbeing, walking fits many of the areas such as connecting with others, being active and noticing and learning about new places.

**For lots more information, see the website here:**

<https://walkingforhealthtelfordandwrekin.org.uk>

## Would you like to be a Volunteer Community Champion?

Community Champions are proactive volunteers who take an interest in the health and wellbeing of others, with a specific focus on sharing health messages related to Covid-19.

As a Community Champion, you will receive regular updates from Telford and Wrekin Council that we would like you to share with family, friends, colleagues and your community using a communication channel you feel comfortable with. This could be email, telephone, social media, recorded messages or other communication tools.



The messages you share will benefit all, however there will be a focus on people shown to be most at risk from Coronavirus (Covid-19) including those from an ethnic minority background, disabled people and others to encouraging them to follow safe behaviours and reduce the impact of the virus on themselves and those around them.

### **Time commitment:**

- as and when required—typically on average 1 hour per week would be helpful. The role should fit into daily routine.

### **Training:**

- Telford and Wrekin Council provide initial online training and additional training to improve knowledge and understanding

### **Support and supervision:**

- The council can provide regular sessions via Microsoft Teams for you to receive the most recent updates/guidance, an opportunity to speak with those leading on the pandemic and to provide any feedback
- Informal conversations as and when
- Hayley Scott from Telford and Wrekin CVS can provide extra support if needed

**If you are interested, please contact Hayley on 01952 240209 or email [h.scott@telfordcarers.org.uk](mailto:h.scott@telfordcarers.org.uk) for more information.**

## Help for employed carers . . .

CarersUK has put together a series of videos on the topic of flexible working, including how to communicate with employers about this important topic. Here's a link to the webpage with the videos:

<https://www.carersuk.org/help-and-advice/flexible-working-films>



## Easter activities a great success!

Young Carers received a goody-bag full of treats delivered to their door for Easter, as well as a fire safety quiz competition from Shropshire Fire and Rescue Prevention Team.

All the team have appreciated the Fire Service support as a lot of our young carers had been isolated at home during the various lockdowns. We feel it's good to give them something during these tough times and with Christmas being a long way in the distance!

Shropshire Fire and Rescue said "We had 21 responses and 21 winners for our quiz!! Young Carers is a wonderful organisation to be involved with as it gave us the opportunity to brighten someone's Easter as well as help them engage with important fire safety information."

Our team member Lucie said "we deliver these goodie bags each year, but without the help of the fire service we wouldn't have been able to get to as many carers due to Covid-19 and a big thank you to them for their brilliant quiz too".



## Innovative online non-contact boxing and mindfulness for young carers!

### Mindful Peak

**Performance** delivers weekly online groups for young carers that combine non-contact boxing training and mindfulness. Delivered by experienced mindfulness teachers and pro boxing instructors, the



innovative sessions are tailored specifically for young carers, are accessible for all ages and abilities and are designed to enhance physical and mental wellbeing in a dynamic and fun way!

Lead Instructor Luke Doherty trained as an elite rugby player and was capped for England under 18s. After discovering mindfulness he managed one of the most established mindfulness centres in the UK. He has devised and delivered bespoke mindfulness programmes for elite athletes, corporate organisations and grassroots community projects.

Funded by Barnardos, the Department of Education, Mayor of London and the National Lottery you can be sure that these sessions adhere to rigorous safeguarding measures informed by the UK Council for Internet Safety, NSPCC, London Youth and Net Aware.

**How to get involved: Parents or one of our Young Carers team members can register young carers using the link below. Mindful Peak Performance then email a password-protected Zoom link for the weekly group which carers can drop in to as often as you want. Parents can participate too!**

[www.mindfulpeakperformance.com/register-young-carer](http://www.mindfulpeakperformance.com/register-young-carer)

## Give us your voice on your life during the pandemic . . .

We have all been living through an extraordinary and exceptional period of our lives, and we feel it is crucial that we find out as much as we can about how it's been for our carers in Telford during this time as we look to the future. Giving your views, feelings and thoughts will help us support you as we move forward in planning both local and national policy and requirements and resources for our service. We would be very grateful if you could complete this survey—it will only take 5 minutes. Thank you very much indeed for your time.

<https://carerstelford.surveyparrot.com/s/Coronavirus-Impact-on-Carers/tt-92827b>



## Blue Badge Holders—FREE Parking

If you are a holder of a blue registered disabled badge there are designated spaces at various locations around the hospital sites.

From 1 November 2020 parking for holders of registered disabled badges is free. To take advantage of the free parking you should report to the Car Park Attendants who will register your vehicle details on their system – please show them your blue badge as evidence of your eligibility.

If you attend when there are no Car Park Attendants on site please contact either the Car Park Attendants via the Switchboard on **01743 261000** or the Trust Car Park Department on **01743 261416** on the next working day with your registration number and Blue Badge details. You will be entitled to

## Young Person Grant 2021 launched!

Telford and Wrekin Council have launched the Leader and Cabinet Members' Young Person Grant, aimed at 15-25 year old residents of Telford and Wrekin!

The grant aims to support those looking to further their education, employment, or training, whether that's by buying new textbooks, undertaking a skills-based course, or investing in a smart interview outfit, the grant is here to help.



**Online applications are now open! Find out more at <https://bit.ly/2TUsXCY> and the application deadline is 23 July at 5pm.**

## Chatterbox—tackling loneliness one call at a time . . .



The Chatterbox Action Against Loneliness Programme Is a national volunteer phone befriending service with it's main contact in Shrewsbury. It provides a solution to those who would benefit from having someone to talk to, someone willing to listen, someone neutral, but someone who understands that life is not always easy. Chatterbox is flexible and aimed at anyone who feels they might benefit, including those who:

- have a caregiving role
- are adapting to life after caring
- suffer with ill health or disability
- are recently bereaved, or are waiting to attend Omega-facilitated bereavement sessions
- suffer from social isolation or are at risk of becoming socially isolated
- are waiting to receive counselling, or have completed counselling sessions and need extra ongoing support
- have been released from hospital and need help to adjust to living independently again
- are lonely and/or frail
- need help to live independently for the first time

The service is free and people may self-refer or through the Carers Centre, and can be up to a period of 26 weeks, or longer if deemed necessary. People will be matched with a trained, volunteer befriender who will make a weekly phone call throughout the duration of the programme to offer a listening ear, and to talk about anything you want. Chatterbox also offers help with finding any services, information, or social groups that you may need or are interested in. Chatterbox also runs a pen-pal service! The programme is completely confidential.

**If you are interested in being referred, please call our Wellbeing Checkpoint team on 01952 240209 or call direct on 01743 245088 or email [chatterbox@omega.uk.net](mailto:chatterbox@omega.uk.net)**

## New Integrated Care System Shropshire and Telford & Wrekin



From 1 April, Shropshire and Telford and Wrekin became one of 13 national Integrated Care Systems, providing a joined up approach to planning and providing local health and care services across the county. This will replace the Shropshire, Telford & Wrekin Sustainability and Transformation Partnership (STP).

Integrated care systems bring together hospitals, community and mental health trusts, GPs and other primary care services with local authorities and other care providers across the whole area. This approach enables more effective use of resources, leading to higher quality, more efficient and effective services.

Chair of the ICS Shadow Board, Sir Neil McKay said: "This is a really important milestone in our journey to provide a collective approach to health and care services across the county of Shropshire . . . joining up hospital and community-based services, physical and mental health, and health and social care."

For more information link here:

**To find out more about what integrated care systems are please watch these videos from NHS England and NHS Improvement:**

**Integrated Care:** <https://www.england.nhs.uk/integratedcare/>

**Strong Integrated Care Systems Everywhere:** <https://www.youtube.com/watch?v=mz4FFE2y8PM>

## Telford in the lead nationally with Community Diagnostic Health Hub

Shropshire, Telford and Wrekin has been selected as one of the first places in the country to launch a community diagnostic health hub providing not just diagnostic scans but other vital services as well.

These health hubs will offer a number of diagnostic tests at the same time—making it much easier and quicker for people to get tested and provide faster results, meaning treatments can happen sooner and lives can be saved. There is already a clear picture of what people can expect to see and will include

- Imaging (CT, MRI, Ultrasound, X-ray etc)
- Physiological measurement (ECG, ECHO, FeNO, lung function tests etc)
- Pathology (phlebotomy, Point of Care Testing, simple biopsies, urine testing etc.)
- Endoscopy

With a site in Hadley/Hortonwood and an on site pod at the Royal Shrewsbury Hospital in the near future, a further 3 hubs are also planned across the county (Shrewsbury, North Shropshire, South Shropshire) in due course.

We want to hear from local people about what services they would like to be provided at the hubs. This insight will help us to improve how life-saving tests are delivered in our area.

A programme of engagement is underway to understand what our communities want to see from their diagnostic services. You can find the survey here:

<https://stwics.org.uk/community-diagnostic-hub-survey>



## Amazing Wildlife Group blossoming in Edmond . . .

The Edmond Wildlife Group has been going from strength to strength with a jump from 44 members to 99 members in the space of 3 months. The group is open to all aged families and is self supporting with kind donations, membership fees and grants.

They had their first **Biodiversity Day on the 12th June** where members could dip into activities together for the first time. There were Open Gardens from two of the committee members who are heavily into biodiversity and nature—and a BBQ. A long day for some! This included:

**Dawn Chorus Walk** (28 birds identified!); **Small Mammal Survey** (Bank and Field Voles, Wood Mouse, and a more unusual Pygmy Shrew and what is believed to be a Yellow Necked Mouse identified); **Guided Bird Walk** (highlights including Cuckoo, Skylarks and 4 Lapwings); **Moth Identifying** (Hawk Moths and Sexton Beetle—82 species identified); **Wildflower Walk** and **Bat Walk**. Everyone who has taken part has had a fantastic time out and about around Edmond and the input from members has been incredible.

If you live in or around Edmond and are interested in joining the group please visit their website for all information at <https://www.edmondwildlife.com>

Or their Facebook page at <https://www.facebook.com/groups/2723522991238446>

**Or if you are interested in biodiversity and wildlife, why not start a group in your own area with like-minded friends?**



**Brilliant wildlife spotting for all the family with Edmond Wildlife Group**



Telford Centre  
**Rotary**



presents  
 the

**GREAT TELFORD**  
**1st July**  
**RUN**  
**31st July**

sponsored by



Telford Plaza

The Great Telford Run is open to runners and walkers of all ages. You can choose to take part in one or more of the events. The events include 5k and 10k walks and runs and a special T50 (80k) challenge event that can be completed in stages.

All proceeds raised fund charities that work to support the people of Telford

Entry Donation Required



seaton sports



[www.facebook.com/TelfordCentreRotary](https://www.facebook.com/TelfordCentreRotary)  
[www.rotary-ribi.org/clubs/homepage](http://www.rotary-ribi.org/clubs/homepage)



**Registration now open**

See website for full details on how to enter



**PARKINSON'S UK**  
 Telford and Wrekin Support Group  
 Our group offers friendship and support locally to people with Parkinson's, their families and carers, contact us to find out more.

**TEL福德 CRISIS SUPPORT**

**Climbing Out!**  
 Thinking in order to people taking life changing steps.

**YMCA**  
 Child Sexual Exploitation Services Support Project  
 For more information visit [www.ymca.org.uk](http://www.ymca.org.uk)



Community Partner  
 Our Community, Our School  
**HADLEY LEARNING COMMUNITY**



You have a **MUCH** greater chance of winning with our Telford and Wrekin local lottery!

Why not swap from your usual National Lottery ticket for a period of time—and Telford and Wrekin All Age Carers will benefit!

We receive 60p out of every pound you spend on tickets to help us support carers in Telford communities.

And you could win **£25,000!**



Support local good causes

Win up to **£25,000!**

Young Carer 5-18? If you haven't joined Mind of My Own yet why not read all about it below and get signed up now! If you want to chat about signing up just contact Lucie, Ashu or Karen on 07878 457141 or on their emails [lucie.roberjot@telfordcarers.org.uk](mailto:lucie.roberjot@telfordcarers.org.uk), [ashu.sepla@telfordcarers.org.uk](mailto:ashu.sepla@telfordcarers.org.uk), [karen.corden@telfordcarers.org.uk](mailto:karen.corden@telfordcarers.org.uk)



telford and wrekin

**YOUNG CARERS**  
and Mind of My Own



01952 240209  
[info@telfordandwrekinyoungcarers.org.uk](mailto:info@telfordandwrekinyoungcarers.org.uk)  
<https://www.telfordcarers.org.uk>  
<https://www.facebook.com/telfordcarers>

### Share good news

If you're feeling happy or have done well at something, let someone know

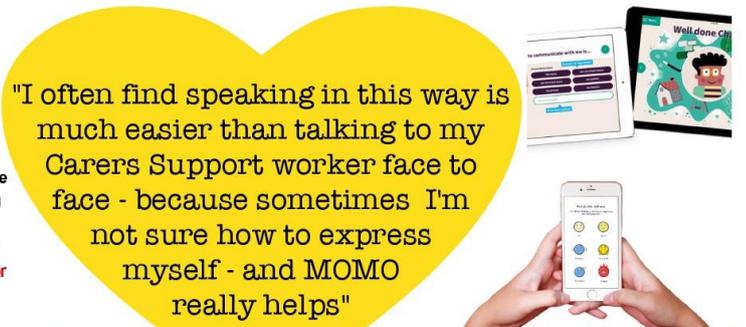
It can be used to **share something good** which has happened inbetween meet-ups and your Carer Support worker can **respond and celebrate with you!**



### Sort a problem

Say how you want things to be different. If you're unhappy about something, share your thoughts.

Young carers can alert someone to a problem in their lives. You can contact your Carer Support worker, and **they will listen and help you find solutions or act for you.**



"I often find speaking in this way is much easier than talking to my Carers Support worker face to face - because sometimes I'm not sure how to express myself - and MOMO really helps"

### How did the meet-up go?

How did the meet-up or telephone chat you had with your Carer Support worker go?

Why not talk about it now while it's fresh in your mind.

Give your Carer Support worker some feedback about the meetup or chat you had together - whether you felt it was helpful or how it might be better in the future



### It can be so easy!

Using picture/statement emojis to express how you're feeling at any time is so easy and gives you lots of alternatives to choose from. Mix and match your picture choices with your own written thoughts, to express what you want to say.

When young carers are listened to, it helps them build confidence to cope with any worries about their life and their caring role - the One App can give them a voice.

Here's how you join:

1. Go into the Mind of My Own web page at:

<https://www.mindofmyown.org.uk/our-apps/for-young-people>

and download the One App (Mind of My Own) from Google Play or the App Store if you want it on your (and/or your parents) phone or tablet.

2. Watch the explanatory videos and explore the website - read all about it!

3. Join up to Mind of My Own by creating your own account with your email and date of birth.

4. You'll be asked what area you live in - say Telford; and you'll be asked to pick an organisation in that area - pick Telford IASS & Carers Centre.

5. And you're in! Now all you have to do is send your first Statement or Message using the really fun picture icons to guide you. And wait to hear from us.



Mind of My Own is ISO27001 Information Security Accredited

# TEA TIME

*Telford & Wrekin Affordable Warmth News*



## Get ahead of the curve this summer

*and learn how to better support those struggling with cold homes in Telford & Wrekin*

This spring the UK has experienced the wettest and coolest May since 1967 so it's not surprising that residents have still been feeling the cold.

In this edition, we'll explore ways to prepare for the winter in good time so householders are ready for those frosty mornings. Whether it's switching tariffs or accessing funding for insulation - we can help.

## Get in touch



0800 677 1952



[advice@mea.org.uk](mailto:advice@mea.org.uk)



[@TelfordEnergyAdvice](https://www.facebook.com/TelfordEnergyAdvice)

There's plenty you can do in the coming months to make this winter the cosiest yet

### EARLY BIRD CHECKLIST:

-  **Compare energy tariffs**  
to save money on bills
-  **Register interest in the Warm Home Discount**  
those on certain benefits or with health conditions are **eligible**
-  **Sign up to the Priority Services Register**  
**extra support** from suppliers for vulnerable householders
-  **Check that insulation is sufficient**  
funding is available for new or additional insulation

## BEAM Sessions for Parents/Carers—July and August

<b>Mental Health &amp; Emotional well-being in children &amp; young people.</b>	We will cover: <ul style="list-style-type: none"> <li>• Effective communication.</li> <li>• Empathy V Sympathy.</li> <li>• Overview of common emotional well-being topics such as anxiety, depression, self-harm, suicidal ideation and</li> </ul>	Wednesday 7 <sup>th</sup> July 2021  12pm – 1.30pm	<b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a>
<b>Sleepy Heads.</b>  2 session workshop around sleep & common issues.  <i>It is advisable to attend both sessions.</i>	Session 1: <ul style="list-style-type: none"> <li>• Sleep stages.</li> <li>• Sleep hygiene.</li> <li>• Bedtime routines.</li> </ul>	Wednesday 21st July 2021  12pm-1.30pm	<b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a>
	Session 2: <ul style="list-style-type: none"> <li>• Tackling common issues around sleep including:</li> <li>• Prolonged night-time awakenings.</li> <li>• Bedtime refusal &amp; resistance.</li> <li>• Teen sleep.</li> </ul>	Wednesday 4th August 2021  12pm-1.30pm	<b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a>
<b>Managing anxious behaviours in young people.</b>	We will cover: <ul style="list-style-type: none"> <li>• What anxiety is.</li> <li>• Science of anxiety.</li> <li>• How to support.</li> </ul>	Wednesday 18th August 2021  12pm – 1.30pm	<b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a>

**There is no need to book—just click into the link at the session time.**

**Should you have any queries please do get in touch via [shropshirebeam@childrenssociety.org.uk](mailto:shropshirebeam@childrenssociety.org.uk).**

### Help with Moving Up to secondary school from BEAM . . .

Moving up from Primary to Secondary school is very exciting, but can be a bit worrying for some young people, and especially for young carers who wonder how the changes will effect their caring role and how they will cope with issues such as more homework and getting used to all the other changes it will bring.

Here's a link to a really useful booklet from BEAM to help cope with the transition. Remember, the Young Carers team are here to help if you need support in any way—just give us a ring, drop us an email, or if you have MindOfMyOwn then use the app to contact us.

And remember, everyone in Year 7 is in the same boat—feeling new, feeling unsure— you'll all be settling in and growing in confidence together!

<https://www.telfordcarers.org.uk/news-and-links>



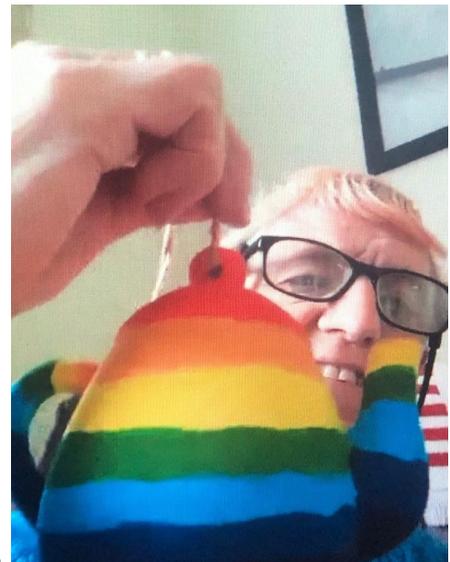
## Adult Carers Spring Memories and Summer Activities

Our **Adult Carers Wellbeing Group** were busy over the Spring, with various activities:

In March, guest speaker **Bally Kaur, Psychology Wellbeing Practitioner from IAPT**, attended as part of the **Adult Mindful Month** to talk about CBT therapies and practices. It was a really informative session enjoyed by all. Further info at <https://twiapt.mpft.nhs.uk>



For Easter we promoted outdoor wellbeing with a craft session, decorating **Teapot Bird Feeders**. Our carers loved the session and the feeders were a lovely decoration for their gardens.



We had a lot of fun earlier in June, during Carers Week, exploring **Mocktail Making** delivering packs to carers who wished to take part, and had a celebration toast to our friendly and enjoyable online community, established while in lockdown!

So how are we moving forward into **Summer . . .**

We are very excited that we may be able to hold our first face-to-face get-together with a **Picnic in the Park! The date is set provisionally for Wednesday 19 August and be around 12 noon.** This plan depends on various conditions which include:

- Limited numbers
- Dry day—we are not putting an indoor option in place so could be cancelled on the day
- Continuation of the current lockdown rules or better
- Bring your own picnic

**For all queries regarding this and our continuing online meet-ups please get in touch with Danielle at [danielle.stanko@telfordcarers.org.uk](mailto:danielle.stanko@telfordcarers.org.uk) or call on 01952 916077/240209**

## Landau funded Project— Older People Living and Giving

Telford and Wrekin CVS and Senior Citizens Forum came together recently to provide the project 'Older People Living the Best Life' funded by Landau.

The project was designed to support family carers and members of the Forum, over the age of 50, to be included in a variety of ways.

The main feature of the project was the ability to participate in a Creative Arts Programme providing new artistic skills and building social networks along the way.

We are very grateful to Landau for this opportunity to support our carers.

## Healthwatch Survey—Do you have a disability and use Telford taxi services?

Healthwatch have launched a survey exploring taxi services in Telford and Wrekin. They have recently received feedback regarding people's views and experiences of using local taxi services, and are keen to explore what is working well and what requires improvements.

This is a very short survey which can be completed in minutes and Healthwatch would be grateful if you would answer a few questions.

<https://www.healthwatchtelfordandwrekin.co.uk/2021-05-06/do-you-have-a-disability-and-or-sight-impairment-and-regularly-use-taxi-services>

## Have you decided it's time to 'get online'?

The past year under lockdown has changed so many things. For those of us who use computers and the internet being able to utilise everything it has to offer in terms of communicating with others, information gathering and every type of shopping has been literally a life-saver.

At the Carers Centre, while working remotely in our homes, we were unable to provide our usual face-to-face support in terms of Wellbeing Groups and 1-1 support, and our communication pathways have been limited, with most usual postal items being replaced with electronic versions sent by email.

We are very aware that many of our carers may, at the very minimum, have access to an email address, but do not utilise the internet as a workhorse in other ways!

Now may be the time to get some basic training under your belt and see the wealth of wonderful things the internet can do for you, not least to help you in your caring role.

Or if not IT, then it's a good time to enrol on something else you're really interested in!

See the links below for a whole variety of learning in Telford and Wrekin.

[Home - Learn Telford](#) - the learning hub for Telford

[WEA National homepage | WEA](#) - Over 1000 courses—not just Information Technology!

[Newsletter - \(twseniors.org.uk\)](#) - Senior Citizens Forum are offer IT support for older people.



## University of Wolverhampton Artfest Events

**Thu 8<sup>th</sup> July 5pm**

**HoPIN Webinar: Contrasts in Print**

Artsfest Online is pleased to present 'Contrasts in Print', presentations by Dr Caroline Archer (Michel Bouchaud (1902-65): Ritz: trente typogrammes) and Dr John Hinks (Sir Francis Seymour Haden (1818-1910) and the British etching revival). Book for FREE: <https://contrastsinprint.eventbrite.co.uk>

**Thu 15<sup>th</sup> July 7pm**

**The Festival of Britain: Black Country Traces**

Artsfest Online and the Black Country Studies Centre are pleased to present a series of events commemorating the 70 years anniversary of the Festival and its impact in the Black Country. Book for FREE: <https://festivalofbritainblackcountrytraces.eventbrite.co.uk>

**Thu 22<sup>nd</sup> July 7pm**

**The Festival of Britain in the Black Country**

Book for FREE: <https://festivalofbritainintheblackcountry.eventbrite.co.uk>

**Thu 5<sup>th</sup> Aug 7pm**

**Opened by Herb: Wolverhampton's Festival Market Hall**

Book for FREE: <https://festivalofbritainmarkethall.eventbrite.co.uk>



# Join your Singing for the Brain group

We're a local singing group for people with dementia. Come and join us to sing and have fun in a relaxed environment.



## Our group meets online

27<sup>th</sup> July 2021 at 2:30pm

If you want to find out more about our group please speak to:

**Name** Siobhan David, Community Engagement Lead

**Phone number** 07903 175997

**Email** [community.telford@homeinstead.co.uk](mailto:community.telford@homeinstead.co.uk)

With special thanks to  
The Utley Foundation  
for their contribution  
to the expansion of  
Singing for the Brain

**UF**  
THE UTLEY  
FOUNDATION



an initiative by



## Young Carers Chocolate-y Easter!



We collected and delivered dozens of Easter Wellbeing Packs for Young Carers—to their doorstep!



**A huge THANK YOU to SAINSBURYS, BUSH UK AND MORRISONS FOR THEIR BRILLIANT EASTER EGG DONATIONS FOR YOUNG CARERS**



## Project 94 . . . “Can you hear me”

It is World Suicide Prevention Day on the 10<sup>th</sup> of September 2021.

On the 11<sup>th</sup> September the local suicide prevention action group are organising an event from 11- 4 to raise awareness of local and national support services .

Did you know that 94 men a week complete suicide ? the visual representation of this truly startling fact will be 94 pairs of shoes around Southwater square.

The event will also feature street art , face painting , physical and creative activities and hopefully music. Please add your support to this important campaign by joining us on the day , and if you would like to become further involved please contact [lyn.stepanian@telford.gov.uk](mailto:lyn.stepanian@telford.gov.uk)



## Young Carers Summer

Our Summer Programme this year is virtual events once again—and we will be continuing with online support for the near future.

However, we have got some great online sessions over the summer! And we kick off with two exciting familiarization visits for a limited number of young carers to our new Carers Centre in the Town Centre– Hazledine House! In due course we’ll be holding all our Youth Clubs here!

21/07 5pm - 6.30pm	<b>Primary Carers visit to Hazledine House</b> <b>Places limited—book now</b>
28/07 5pm - 6.30pm	<b>Secondary Carers visit to Hazledine House</b> <b>Places limited—book now</b>
04/08 10.30-12.00pm 01.00-02.30pm	<b>Primary Creative Arts Session</b> <b>Secondary Creative Arts Session</b>
11/08 10.30-12.00pm 01.00-02.30pm	<b>Primary Smash Life Session</b> <b>Secondary Smash Life Session</b>
18/08 10.30-12.00pm 01.00-02.30pm	<b>Primary Creative Art Session</b> <b>Secondary Creative Arts Session</b>
25/08 10.30-12.00pm 01.00-02.30pm	<b>Primary Mindful Boxing Session</b> <b>Secondary Mindful Boxing Session</b>
01/09 10.30-12.00pm 01.00-02.30pm	

Call Ashu on [ashu.sepla@telfordcarers.org.uk](mailto:ashu.sepla@telfordcarers.org.uk) or Karen on [karen.corden@telfordcarers.org.uk](mailto:karen.corden@telfordcarers.org.uk) or call us on our mobile to book places.

**07878 457141**

**STOP PRESS . STOP PRESS . STOP PRESS . STOP PRESS**

**A NEW ONLINE BOOKING SYSTEM FOR BLOOD TESTS IS BEING LAUNCHED FROM 19 JULY.**

**YOU WILL BE ABLE TO SELF BOOK AT [www.sath.nhs.uk/bloodtests](http://www.sath.nhs.uk/bloodtests)**

**See our Facebook pages for more information shortly.**



**The Shrewsbury and Telford Hospital**  
NHS Trust