



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
Inbetweeners.....	5
Carers Views.....	6
Carers Groups.....	7
Livewell Hubs.....	8
Upcoming Events.....	9
Spotlight On	12
Useful Contacts.....	14

 Call us: 01952 240209

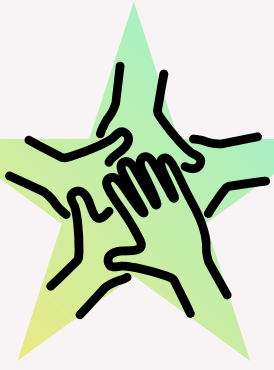
 E-mail: admin@telfordcarers.org.uk

 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

Andrea Harrison



Community Link
Worker

Sam Vickers



Family Resilience
Worker

Lorna Troon



Creative Activities
Assistant

Anna Bliss



Community Link
Worker

Esmee Cooke



All Age Carers Centre
Manager

Gemma Naylor



Carer's Views
Assistant

Abbie Guest



Community Link
Worker



Jade Meredith

Good luck in your new job

After 7 years of working as a family resilience worker here at Telford and Wrekin CVS, we have said a sad farewell to Jade.

We wish you all the best in your new job! You will be greatly missed by all the staff and carers. Thank you for your care and dedication to the service.

WHAT WE'VE BEEN UP TO...



Facilitating our Carers Groups



Organising trips and events

Supporting Carers on the phone and via email

Having a staff member onsite at the PRH every Tuesday to support Unpaid Carers

Giving information advice and guidance at the Live Well Hubs



Registering new Carers and making onward referrals if needed

Attending community events to raise awareness of the All Age Carers Centre

Updating all GP noticeboards in Telford and Wrekin

Representatives on the Ageing well, Carers Partnership and LD Partnership Boards



Building community relationships



WHAT WE'VE BEEN UP TO...

We had a lovely, fun-filled day at Kingswood Trust. We stroked the animals, enjoyed the fresh air, and went on a wonderful nature sensory walk. It was fascinating exploring the history of the site, looking at the old buildings and even the air raid shelters. We also got creative with some crafts while enjoying hot drinks and delicious cakes. A big thank you to Kingswood Trust for such a memorable day!



🎄 Thank You for an Amazing Christmas Wrap Week at Telford Centre 🎄
 🎁 A huge thank you to everyone who supported us during Christmas Wrap Week at Telford Centre. We truly couldn't have done it without the incredible help from:

🌟 Nova Training

🌟 Reconomy Connect

🌟 TWCVS staff

🌟 TWCVS volunteers

🌟 Telford Centre staff

🌟 Trustees

🌟 Friends and family

🌟 Lovell Homes



Your time, energy, and support made a real difference. We're so grateful and excited to use the proceeds to support our beneficiaries in 2026. 💙

🎁 Thank you all for being part of this amazing effort!



Our Inbetweeners group is for young adult carers aged 16–25, offering a space to meet others in a similar situation and take part in social activities together.

Sessions are usually held at Telford & Wrekin CVS, although we sometimes meet at external venues depending on the planned activity.

We're now on Instagram!

@inbetweeners_carers

Give us a follow to stay updated with all the latest news and events.



We had a great afternoon out at the panto in December

ESCAPE ROOM

Gather your team and test your wits in an immersive, adrenaline-pumping adventure.

WEDNESDAY 11TH MARCH
TIME TO BE CONFIRMED

£5 CONTRIBUTION TO BOOK

BOOK YOUR ESCAPE NOW!

Upcoming dates:

Wednesday 11 March 2026

Thursday 16 April 2026

Wednesday 20 May 2026

For more information, please contact us on

01952 240209 or email

admin@telfordcarers.org.uk

Have your say on what activities you want to do!

Fill out our [Inbetweeners Survey](#)

CARERS VIEWS



We care, because you care!

Did you know?

At the Carers Centre we are working hard to build established relationships with all GP surgeries in Telford and Wrekin. We have recently been out to 21 GP surgeries, updating our Carers Centre noticeboards which have information about our service and are visible in waiting areas.

As part of our work with GP surgeries we are identifying Carer Champions within the practices. A Carer Champion can:

- Be a first point of contact for information distribution
- Someone to promote what is available for Carers
- Refer carers to the Carers Centre
- Share Carers news in the workplace, perhaps on a website/newsletter/notice board
- A central point for receiving carer-related information.
- Support Carers in the practice

It has been wonderful to know that many GP practices within the borough already have designated Carer Champions in place and we look forward to working with them to support Unpaid Carers.

If you would like to know who the Carer Champion is at your local surgery this may be displayed at the practice or on their website. Alternatively you can ask at the reception next time you are there and I'm sure they would be happy to provide that information.

*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>



The All Age Carers Centre Service



*thank
★ you ★*

OUR CARERS GROUPS



THE INDEPENDENT LIVING CENTRE

3A HAZELDINE HOUSE,
TELFORD TOWN CENTRE,
TELFORD, TF3 4JL



CARERS ACTIVITIES

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+
You are welcome to bring the person you are caring for to this session too
Sessions are free and all materials are supplied

**EVERY FRIDAY
BETWEEN
10.30 - 12.30**

Come and join us
Enjoy some "time out" with a coffee and sweet treat
Meet other carers, you are not alone!
Feel more connected
Share information and get tips
The option to join in with activities such as arts & crafts, walks, wellbeing activities, board games

For more information please call
01952 240209
Please be aware of car parking charges



Contact us:-
01952 240209
admin@telfordcarers.org.uk
www.telfordcarers.org.uk



Hadley Carers Wellbeing Group

Dates For Your Diary 2026

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+
Come along for a chat, share information and experiences and discover what there is across your community to help you feel more connected!
The group will be held on the 2nd Thursday of every month 10.00- 12.00pm

Venue:-
Hadley Community Centre
30 High Street
Hadley
TF1 5NL

For more information please call us on 01952 240209 or email admin@telfordcarers.org.uk
For latest updates follow our page: <https://www.facebook.com/telfordcarerscentre/>












Shawburch Carers Wellbeing Group

Dates For Your Diary 2026

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+
Come along for a chat, share information and experiences and discover what there is across your community to help you feel more connected!
The group will be held on the Third Wednesday of every month 2.00-3.30pm

Venue:-
Shawburch Medical Centre
Brandon Road
Admaston
TF5 0DU

For more information please call us on 01952 240209 or email admin@telfordcarers.org.uk
For latest updates follow our page: <https://www.facebook.com/telfordcarerscentre/>












Newport Carers Wellbeing Group

Dates For Your Diary 2026

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+
Come along for a chat, share information and experiences and discover what there is across your community to help you feel more connected!
The group will be held on the 4th Thursday of every month (December being the exception) 10.30- 12.30

Venue:-
Newport Baptist Church
Water Lane,
Newport,
TF10 7LD

For more information please call us on 01952 240209 or email admin@telfordcarers.org.uk
For latest updates follow our page: <https://www.facebook.com/telfordcarerscentre/>












LIVEWELL HUBS

Everyone welcome!

LIVE WELL COMMUNITY HUB
Madeley / Sutton Hill / Woodside

Come and talk to:

- The Healthy Lifestyles Team who also offer blood pressure checks
- The Independent Living Centre
- Telford and Wrekin CVS
- Citizens Advice
- Telford MIND
- Telford & Wrekin Council's Digital Support who can help you navigate and access online services on your device
- Lingen Davies Cancer Support
- Family Hubs
- plus other guest services

Madeley Community Library, The Anstice TF7 5BB
4th Wednesday of every month, 10am to 12noon

JAN 28	FEB 25	MAR 25	APR 22	MAY 27	JUN 24
JUL 22	AUG 26	SEP 23	OCT 28	NOV 25	

Hub on the Hill, Sutton Hill TF7 4HG
2nd Wednesday of every other month, 10am to 12noon

JAN 14	MAR 11	MAY 13	JUL 8	SEP 9	NOV 11
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The Park Lane Centre, Woodside TF7 5QZ
2nd Wednesday of every other month, 10am to 12noon

FEB 11	APR 8	JUN 10	AUG 12	OCT 14	DEC 9
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For more information email charlotte@madeleytowncouncil.gov.uk

The Live Well Community Hubs are a welcoming space to find out more about the support, activities and services available locally to help you stay well and connected. Whether you're looking for practical advice, social opportunities, wellbeing support, or simply want to see what's happening in your community, you're encouraged to drop in and have a conversation.

Staff from the All Age Carers Centre and other Telford & Wrekin CVS projects will pop in from time to time, alongside partner organisations, so it's a useful opportunity to ask questions, make connections and learn more about what's available across Telford and Wrekin.

Everyone is welcome.

Everyone welcome!

LIVE WELL COMMUNITY HUB
DONNINGINGTON

Come and talk to us about:

- Healthy lifestyles advice and checks
- Caring, SEND and additional needs
- Support to help you use your devices
- Adult social care and independent living
- Wellbeing
- Cancer awareness
- Family Hubs - support signposting and workshops for families
- Feeling isolated, anxious, or dealing with a long-term condition
- Advice and support for people serving in the Armed Forces and Veterans

1st Friday of every month, Donnington Community Hub, TF2 7PR 9.30-11.30am

DEC 5	JAN 9	FEB 6
MAR 6	APR 10	MAY 1
JUN 5	JUL 3	AUG 7
SEP 4	OCT 2	NOV 6

3rd Tuesday of every month, Silver Threads Hall, TF2 8AD 3.30-5.45pm

DEC 16	JAN 20	FEB 17
MAR 17	APR 21	MAY 19
JUN 16	JUL 21	AUG 18
SEP 15	OCT 20	NOV 17

For more information email alan.watkins@thesilverthreadshall.org.uk

Hi!

LIVE WELL COMMUNITY HUB
WELLINGTON

Everyone welcome! Come in for a chat and a cuppa

Drop in to speak with a range of services offering FREE advice and information to support your health and wellbeing.

Come and talk to us about:

- Healthy lifestyle advice—blood pressure checks
- Caring, SEND and additional needs
- Help with using your phone, tablet or laptop
- Adult social care and independent living
- Wellbeing
- Cancer awareness
- Money Matters – benefits, debt and housing
- Family Hubs – support, signposting and workshops for families

2nd and 4th Thursday of every month, Wellington Library 10am to 12noon

Dates

NOV 13 and 27	DEC 11	JAN 8 and 22	FEB 12 and 26	MAR 12 and 26
APR 9 and 23	MAY 14 and 28	JUN 11 and 25	JUL 9 and 23	AUG 13 and 27

UPCOMING COMMUNITY EVENTS



Healthy Minds, Healthy Bodies

STARTING IN JANUARY 2026

Drop into the Community Space in St Leonard's Church,
Alma Avenue, Malinslee, TF4 2DU

**every Wednesday morning from 21 January 2026,
10:45am to 11:45am**

for a free hot / cold drink and snack, plus friendly conversations
with others

There will be people there to talk to about your health, wellbeing
and social care needs, such as the local vicar, Wrekin Housing
Group, Telford Mind, Citizens Advice, the Healthy Lifestyles Team
and more

**For more details call 01952 416370 or email
jo@telfordchurch.co.uk**



MALINSLEE MOVERS

A fun exercise class that uses basic movements to improve
balance, core strength and fitness, with Becky Young.

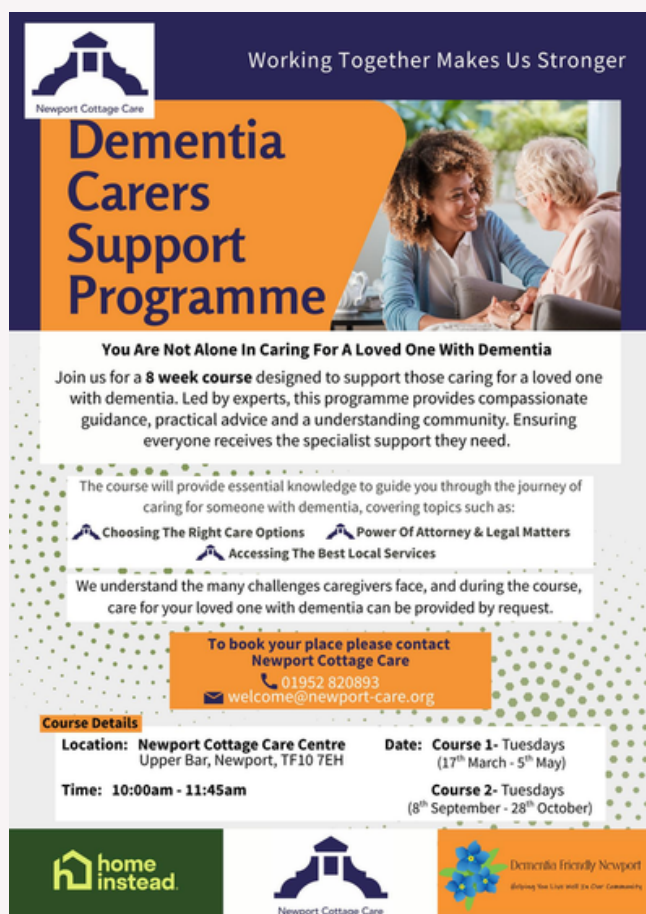
In the Community Space in St Leonard's Church,
Alma Avenue,
Malinslee,
TF4 2DU

every Wednesday morning from 10 – 10.45am

Just £3 per session

All welcome. Suitable for all ages and abilities.
No booking required.

FOR MORE DETAILS CALL: 01952 416370



Newport Cottage Care

Working Together Makes Us Stronger

Dementia Carers Support Programme

You Are Not Alone In Caring For A Loved One With Dementia

Join us for a **8 week course** designed to support those caring for a loved one with dementia. Led by experts, this programme provides compassionate guidance, practical advice and a understanding community. Ensuring everyone receives the specialist support they need.

The course will provide essential knowledge to guide you through the journey of caring for someone with dementia, covering topics such as:

- Choosing The Right Care Options
- Power Of Attorney & Legal Matters
- Accessing The Best Local Services

We understand the many challenges caregivers face, and during the course, care for your loved one with dementia can be provided by request.

**To book your place please contact
Newport Cottage Care
01952 820893
welcome@newport-care.org**

Course Details

Location: Newport Cottage Care Centre
Upper Bar, Newport, TF10 7EH

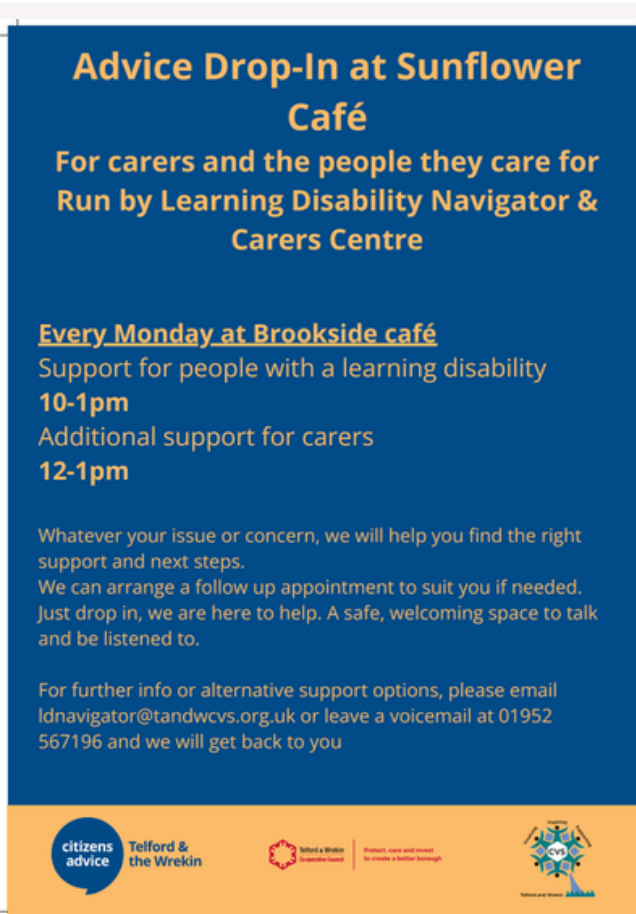
Date: **Course 1-** Tuesdays
(17th March - 5th May)
Course 2- Tuesdays
(8th September - 28th October)

Time: 10:00am - 11:45am

home instead

Newport Cottage Care

Dementia Friendly Newport
Delivering The Care With The Care Community



Advice Drop-In at Sunflower Café

**For carers and the people they care for
Run by Learning Disability Navigator &
Carers Centre**

Every Monday at Brookside café

Support for people with a learning disability
10-1pm
Additional support for carers
12-1pm

Whatever your issue or concern, we will help you find the right support and next steps.
We can arrange a follow up appointment to suit you if needed.
Just drop in, we are here to help. A safe, welcoming space to talk and be listened to.

For further info or alternative support options, please email
ldnavigator@tandwcvs.org.uk or leave a voicemail at 01952 567196 and we will get back to you

citizens advice Telford & the Wrekin

Telford & Wrekin
Improving Lives

**Protect, care and defend
to create a better borough**

Telford and Wrekin
Council

JOIN US

To give more Carers the chance to attend we have revised the date for the Kingswood Trust trip- see details below!



Adult Carers Trip

in collaboration with Kingswood Trust

Join Us

Carers and those that they care for, are warmly invited to join us to the beautiful Kingswood Trust which is nestled within nine acres of wonderful woodland and green space.

KINGSWOOD TRUST

Thursday 2nd April

10.00 – 1.00pm

What to expect:

- Free transport from The International Centre Layby
- Free entry
- Free soft archery
- Free cake & hot drink
- Free Woodland walk
- Free indoor & outdoor games
- Free craft activities
- Free animal encounters



Contact us:

Limited spaces available to book a place please call 01952 240209 or email admin@telfordcarers.org.uk





EXCITING NEWS

Activity for All

A project funded by Sport England in Partnership with SNAC providing a range of physical activities for Adults living with a Learning disability in Telford and Wrekin



Telford & Wrekin
Cooperative Council

Protect, care and invest
to create a better borough



Activity for All

*Bespoke activities for adults aged 18+ living with
a learning disability in Telford*

Starting 1 April 2026

- »»» Instructor-led gym sessions in Stirchley
- »»» Footgolf in Horsehay
- »»» Yoga in Sutton Hill
- »»» Gymnastics in Wellington
- »»» Cycling in Telford Town Park
- »»» Multisports and outdoor pursuits in Wellington
- »»» Swimming in Newport
- »»» Dancing in Randlay
- »»» Movement To Music in Wellington
- »»» Ten Pin Bowling in central Telford
- »»» Basketball in Stirchley
- »»» Dry slope tubing in Madeley
- »»» Bowls, Boxing and New Age Kurling in Sutton Hill



Find out more



To book a place from 16 March 2026 onwards, and for full details including cost and venue please call 01952 567960 (answerphone in operation)
or email enquiries@harpc.org.uk

www.healthytelford.com/activity-for-all

Spotlight on...

Volunteering at CVS



Meet Jack Vaughan



My name is Jack Vaughan, I am 20 years old, and I have Autism which makes me special and smart when working and accomplishing things, My interests for future jobs include working for TV and radio, ever since I was young I always wanted to be an actor, so I took performing arts classes in school, and also took part in many school performances usually as a narrator.

After I left school, I attended Derwen College Telford where unfortunately they didn't have performing arts classes, but they did provide job placements that helped improve my future dreams and changed my focus on what to do in the future.

Since I started at Derwen College Telford as a supported intern, I have been able to land myself job placements at multiple locations, including as a helper at the local Library, a teaching assistant at one of my old schools, a supported intern at Telford and Wrekin CVS, and currently am presenting two shows a week on Newport based community radio station Nova FM,

And I am able to achieve these jobs with the help of the teachers and job coaches I work with including Amy, Charlotte and Nia.

When I was at school, I discovered a club there that allowed young students to play music during lunchtimes and breaktimes, I decided to join that club as I felt like a special person introducing songs, and keeping people entertained.

It was because of this club that allowed me to get a job at an actual radio station, doing what I had done at the school, playing music and entertaining young students with some big names in music.

I am quite good on a range of different skills including teamwork skills, communication skills, time management, multitasking and listening skills, Observation skills are also quite handy especially if something seems off or if there's a typo or spelling mistake that hasn't been corrected or sorted.





Meet Jack Vaughan



When I work as a T.A for my old School I mainly help students with any issues they may have including word pronunciations and spelling.

At the library, my co-worker Carol works with me to check books in and out, put labels on books, print stuff off for customers to receive as well as calling people and telling them about books waiting to be collected or returned, and while i'm at CVS, i'm busy helping my fellow colleagues with important tasks, jobs and providing assistance and advice to those who need it.

As for Nova FM, I am currently on air from 4:00 PM–6:00 PM every Thursday and Friday with 2 hours of music to accompany the drive home from work for many people. Nova FM is available online and can be listened by visiting www.novafm.co.uk, requests are also often accepted on the show with an email address for all these requests, Studio@novafm.co.uk.

In short, I've come a long way from being a smart kid with Autism to a hard worker with 4 busy jobs throughout the week, My intention is to keep working hard and to make my friends and family feel proud of me.

And always remember this saying about Autism, Autism means I miss what others catch and I catch what others miss, which ties in to my communication skills where I spot stuff not most people would spot first glance.
That is what makes me a special person.

Volunteer With Us

Volunteering is a great way to give your time to something that matters to you. At Telford and Wrekin All Age Carers Service, our volunteers make a real difference to carers of all ages. Whether you're with us for a short while or longer, your time and support mean the world.

Many of our volunteers have built lasting friendships and gained valuable experience along the way.

If you would be interested in Volunteering or know someone who would then please do get in touch



Call us: 01952 240209



E-mail: admin@telfordcarers.org.uk

*We appreciate
all that you do*

USEFUL CONTACTS

Personal Details

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

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

Main Telford and Wrekin CVS number: 01952 916035

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

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

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

All Age Carers Centre number: 01952 240209

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

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

Inbetweeners Carers: [instagram inbetweeners_carers](https://www.instagram.com/inbetweeners_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/help-to-claim/>
or 0800 144 8 444.