



TELFORD AND WREKIN ALL AGED CARERS CENTRE

Supporting Unpaid Family Carers



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough



ADULT CARERS NEWSLETTER

Carers News,
Updates
and Information.

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

The Adult Carers Centre supports and enables family carers, over the age of 18, to improve their quality of life and to be more confident and able in their caring role. We aim to meet the needs of carers in a variety of ways depending on their preferences, the difficulties they may be facing and the level of care they are providing.

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.



Call us: 01952 240209



E-mail: admin@telfordcarers.org.uk

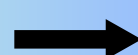


Further information found at:
www.telfordcarers.org.uk



For latest updates follow our page:
<https://www.facebook.com/telfordcarerscentre/>

Read More



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 Buchannon

Family Resilience
Worker

Jade Meredith

Family Resilience
Worker

Sam Vickers

Family Resilience
Worker

Lorna Troon

Creative Activities
Assistant

Sue Last

Community Resilience &
Social Action
Coordinator

Gemma Naylor

Carer's Views
Assistant

Linda Boddison

Wellbeing Checkpoint
Officer

Abbie Guest

Community Link
Worker

Congratulations!



Community Link
Worker



All Age Carers Centre
Team Leader

Celebrating Success!

We are thrilled to announce that Esmae Cooke has been promoted from her role as Community Link Worker to Team Leader for the All Age Carers Centre.

This well-deserved achievement reflects her hard work, passion, and commitment to supporting our team and community.

Congratulations, Esmae, on this exciting next step!

WHAT WE'VE BEEN UP TO...

It's been a busy season!

Thank you to everyone who joined in and supported these events, we are grateful for your continued support!



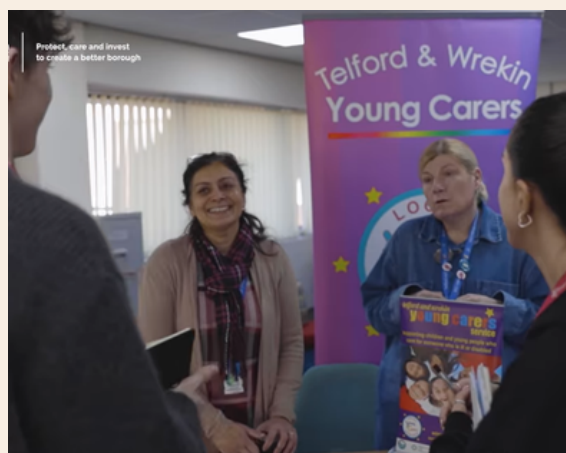
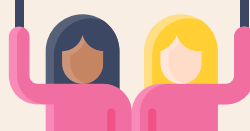
Every year we run a week-long present wrapping event with Telford Centre to raise funds for some amazing causes and organisations. This year our Christmas Wrap was a hit, thanks to the amazing volunteers and staff who helped make it happen.



We hosted a festive wreath-making workshop, Christmas nibbles and chat sessions and even opened our Winter Swap Shop to help keep everyone cozy!



RIGHTS



We've also had some wonderful staff engagement sessions, our usual carer's support groups and celebrated Carers Rights Day!

CARERS VIEWS



We care, because you care!

Carers Partnership Board

On the 24th January we held the first Carers Partnership Board meeting at Hazeldine House. This was attended by 22 individuals made up of representatives from partner organisations and experts by experience. It was a very productive meeting and we are looking forward to working together to implement the All Age Carers Strategy.

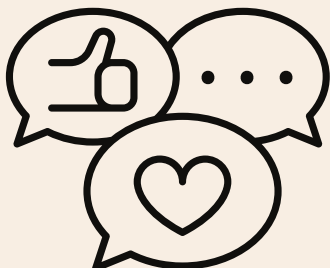
There are still several ways in which you can get involved with the Carers Partnership Board, by giving feedback to us, attending our Community Hubs and taking part in group discussions.

Your voice matters so have your say and help us to improve the lives of Unpaid Carers In Telford Wrekin.

Feedback Survey

Below is a link to a feedback form which has been created for us to gather some valuable insight into our service and what your thoughts are about it. If you could please take the time to fill this out we would be most grateful.

[Click here to fill out our survey!](#)



We did:
changed the times of the session to allow people more time to get here.

You said:

It was difficult to get to the session at the ILC for 10am due to public transport.



CARERS VIEWS CONTINUED...

**We care, because you
care!**

The Independent Review of Carers Allowance overpayments.

This independent review is commissioned by the Secretary of State for Work and Pensions to establish how overpayments of Carer's Allowance linked to earnings have occurred, what can best be done to support those who have accrued them, and how to reduce the risk of these problems occurring in future.

The review is non-statutory and is convened to provide recommendations within its scope to the Secretary of State for Work and Pensions.

The **Terms of Reference** for the review were published in December and the review has now embarked on its evidence-gathering phase.

The Independent Reviewer will be Liz Sayce OBE, she is keen to hear from you if you would like to share your experiences and thoughts.

Please contact the review at **CA.OverpaymentsReview@dwp.gov.uk** to provide inputs in writing, or to arrange a time to speak to them. You can also copy **shaun.davies.mp@parliament.uk** into your email so that you can receive direct correspondence and support where necessary.

The review will be holding open engagement sessions with carers (*Tuesday 25th February 5-7pm and Monday 24th March 11am-1pm*).

Any Carers interested can contact the same email address for an invitation.



DATES FOR YOUR DIARY! 2025



Let's Talk Live Well Hub

Every Wednesday 10am-1pm

Madeley Community Library, The Anstice,
1 Anstice Square, Madeley TF7 5BD

19th Feb	SENDIASS
26th Feb	Telford Children's Autism Hub
5th March	Telford Adult Autism Hub
12th March	SENDIASS
19th March	CVS Carer's Team
26th March	Telford Children's Autism Hub
2nd April	Telford Adults Autism Hub

For more information visit our Facebook or
call the Carers Centre

01952 240209

Further info at

<https://livewell.telford.gov.uk/Services/4358/Live-Well-Hubs>



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

Hadley

**Hadley Community Centre,
30 High Street, Hadley, TF1**

5NL

10.00-12.00PM

Thursday 13th February 2025

Thursday 13th March 2025

Thursday 10th April 2025

Thursday 8th May 2025

To book your place, please

contact

Lorna 01952 240209

lorna.troon@tandwcvcs.org.uk

NEW

Newport

**Newport Community Library,
53-55 High Street,
Newport, TF10 7AT**

10.30-12.30PM

Thursday 27th February 2025

Thursday 27th March 2025

Thursday 24th April 2025

Thursday 22nd May 2025

To book your place, please

contact

Jade 01952 240209

jade.meredith@tandwcvcs.org.uk



The Maples

**Randlay Avenue, Randlay,
Telford, TF3 2LH**

10.30-12.30PM

Tuesday 4th February 2025

Tuesday 4th March 2025

Tuesday 1st April 2025

Tuesday 6th May 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!



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

Shawburch
Shawburch Medical Centre,
Brandon Road, Admaston,

TF5 0DU

2:00-3:30PM

Wednesday 19th February
2025

Wednesday 19th March 2025

Wednesday 16th April 2025

Wednesday 21st May 2025

To book your place please
contact Lorna 01952 240209
lorna.troon@tandwcvcs.org.uk

CHANGE TO TIMING!

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!

Inbetweeners Group

32, High Street, Madeley TF7 5AR

We have a dedicated

'Inbetweeners' social group for our Adult Carers aged 16-25. Our usual location is Wellbeing Madeley Community Café and sometimes Telford and Wrekin CVS. Held on the third Wednesday of every month 18:00-19:30 (variations in duration and location are subject to activity)

For more information- please
contact us on 01952 240209
admin@telfordcarers.org.uk

Winter 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

DATES FOR YOUR DIARY... CONTINUED

2025 

'THE MOSAIC OF HARMONY' PROJECT

We're calling on creative minds of all ages & from all of the CVS services, to join our workshops to create a mosaic in an exciting community project. The mosaic will be displayed in The Retreat Garden at Telford Shopping Centre.

No experience? No problem! Bring your enthusiasm, & we'll provide the materials & guidance!

When: On Wednesdays 1pm ~ 3pm ~
19th March, 2nd April, 9th April, 16th April,

Where: The Family Room, Telford & Wrekin CVS

To book a place contact: admin@telfordautismhub.co.uk or call 01952 916109





INBETWEENERS SAVE THE DATES!

Wednesday 19th March
6-7:30pm

Games Night!

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

Wednesday 23rd April
time TBC

'Easter Bake-Off' session!

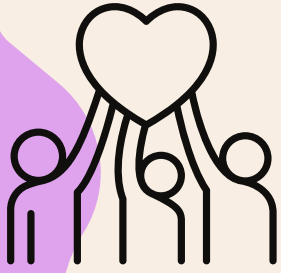
Wellbeing Madeley Community
Cafe

32, High Street, Telford TF7 5AR



Inbetweeners
enjoying
some crazy
golf at Putt
Putt Noodle in
December!





WELCOME, NEW CARERS!



A warm welcome to all of our newly registered carers! We are so pleased to have you join us. Over the past couple of months, we've been focused on developing our service, registering new members and connecting with carers like yourself.

We are committed to strengthening our community support!



We are thrilled to share that we have new community groups in Newport and The Maples care home in Randlay!

These are in addition to our existing established groups in Hadley, Shawbirch, The Independent Living Centre, and our Inbetweeners group.

Our carers enjoy meeting others, sharing stories and catching up over a cuppa. Activities are optional to partake in!

Don't forget- you don't need to be registered to pop in to our groups. You may just need support or advice with your caring role- we're here to help!



Keep an eye out for our Wellness Walks starting up again in Spring - perfect for getting outside, meeting new people, and taking a well-deserved break.



JOIN US



Spotlight on...



DEMENTIA HUBS

One in three people will care for a person with dementia in their lifetime

Alzheimer's Society Dementia Support Workers

Offers information and practical guidance to help you understand the condition, cope with day-to-day challenges and prepare for the future.

Singing for the Brain group: Oakengates Salvation Army, TF2 6AQ
Every Wednesday 2pm - 3.30pm

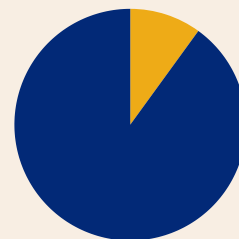
Available on 01952 250 392

**There are
700,000
unpaid
carers of
people living
with
dementia in
the UK**

Friday Friends Dementia Cafe

Provides activities and a two
course lunch - £8 for 2 meals
Donnington Community Hub,
TF1 7PR
**Every second Friday of the
month, 11.30am - 1.30pm**

Call 01952 382 202 to book



**Around 10% of
carers care for
someone with
dementia**

Age UK Dementia Support

Groups that support local people with dementia and memory difficulties, their families, carers and friends.

Ketley Bank: Frizes Leasowe Community Room, TF2 0EY
Fortnightly on Tuesdays, 10.30am - 12.30pm

Donnington: High Mount Community Room, TF2 7NL
Fortnightly on Wednesdays, 10.30am - 12.30pm

Call 01743 233123 for more meeting info

The All-Age Carers Centre!

Telford and
Wrekin CVS



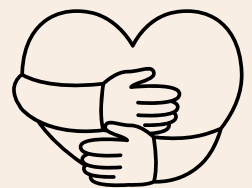
*experiencing a range of care needs,
illnesses and*

We know you care, so do we!

Whether you are experiencing any challenges with your caring role, wish to find out more information and advice or need some intensive support, we are here to guide when you need us. As your first point of contact for carer-related queries, our dedicated team will strive to support you in your caring role.

Please do contact us! Or stop by our office for a face-to-face chat.

**All-Age Carers Centre, Telford and Wrekin CVS
Suites 12 & 15, Hazeldine House
Central Square, Telford Centre,
Telford TF3 4JL**



01952 240209

admin@telfordcarers.org.uk

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/helptocclaim/> or 0800 144 8 444.