



summer 2019 | telfordcarers.org.uk

caring matters

For family carers in Telford and Wrekin



**Join us to
celebrate
Carers Week
10-16 June**



CARERS WEEK SPECIAL EDITION



FULL CARERS WEEK PROGRAMME LISTINGS

A CARERS JOURNEY . NEWS

01952 240209

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Welcome!



Welcome to this 'special' edition of the Caring Matters magazine.

This issue is mostly about Carers Week - the national seven day celebration of family carers and everything they do. We think our carers in Telford & Wrekin are especially amazing - we're very biased! We hope you enjoy reading Gary's Story (just one carer's special journey) alongside our usual programme information and news. This year the national theme is Getting Carers Connected in their Communities - so please look over the programme pages and come and take part. We've got all sorts happening over the week. It's all for - and about - you! And if you can't make it during Carers Week, why not try and attend one of our activities over the summer as a taster - a wellbeing massage session or a walk perhaps - something to make you feel refreshed and more relaxed. And put the dates of special events happening during the summer months (on the back page) in your diary too.

Enjoy your summer - we'll return to the usual larger edition at the end of August, full of news and programme information for the autumn. In the mean time, don't forget we're here to help with any caring matters if you need us.

Laura Thorogood
All Age Carers Centre Manager



Five ways to wellbeing Telford

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

- **Connect** with other carers and come to one of our groups, attend an event, treat yourself to a wellbeing massage.
- **Keep Active** and join us on one of our friendly walks and -
- **Take Notice** enjoy everything the outdoors has to offer
- **Keep Learning** new skills through activities and training courses
- **Give** by volunteering with us! Your experience as a carer can be so useful to other carers. Or find out where you can help in other ways in your local community.

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



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

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

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**Telford & Wrekin
CVS**
Involving, Inspiring, Supporting



Gary's Story

Being a family carer can start early in life and continue for a long period of time. Family Carer Resilience Workers at the Carers Centre often have a supporting relationship with a carer for many years, following them through childhood, adolescence and into adulthood. Gary is one of those carers who we have been privileged to watch grow up through his carers

As a young carer for his older sister, who has a long term illness, he remembers joining the Young Carers Service at 10 years old – soon after the service began in Telford. "I was going through a difficult time" Gary told us "I wasn't in a completely happy place as I didn't understand about being a young carer – I didn't really know there were other young carers like me".

The young carers ethos was, and still is, to give lots of information and guidance, and also to provide interesting and fun respite experiences for carers, improving their wellbeing and building resilience. Gary says "I really enjoyed everything about the Young Carers – for the first time I got lots of advice about how to cope as a carer, but most of all I realised I wasn't alone – that there were lots of other children, just like me, who cared for someone- and the Young Carers Youth Club and all the holiday activities meant I could go out, have some fun and make new friends".



As time went on, the Young Carers Service initiated a group to support young adult carers who would have to leave the service when they reached 18 – helping them transition to the Adult Carers Service. Gary was keen to join the group, and at 24 is still an active member! "We do the most amazing things together that suit our age group – like meals, cinema and trips out – I feel I've made some wonderful friends for life".

Gary's involvement with the Young Carers hasn't just stopped with being a user of the service. As soon as he was old enough he began volunteering. "I wanted to give something back for everything the Young Carers have done for me" he told us. Every week he attends Youth Club (and during the holidays) to help with the group activities. In 2017 and 2018 we were very proud that Gary was recognised as a special volunteer and carer – not only did he help us achieve our Queens Award for Voluntary Service but also won individual recognition in the Clinical Commissioning Group's "Care with Confidence" Awards.



Gary feels that having continuous support and friendship from both professionals and peers has been so important in his life. He told us "Without the Carers Service I would have been lost – they have had such a big positive influence on me". We're pleased and privileged to have been there with you on your carers journey Gary!

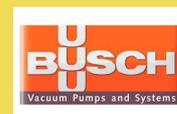
Great Dawley Town Council give generously to our carers

We are so grateful to Dawley for their contribution to activities for our young carers. We are currently holding one of our regular Youth Clubs once a month in a Dawley venue – and the council have so kindly contributed funds for us to provide group sessions with Karate, The Animal Man and Caris Arts & Crafts – ending the summer term with a Disco in July – cool! We're also very excited about Inspirational duo, Smash Life, visiting Youth Club to give life mentoring to our young carers in June. Thank you Dawley for all your wonderful support to the carers of Telford.



Fun quiz night with Busch UK!

Busch UK have nominated the Carers Centre as a company charity this year. Members of the carers team attended a fun Quiz Night in April to support their fundraising efforts – a great evening was had by all! And £129.50 was raised for the benefit of carers in Telford & Wrekin. Thank you so much Busch!



Carers Week programme . . .

This year the Carers Week theme is Getting Carers Connected. In Telford we're celebrating as usual with lots of (mostly free) activities for all age carers. Have a great week and come and get connected! Remember this is a celebration of YOU as a family carer - highlighting everything you do, on a local and national level - so why not take part and enjoy yourself!

Adult Carers Activities

Put your name down ASAP for any of the following activities as many have limited places available

Afternoon Tea

Hosted by Sainsburys. Especially for carers during Carers Week - those of you who have experienced their hospitality before will know how enjoyable this always is!

(Places allocated by draw Mon 3 June)

Sunday 9 June

Sainsburys, Forge Retail Park
4.30-6.30pm

Chester

Explore wherever you want and make the most of what Chester has to offer - shopping in The Rows, Chester Cathedral, a walk along the City Walls or cruising down the river - and lots more.

(Places allocated by draw Mon 3 June)

Monday 10 June

Leaving from Telford
International Centre Layby
(St Quentins Gate)
at 9.30am
Back in Telford 5.35pm

Quiz and Fish & Chip Supper

Always great fun, with a Fish & Chip supper at half time, our annual Quiz has become a highlight of Carers Week!

(Places allocated by draw Mon 3 June)

Thursday 13 June

By 7.10pm for 7.30pm start
Royal British Legion Club,
Dawley

Come as a team of 6 max or singly/couple and join a team

Pre-quiz, an opportunity for a short introduction to our new Younifi initiative - thank you!

Call 01952 240209 to add your name to the draw/s

Carers Age 12+ and Adults Curry Night

Our kind friends at Newport Rotary Lite have organised a free of charge hot buffet at **The Masala** in Newport.

Priority given to those carers with TF10 postcode

(Remainder of places allocated by draw on Mon 3 June)

Own transport required/Raffle/
Non-Alcoholic drinks provided

Monday 10 June

6-8pm

Call 01952 240209 to book

Employment Brunch

Do you want advice about employment? Telford Talent, Job Box and the National Careers Centre are coming to chat - about employment advice and training opportunities in the area.

Tuesday 11 June

The Wellbeing Cafe,
High Street, Madeley
10am-12.30pm

The first 15 attendees will be offered a free bacon sandwich - all attendees will have free drinks.

Call Lucie on

01952 262064/240209

16+ Inbetweeners Group:

We know you love going out for meals together so we've organised an

Italian Evening

We'll spend the evening designing and baking our own personal pizzas! And playing some great games!

If you've not been before come along!

All newcomers will get a very warm welcome!

Tuesday 11 June

The Wellbeing Cafe,
High Street, Madeley
5-7pm

Call Lucie on

01952 262064/240209

Leisure Day at the White House Hotel, Wellington

Take advantage of all the White House has to offer, relax and re-energise - Pool, Jacuzzi, Gym, Sauna etc

**Special Discounted fee for family carers of £5 pp
Between 10am-3pm
Thursday 13 June**

Call 01952 240209 to book

Welcome to The Farmstead

Everything about this new residential care setting is impressive! Wonderful facilities include a cinema, a coffee shop and hair/therapy salon. As collaborative partners, alongside Supreme Homecare, the Carers Centre will be 'sharing the space' for wellbeing coffee afternoons in due course.

Come and enjoy this special introduction for Carers Week

If chosen from the draw, you will have the opportunity to take advantage of free hand massage, manicure or hairstyling.

(Places allocated by draw Mon 3 June)

Monday 10 June

The Farmstead, Bryce Way,
Lawley Village, TF4 2SG
1.30-3pm

Call 01952 240209 to book

Several of our team will be carrying out personal fundraising for carers during the week.

Our intrepid manager, Laura, will be jumping out of a plane on the 15 June from 10,000 feet! With a parachute of course! Here's the link with more sponsorship information.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=LauraThorogood&pageUrl=1>



Regular Wellbeing Groups will continue as usual during Carers Week

Call 240209 for more details

If you've thought about attending one of these groups, Carers Week is a great time to start and you'll be sure of a warm welcome!

Wakes Carers Wellbeing Group

10am-12 noon
2nd Wed of Month

The Wakes, Oakengates

Carers Week - Wed 12 June

Creative Crafts and own refreshments at Cafe

Hadley Carers Wellbeing Group

10.30am-12.30pm
2nd Thurs of Month

Castle Farm Community Centre

Carers Week - Thurs 13 June

Healthy Lifestyle checks

Please always call to check that groups are running as occasionally they have to be cancelled at short notice due to sickness or other emergencies



Shawburch Wellbeing Group

2-3.30pm

1st Wed of Month

The Woolpack, Shawburch

Womens Friendship Drop-In

10am-12pm

Every Thursday starting 30 May

Newly based at

Wellington Library

Open to all

Craft/Knitting/Sewing/Patchwork

Share your skills/ideas

Newport Hub Club Drop-In

10.30am-12 noon

3rd Wed of Month

Newport Library

Codsall Cross Border Group

10am-12 noon

1st Wed of Month

Billbrook and Codsall

Fire Station

NEW Sainsburys Drop-In

Info Session

Quiet session

9.30-10.30am

1st Mon of Month

Next on 3 June

Forge Retail Park store

School/College Drop-ins

at secondary schools and colleges will continue as usual throughout Carers Week - we'll be liaising with educational professionals and talking to children and young people at:

**Burton Borough School,
Madeley Academy,
Telford Priory School
Holy Trinity School and
Telford College**

Information and Advice Events throughout Carers Week for all

Come and chat to members of the Carers Centre team at various locations throughout Telford.

Telford Town Centre

Mon 10 June

All Day - 9am-6pm

PRH Charity Desk

Mon 10 June

10am-3pm

Apley Restaurant at PRH

Thurs 13 and Fri 14 June

12.30-2pm

Sainsburys at

Forge Retail Park

Thurs 13 June

10am-3pm

ASDA Donnington

Fri 14 June

1-3pm

From 1st July, The Carers Centre is launching new community wellbeing sessions with partners Wrekin Housing Trust and Walden Care (The Farmstead). Carers will be able to socialise over a cuppa and cake - and take advantage of discounted therapies and hairdressing! We will be giving more details in due course - please keep an eye on Facebook posts from the Carers Centre, and the events calendar on our new website (launching shortly - see page 7).

The Wrekin
Housing Trust



Anita Foster and High and Mighty Ukuele Club will be taking part in a Ukuele Night with a collection for Young Carers at High Ercall Village Hall on Sat 8 Jun 8-10pm.



Share your views and help make local NHS services better

healthwatch
Telford and Wrekin

what would you do?
It's your NHS. Have your say.

Here's a reminder of dates for Wellbeing Sessions, Walks and Creative Crafts:

Wellbeing Sessions 2019

9.30am-12.30pm

Tuesdays

- 4 June: The Glebe, Wellington
- 18 June: Parkwood, Woodside
- 2 July: The Glebe, Wellington
- 16 July: Cosy Hall, Newport
- 6 August: The Glebe, Wellington
- 20 August: Parkwood, Woodside

***Walks 2019**

Start 10am Thursdays

- 20 June: Meet Car Park by Hospice for walk in Apley Wood
- 18 July: Meet at Brewery Pub for walk in Coalport
- 15 August: Meet at ASDA, Donnington for walk at Granville Park
- 19 September: Meet at Cosy Hall for Newport Walk
- 17 October: Meet at Horsehay Golf Club for Horsehay walk
- 21 November: Meet at the Cafe at Haughmond Hill
- 12 December: Meet at Dale End Car Park for Ironbridge walk

Carers Creative Workshops Crafts

10.30am-12.30pm
fortnightly on Thurs

Drawing and Painting

2-4pm
fortnightly on Thurs

both at The Place, Oakengates

**Editors Note: Sincere apologies for date/day error in Spring magazine.*



Telford Armed Forces Day on 29 June will centre on a Family Fun Day in Telford Town Park, QE2 Arena, for Armed Forces personnel, veterans, their families and all local residents - including our armed forces carers families.

The event will include family friendly activities such as circus skills, craft activities, bouncy castles and go karts. There will be military collateral/vehicles on display, vendors selling food and drink, music and performance, involvement and displays from TA and Cadet Groups.

If you are one of our registered armed forces carers families, please do come along!

Launched in response to the NHS Long Term Plan, with the local Sustainability and Transformation Partnership, Healthwatch are asking carers in the borough to identify their needs through an important survey.

Please make your contribution as carers and complete the survey at:

<https://www.sath.nhs.uk/news/carers-survey-2019/>

STOP PRESS . . . INBETWEENERS NEWS . . .

The Hive in Shrewsbury will be holding 3 further recording days this year and 2020 - if you enjoyed the last one, then sign up for the next! Record your songs with James and Jonathan.

- 16 July 19 1-3pm at The Hive
- 12 Nov 19 1-3pm at The Hive
- 7 Apr 20 1-3pm at The Hive



Book a place sal@hiveonline.org.uk

Wyldwoods **Carers Courses April—Sept 2019**

<p>Willow Weaving Projects with Penella Parr 10-2pm Monday April 1st and 15th</p> 	<p>Felting Flowers with Jo Jukes 10-2pm Tuesday 7th May</p> 
<p>Enamelled Jewellery with Jo Jukes 10-2pm Tuesday 21st May</p> 	<p>Pewter Cast Jewellery with Jo Jukes 10-2pm Tuesday 4th June</p> 
<p>Printing from nature with Jo Jukes 10-2pm Tuesday 18th June</p> 	<p>Foraging and Outdoor Cooking with Jo Jukes 10-2pm Tuesday 2nd July</p> 
<p>Felting a purse /glasses case with Jo Jukes 10-2pm Tuesday 16th July</p> 	<p>Enamelling a Copper Tile with Jo Jukes 10-2pm Tuesday 30th July</p> 
<p>Working with Copper with Jo Jukes 10-2pm Tuesday 13th August</p> 	<p>Lino Printing with Jo Jukes 10-2pm Tuesday 27th August</p> 
<p>Autumn Herbal Medicine with Jo Jukes 10-2pm Tuesday 10th September</p> 	<p>End of Term Celebration Day ! Open to all carers to share your work Tuesday 24th September</p>

FREE to carers. Small charge for materials.
Lunch provided. Donations welcome.
Book with; steph.brett@wyldwoods.co.uk
Tel:01952 884224 or mobile: 07816 113539



Editors note: Our next issue will be out at the end of August. We will always do our best to fit in partners and friends news although our fixed space means sometimes our own news has to take priority.

Email me at sue.puntis@telfordcarers.org.uk.



L to R: Laura Thorogood, Jill Tiernan, Adult & Childrens Commissioner Telford & Wrekin, Kevin Tanner

Contact Kevin for more information on:
telfordlgbt@virginmedia.com

The Carers Centre team were pleased to welcome Kevin Tanner from the Telford LGBT Group who gave us lots more information about LGBT support and activities in Telford & Wrekin and Shropshire to share with carers.

Regular Activities include:

Transgender/Non-Binary Swimming for All at Shortwood School Baths on the 2nd Wed of each month, 7.30-8.30pm - run by janechaplin@gmail.com

LGBT Confidential Meeting at The Wakes - 18 years upwards. 3rd Wednesday of month at 7pm.

The XYZ 11-18 Group (through Shropshire Youth Association). Meetings in Shrewsbury, Telford and Oswestry. See SYA Facebook page/website.

Helping carers and the person they care for with new technology

Do you want to be able to monitor the safety of the person you care for while you are out of the house? Or perhaps you lack technology experience about what's available and want some advice? Assistive technology is now very much at the forefront of caring - giving safe and effective opportunities towards more independent living for both cared for and carer.

Our Wellbeing Checkpoint team through our partnership with the Wrekin Housing Trust, give information about their popular WATCH alarm pendant and send out further details about it in our Welcome Pack to newly registered carers. WATCH offer a FREE and comprehensive home demonstration of the pendant to carers.

We have also initiated a technology collaboration between Carers, WATCH and Care by Communication. Janet Guice of CbyC offers a reasonably price, personal support service to carers who might have problems with new technology or technology issues. She has professional IT skills, but also fully understands, through her own personal experiences, that many people struggle with even simple technology. Her ethos is to listen, give advice and find affordable and easily usable solutions to make sure carers have the right technology for care purposes.



L to R: Janet Guice, CbyC, Emma Dickenson, Wrekin Housing Trust, Laura Thorogood

If you want more information about WATCH Alarms or Care by Communication, please call us on 01952 240209

A new joint All Age Carers Centre website is being created as we go to print and we hope to launch before Carers Week.

The site will include information for adult, young adult and young carers within Telford and Wrekin - all on one site for the first time. Launching in a simple, easily accessible format, some pages will still be 'a work in progress' so we appreciate your understanding while we continue to add lots more information, links and pages as time goes on.

Initial pages will include:

- All up and coming activity and event details
- Social media page with Facebook and Twitter links
- "Caring Matters" PDF link to view in full page format

www.telfordcarers.org.uk

telford and wrekin
all age carers centre

Home | Who are carers? | Activities and events | Get involved | Other services | Information links | Contact



We offer services to family and friend carers of all ages from 5 years upwards. If you look after someone who couldn't manage without you and they live in Telford and Wrekin then we are here for you. We deliver a range of free, high quality support services for carers including information and advice, Carers Assessments, wellbeing support groups, social respite activities and access to grants and training.



We try to provide the information, advice and support that you need. Can you help us do better? Please take a few minutes to answer some questions for us through this online survey - we do really value your feedback and look forward to hearing from you:

<https://www.surveymonkey.co.uk/r/TelfordCarersCentre>

Into the summer . . . heads up on happenings!



Wellington Wellbeing Picnic
on Sunday 30 June
Bowring Park, Haygate Road
Wellington TF1 1QX 12-3pm

The Wellbeing Hubs Network of 40 organisations across Telford & Wrekin will be hosting an exciting summer event this year, engaging the local community through fun, interesting and informative activities. So why not pack the sandwiches, cake and fizzy lemonade - not forgetting picnic chairs or blanket - and come and join us. The Friends of Bowring will be co-hosting the afternoon with lots of fun activities. The Pavilion and the Cafe will be open for drinks and ice-creams to buy, there will be taster sessions of bowls and croquet, Face Painting, and other Arts and Crafts activities. Currently there are provisional plans for some other exciting activities . . . which may involve animals! But we can't confirm yet - keep an eye on our Facebook page for more information as time goes on. Described as a 'hidden gem' of Telford, Bowring is a lovely traditional park - come and enjoy a afternoon of summer fun!

'Promoting Independence' Event - 26 June at The Place, Oakengates

Telford and Wrekin Council are organising a special event surrounding independent living for children and adults, in particular those with learning disabilities and young people transitioning to adulthood. The aim of the event is sharing experiences and new ideas, alongside lots of networking between people/organisations and services. There will be speakers, workshops and a marketplace.



ONE GREAT DAY at Telford Shopping Centre 19 August

A whole day of fun initiated by Telford Shopping Centre for the joint benefit of their two chosen charities - Great Ormond Street Hospital and Telford & Wrekin Young Carers. Our team will take over areas of the shopping centre for all sorts of fundraising activities. More info in due course on our Facebook page, but save the date for now - it's not to be missed!



See our new website [Events and Activities](#) pages for more details about these events in due course (see news page 7).

**From your team at the Carers Centre -
Happy Carers Week to all family carers - everywhere!**

