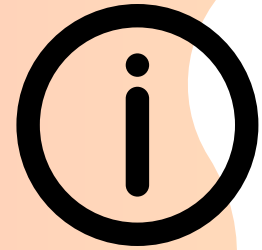




TELFORD AND WREKIN ALL AGED CARERS CENTRE
Supporting Unpaid Family Carers



ADULT CARERS NEWSLETTER

*Carers news, updates
and information*

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

We support adult carers to improve their quality of life and feel more confident in their caring role. Support is tailored to individual needs, circumstances and preferences

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



Contents of this season's issue:

Meet the Team.....	2
What We've Been Up To.....	3
Carers Views.....	5
Dates For Your Diary.....	6
Upcoming Events.....	8
Save the Dates.....	9
Spotlight On Shawbirch.....	11
Useful Contacts.....	12

 Call us: 01952 240209

 E-mail: admin@telfordcarers.org.uk

 telfordcarers.org.uk

 facebook.com/telfordcarers





MEET THE TEAM!



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

Nadine Buchanan



Family Resilience
Worker

Jade Meredith



Family Resilience
Worker

Sam Vickers



Family Resilience
Worker

Lorna Troon



Creative Activities
Assistant

Esmee Cooke



All Age Carers Centre
Team Leader

Gemma Naylor



Carer's Views
Assistant

Abbie Guest



Community Link
Worker

Congrats!



After nearly 20 years as our brilliant Wellbeing Checkpoint Officer, Linda Boddison, has shared her wisdom, warmth and steady presence with us all, shaping this place and so many of us in it. She's trained, supported and inspired with kindness and calm, always a voice of reason and a true wealth of knowledge. We'll miss her dearly and wish her all the joy and relaxation in this next chapter – she's more than earned it!

WHAT WE'VE BEEN UP TO...

Carers Week was a fantastic chance to celebrate everything carers do. We enjoyed peaceful moments in our yoga and relaxation session, and had great days out at Sunnycroft and the RAF Museum Midlands. Our regular groups have been full of creativity too, with pot painting, quilling and even a visit from Shropshire Fire and Rescue!

A big thank you to everyone who joined in!

Quilling at the ILC Group



Shropshire Fire & Rescue visits the Hadley Group



Our very own Jade Meredith has climbed Kilimanjaro for Mens Mental Health! Please show some support for this amazing accomplishment where you can [Donate Here](#)

Plant Pot Painting



Citizens Advice visits the Newport Group

WHAT WE'VE BEEN UP TO...

Carers Week 2025

Sunnycroft Trip



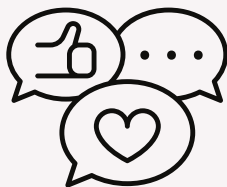
RAF Museum Midlands

Yoga & Relaxation Session



Wellbeing Walk

CARERS VIEWS

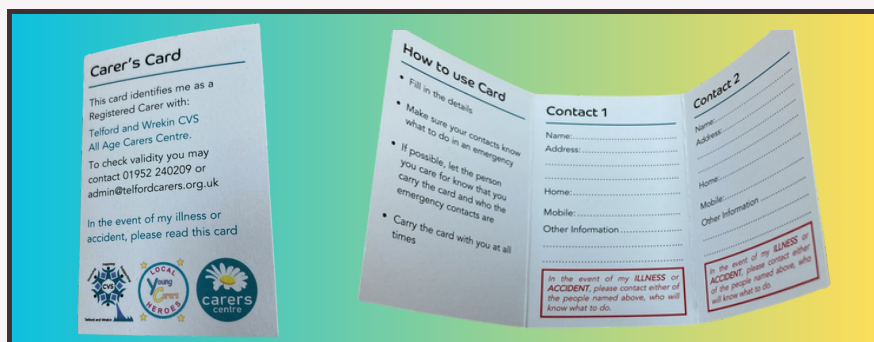
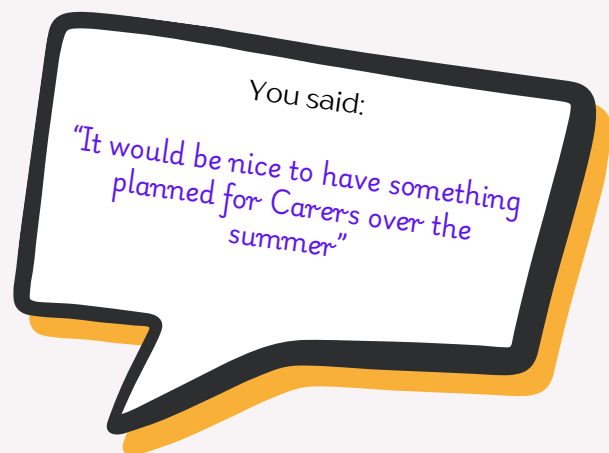


We care, because you care!

Did you know?

When you register with us at the All Age Carers Centre you can receive one of our Carers Cards. This card identifies you as a Carer registered with our service and has space for you to fill in information that you may want people to know should you ever find yourself in an emergency situation. If you don't have one of our cards and would like one they can be collected at any of our community hubs or at our main office in Hazeldine House.

This card cannot be used to prove Carer Status locally or nationally to gain discounts or perks.



Carers Cards

As mentioned above our Carers Card cannot be used to gain discounts or perks. There are other Carers cards available online which do offer these things. These cards often come with an initial or ongoing charge but do offer things which may be of interest to you. Below are the links to two places that offer Carers Cards:

<https://www.nationalcarerscard.org.uk>
<https://www.carerscarduk.co.uk>

These links are for information only, we at the All Age Carers Centre do not promote or advise on particular cards available online.

**Share
your
Thoughts**

We are always keen to hear from Unpaid carers in Telford and Wrekin and value your feedback and comments.

There are several ways you can do this;
 email: admin@telfordcarers.org.uk, call 01952 240209 or fill out the feedback form using the QR code or the link below
<https://forms.office.com/e/3McUxBQxcq>

*thank
★ you ★*

The All Age Carers Centre Service



DATES FOR YOUR DIARY! 2025

Hadley

Hadley Community Centre, 30 High Street, Hadley,

TF1 5NL

10.00-12.00PM

Thursday 14th August 2025

Thursday 11th September 2025

Thursday 9th October 2025

Thursday 13th November 2025

To book your place, please contact

Lorna 01952 240209

lorna.troon@tandwcvcs.org.uk

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

Inbetweeners Group

This is our dedicated group for carers aged 16-25. We have some really exciting events coming up over the next few months! Keep an eye out for when they're advertised

Monday 1st September: Sound & Soul Art Workshop

Wednesday 17th September

Wednesday 15th October

Wednesday 19th November

Wednesday 18th December

For more information- please contact us on 01952 240209

admin@telfordcarers.org.uk



The Maples

Randlay Avenue, Randlay, Telford,

TF3 2LH

10.30-12.30PM

Tuesday 5th August 2025

Tuesday 2nd September 2025

Tuesday 7th October 2025

Tuesday 4th November 2025

To book your place, please contact

Jade 01952 240209

jade.meredith@tandwcvcs.org.uk

Newport

Newport Baptist Church,

Water Lane, Newport, TF10 7LD

10.30-12.30PM

Thursday 28th August 2025

Thursday 25th September 2025

Thursday 23rd October 2025

Thursday 27th November 2025

To book your place, please contact

Jade 01952 240209

jade.meredith@tandwcvcs.org.uk

DATES FOR YOUR DIARY... CONTINUED

2025 

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

Shawburch

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

2:00-3:30PM

Wednesday 20th August 2025
Wednesday 17th September 2025
Wednesday 15th October 2025
Wednesday 19th November 2025
To book your place please contact
Lorna 01952 240209
lorna.troon@tandwcvcs.org.uk

Last chance for CVS Swap Shop!

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

For more information- please contact us on
01952 240209

admin@telfordcarers.org.uk

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

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

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

Every Friday

10:30-12:30pm

or

1.30-3.30 on last Friday of every month

Carer and cared for welcome to attend this session!

Newport

Newport Baptist Church,
Water Lane,
Newport, TF10 7LD

10.30-12.30PM

Thursday 28th August 2025
Thursday 25th September 2025
Thursday 23rd October 2025
Thursday 27th November 2025
To book your place, please contact

Jade 01952 240209

jade.meredith@tandwcvcs.org.uk

UPCOMING EVENTS



Share your thoughts on
good and fair employment within Telford
and Wrekin so we can work towards
better opportunities for all.

We believe everyone in Telford and Wrekin deserves good, fair employment.
If you're seeking work or feel limited by your current job, share your insights
with us to help shape better opportunities in the borough

Scan QR code to read more and share your thoughts
Your responses are completely anonymous and will only be
used to collectively inform change

This survey is being managed by Telford Employer Group
working with members of the Telford Community Sector –
supported by Lloyds Bank Foundation

For further information email
telford@lbfwcommunities.org.uk

Or to read more about our work go to
<https://www.lloydsbankfoundation.org.uk/communities/people-and-communities/telford-and-wrekin>

Survey deadline 30th September



TELFORD AUTISM HUB & ADULT CARERS
SUMMER DAY TRIP PRESENTS:
Our Summer Day Trip To:
Stratford Upon Avon
Date: 20-08-2025
Price: £10 per person upon booking for transport costs.

If you wish to attend a...

SOLD OUT

Getting active can be difficult, but we're here to help. With Ramblers WELLBEING WALKS, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. Building on the experience and success of the Walking for Health scheme, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs.

Ramblers WELLBEING WALKS have something for everyone!

Why Walk?
Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

How you can get involved
Ramblers WELLBEING WALKS – Telford & Wrekin is your local scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is register online at <https://www.ramblers.org.uk/walking/walks-sign-up>, then you're free to take part in as many walks as you like, as often as you like. If this is difficult, just come along to the start point of one of our walks. If you want to know more before you start, just get in touch.

RAMBLERS WELLBEING WALKS
Telford and Wrekin
(Formerly Walking for Health - Telford & Wrekin)

Walks programme 2025/26
www.walkingforhealthtelfordandwrekin.org.uk

Supported by:

WYNN FOUNDATION **Telford & Wrekin Co-operative Council**

For all walking enquiries please contact:
Andrew Williams, Tel: 01827 501845, or
e-mail: andrew.williams@telfordandwrekin.co.uk

Ramblers WELLBEING WALKS – Telford & Wrekin is 100% run by volunteers. To ensure the highest standards and use of best practice when running walks, we are affiliated to the national Ramblers Wellbeing Walks scheme.

Telford & Wrekin Co-operative Council

Move to Thrive
Activity for people with dementia and their carers

Move to Thrive

Movement To Music sessions especially for people with dementia and their carers

Led by a qualified instructor, with social time and refreshments before and after each session.

Every Tuesday 10.45am - 12noon
Every Thursday 1.30 - 2.45pm

**At Oakengates Rest Rooms, Charlton Street,
Oakengates TF2 6BS**

Just £5 per person with dementia per session (carers free)
Booking per session essential – as a referral or self-referral

Need support to get to these sessions?
Contact us to find out about our 'Buddy System' provided by trained support workers.

Bespoke activity sessions are also available:

- For people with dementia and their carers in their home, who cannot access group sessions
- For people with a diagnosis of early onset dementia

To book a place or find out more contact
enquiries@community-resource.org.uk or call 01743 360641

MONDAY
Legomery Walk
Every Monday starting 10:00am
LEGOMERY, TF1 6NA
Grade: 1 (15mins - 1hr) - 2 (2 walks)
Meet at the Postbox by the Community Centre, Legomery

Apley Castle Park Walk
Every Monday starting 2:00pm
APLEY CASTLE PARK, TF1 6NA
Grade: 2
Meet at the Postbox by the Community Centre, Legomery

TUESDAY
ASDA Donnington Wood Walk
Every Tuesday starting 10:30am
ASDA DONNINGTON WOOD, TF2 7XK
Grade: 2 (90 mins) & 3 (2 walks)
Meet in the overflow car park beyond the petrol station at ASDA Donnington Wood

ASDA Donnington Wood Walk
Every Tuesday starting 2:00pm
ASDA DONNINGTON WOOD, TF2 7XK
Routes to Renewal Grade: 1 & 2
Meet in the overflow car park beyond the petrol station at ASDA Donnington Wood

Horsehay & Lawley Walk
Every Tuesday starting 2:00pm
HORSEHAY, TF4 3BT
Grade: 3
Meet at Horsehay Golf Club

WEDNESDAY
Coalbrookdale Walk
Every Wednesday starting 10:15am
COALBROOKDALE, TF8 7DX
Grade: 3
"1st & 3rd WEDNESDAYS OF THE MONTH ONLY"
Meet at the Community Centre, Darby Rd, Coalbrookdale

Admaston Walk
Every Wednesday starting 10:00am
ADMASTON, TF5 0BN
Grade: 1/2 - 60 mins but very easy
Meet at Admaston House car park, Wellington Road, Admaston

Hollinswood & Randley Walk
Last Wednesday starting 10:30am
HOLLINSWOOD, TF3 2DN
Grade: 3 (60 mins)
"LAST WEDNESDAY OF THE MONTH ONLY"
Meet at Hollinswood Pavilion

Wellington Walk
Every Wednesday starting 2:00pm
WELLINGTON, TF3 1LK
Grade: 1, 2 & 3 (3 walks)
Meet outside Wellington Leisure Centre

THURSDAY
St Georges Walk
Every Thursday starting 10:30am
ST GEORGES, TF2 8LU
Grade: 3
Meet at the car park behind the cricket club. (go down to the end of the lane by the church.)

Madeley Walk
Every Thursday starting 11:00am
THE AMTICE, TF3 9BD
Grade: 2
Start at the Amstice, finish at the nearby Wellbeing Madeley Community Café

Dawley Walk
Every 3rd Thursday starting 1:30pm
DANLEY, TF4 3NU
Grade: 2
"3rd THURSDAY OF THE MONTH ONLY"
Meet at Holy Trinity Church Car Park

Lilleshall Walk
Every Thursday starting 6:00pm
LILleshall, TF10 9EJ
Grade: 3
Meet in The Last Inn car park

FRIDAY
Shawbirch Walk
Every Friday starting 10:15am
SHAWBIRCH, TF5 0LW
Grade: 1 (45 mins) & 2
Meet at The Woodcock car park

Please arrive 10-15 mins before start times
Wheelchair and pushchair friendly
Grade 1: Very few or no gradients. Easy terrain. 15 - 30 mins.
Grade 2: Possible but few gradients, steps or uneven ground. 30 - 60 mins.
Grade 3: Definite or likely gradients, steps & uneven ground. Brisk walk. 60 - 90 mins.

For more information contact us at:
info@walkingforhealthtelfordandwrekin.org.uk
or
phone 07512 123995
To check the latest details on available walks, please visit our website at:
www.ramblers.org.uk/gps/walking/walking-walks
or
atw@ramblers.wellbeing-walks.telford-wrekin

RAMBLERS WELLBEING WALKS
Telford and Wrekin

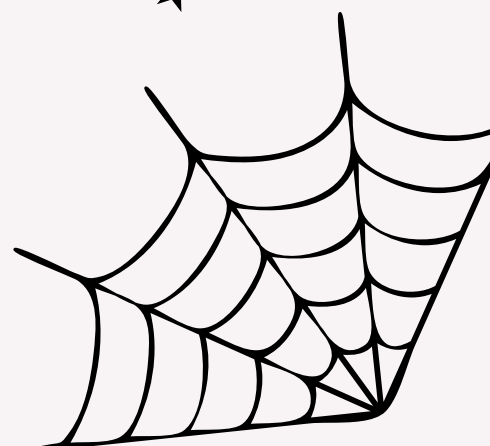
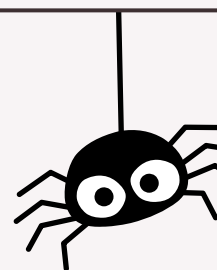
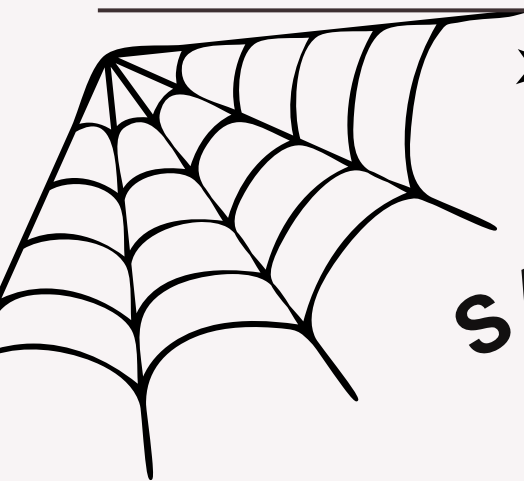
SAVE THE DATE

★ CHARITY DAY ★

2025

October 25th

Keep an eye out
for more details on
what we have
planned!



SAVE THE DATE

CARERS RIGHTS DAY

NOVEMBER 20TH



Spotlight on...

Shawb Birch Carers Group

Not everyone likes going to the doctors BUT our wonderful carers from around the Shawb Birch area are not like everyone else. You are our community superheroes!



You go above and beyond to care for those you love, so coming together for a little while to chat and get a little respite is something you truly deserve! We are a very welcoming and chatty group where you will come as strangers but leave as friends.

Come along and meet other carers in your local community. Share hints and tips as well as get support and information from The Carers Centre. We occasionally welcome guest speakers for a short talk on various subjects such as Fire safety, Legal services, Citizens Advice and all subjects are relevant to those with caring responsibilities.



3rd Wednesday of each month 2.00pm – 3.30pm
Room 16, Shawb Birch Medical Centre, Brandon Avenue, TF5 0DU

USEFUL CONTACTS

Personal Details

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

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



Main Telford and Wrekin CVS number: 01952 916035

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

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

Telford and Wrekin CVS Email: admin@tandwcv s.org.uk

All Age Carers Centre number: 01952 240209

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

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

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

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

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

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

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

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

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

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

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

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

Telford Mind: 01952 588367

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

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

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

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