



TELFORD AND WREKIN ALL AGED CARERS CENTRE

Supporting Unpaid Family Carers



**The Queen's Award
for Voluntary Service**
The MBE for volunteer groups

ADULT CARERS NEWSLETTER

Carers news, updates
and information.



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

The Adult Carers Centre supports and enables unpaid adult carers; who look after a relative or friend 18+ and live in Telford and Wrekin. Our service is targeted to improve a carer's quality of life and wellbeing, whilst empowering their confidence and ability 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 Centre phone line manned 5 days a week, 9-16:30pm (answerphone available outside of these hours). Offering free, confidential advice.

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Read More



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/>**



**Telford & Wrekin
Co-operative Council**

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



Telford and Wrekin

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

Esmée Cooke



Community Link
Worker

Abbie Guest



Community Link
Worker

We welcomed our
newest
member of the team,
Abbie
to CVS in October!
We are excited for her
journey with the Adult
Carers, and look
forward to utilising her
skill set as a Paramedic
in training!

*Good!
Luck!*

au revoir

We bid a warm Telford and Wrekin CVS goodbye to our wonderful CEO Debbie Gibbon, who has set off on her retirement adventure! From all of us at team CVS, we are incredibly grateful for the guidance, wisdom and brilliance that Debbie has led us with for over 20+ dedicated years. You will be dearly missed by many. We wish you nothing but happiness and joy in your retirement. We will certainly continue to make you proud.

Enjoy every moment- 'oui' know you will!



DATES FOR YOUR DIARY! 24/25



We offer a range of wellbeing groups, activities, and events throughout the year to promote and improve the carers health and wellbeing. At these sessions the carers can interact with one another and have the family resilience workers there if further advice or support is needed.

Hadley

Hadley Community Centre,
30 High Street, Hadley, TF1 5NL

Change of date & time

Tuesday 3rd December 12.30–
2.30pm

10.00–12.00PM

Thursday 9th Jan 2025

Thursday 13th February 2025

To book your place, please
contact

Lorna 01952 240209

lorna.troon@tandwcvvs.org.uk

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!

Let's Talk Live Well Hub

Every Wednesday 10am–1pm

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

13th Nov	Carers
20th Nov	Telford Autism Hub
27th Nov	Telford Children's Autism Hub
4th Dec	Sendiass
11th Dec	Carers
18th Dec	Carers
8th Jan	Telford 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>



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

Shawburch

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

2:00–3:30PM

Wednesday 20th November

Wednesday 18th December

Wednesday 15th January 2025

Wednesday 19th February
2025

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

Independent Living Centre

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

Every Friday

10:00–12:00pm

Carer and cared for
welcome to attend this
session!

Sutton Hill

Hub on The Hill,
104 Southgate,
Sutton Hill, TF7 4HG.

11:30–1:00pm

Wednesday 4th December

To book your place, please
contact

Gemma 01952 240209

gemma.naylor@tandwcvvs.org.uk

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

WHAT WE'VE BEEN UP TO

This Autumn, the Carers Centre has held different wellbeing sessions ranging from upskilling your digital abilities to re-instating our Inbetweeners Socials group!



INBETWEENERS SOCIALS!

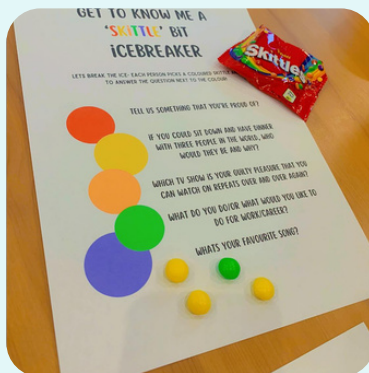
Join us at our exciting new social group for our 16-25 year old carers! Meet new people, chill and relax whilst taking a break, enjoy a nice cuppa or join in with our planned activity. A space for you to be yourself!

Location:
Wellbeing Madeley Cafe
32, High Street, Madeley TF7 5AR

18.09.24: 6-7:30pm - Skittles ice breaker activity and socialise. There will be cake!

For enquiries please contact:
01952 240209 or
admin@telfordcarers.org.uk

Our Inbetweeners enjoyed their ice-breaker session getting to know each-other and bonded over their love of music at the Halloween Gathering.



FREE TEA AND TECH DIGITAL SUPPORT SESSION

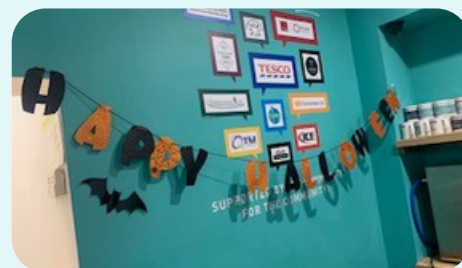
Telford and Wrekin CVS have partnered with Telford Council for a Tea and Tech support session available to all digital needs and those wanting to improve their ability when using their own devices such as phone, laptop, tablet etc. These sessions will be conducted in a relaxed and friendly manner.

FRIDAY 13TH SEPTEMBER 2024
10:30-12:30PM
JOIN US AT:
WELLBEING MADELEY COMMUNITY CAFE
177 SAR
Book Here: 01952 240209
esmae.cooke@tandwcvcs.org.uk

- Learn basic digital skills
- Explore features on your own device
- Navigate using Council Services
- How to use Whatsapp, online shopping and more!

Useful information can be found at <https://www.telford.gov.uk/telfordonline>

We hosted a support session to upskill digital abilities.



INBETWEENERS SOCIALS!

JOIN US FOR A 'HELL' OF A GOOD TIME!
CRAFT ACTIVITY, HIBBLES AND SPOOKTACULAR TUNES!

TO REGISTER YOUR INTEREST CONTACT US BELOW
ADMIN@TELFORDCARERS.ORG.UK
CALL 01952 240209

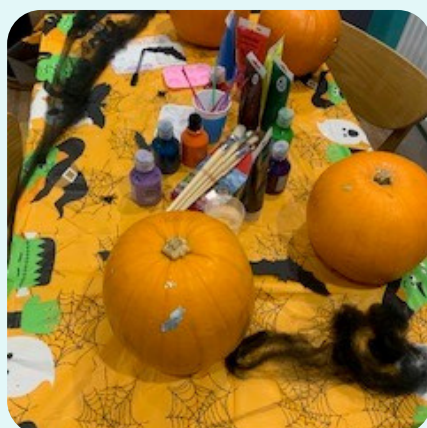
FREE! HALLOWEEN GATHERING

OCTOBER 23

WELLBEING MADELEY COMMUNITY CAFE
32, HIGH STREET, MADELEY TF7 5AR

6PM-7:30PM

FANCY DRESS OPTIONAL!



WHAT WE'VE BEEN UP TO CONTINUED...



Join Us SHAWBIRCH CARERS

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

Join Us:-

- Come along for a chat
- 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

This Month's Offer:-
Cuppa & Catchup
Ann from Safe Places will be advising what the scheme is all about.
Come along and speak to one of our family resilience workers for additional support and guidance

Due to your caring commitments, planning in advance can sometimes be difficult and you may need to cancel on the day. Please don't hesitate to sign up for our activities in the worry of not being able to attend, we completely understand this. Your wellbeing and that of your cared for is very important.

**WEDNESDAY
16TH OCTOBER
2.00-3.30PM
BOOKING PREFERRED
BUT NOT ESSENTIAL**

Venue:- Shawburch Medical Centre
Brandon Road
Admaston
TF5 6DU

To Book Your Place
Please Contact Lorna on
01952 240209
or email lorna.troon@standwcvcs.org.uk

Ann from the Safe Place Scheme came along to the Shawburch group to tell us all about it and how it works.



Autumn Stroll
Soup & a Roll

THURSDAY 7TH NOVEMBER

MEETING @ MEETING POINT HOUSE AT 11AM

Come and take an Autumnal walk with us through the Telford Town Park, followed by a hearty homemade soup!

Soup to follow @ Suite 12 & 15, Haslehead House
Central Square, Telford Centre, Telford TF3 4JL

call 01952 240209 to book for catering & dietary purposes

Celebrating our Carers!

Our wonderful Carers sharing some great moments with us!

"Lots of lovely family carers at this group .. all doing an amazing job & very glad to see they are making very good use of 'carers me-time' thank you to the Telford and Wrekin All Age Carers Centre"



Photos by Val Gough.



Gloria West

We had some lovely new faces attend our groups, one of whom is now a published author and brought along her book to share with us- if you fancy having a read, here's the link!

<https://www.waterstones.com/book/isabelle-and-her-daughters/gloria-west/9781917129442>

UPCOMING EVENTS!

LIVE & INTERACTIVE CARERS RIGHTS DAY 2024



Thursday 21st November
1:00PM - 4:00PM



"RECOGNISE YOUR RIGHTS"

Talk 1 - 13:30-13:50pm Amanda Benton Adult Social Care
Talk 2 - 14:00-14:20pm Will Davies Citizens Advice Bureau
Talk 3 - 14:30-14:50pm Lee Higgins Telford and Wrekin finance advice
Talk 4 - 15:30-16:00pm Webinar - Employers for Carers
Drop in - 16:00-17:00pm to create a Young Carers Passport - Primary and Secondary. *No booking required.*



Telford and Wrekin Council and the All Age Carers Centre are delighted to be **launching** the new Carers Partnership Board **on the day!**

To get involved we will be emailing Expression of Interest forms out to all Carers on our mailing list. Alternatively, we will be making the Expression of Interest Forms available on our Social Media.

This is your chance to have YOUR say and become a part of the change, so please join us!

CREAM
TEA
INCLUDED

17:00-17:30pm - Kiah Bould, Researcher & Trainee Clinical Psychologist, University of Birmingham - online Zoom presentation exploring Young Carers experience about sense of belonging, develop psychological interventions to strengthen sense of belonging and improve Young Carers' mental health (Secondary and Inbetweeners). This can be accessed from home - must have zoom downloaded then Scan the QR to join the meeting.



SUITE 12 & 15, HAZLEDINE HOUSE
CENTRAL SQUARE, TELFORD CENTRE, TELFORD
TF3 4JL



Call 01952 240209 if you'd like further information

ACTIVITY DROP IN

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. Come and join us for a coffee and discover.....

WHAT'S ON IN 2024:-

Friday 1st November

If you needed help when you're out and about, do you know where you can go? Join us to find out about "Safe Places" in our community with our guest Ann

Friday 8th November

Game day!!! Fancy a game of cards or dominos? How about testing your nerve at UNO, the choice is yours

Friday 15th November

Try your hand at water colour painting. This easy technique using carbon paper to trace beautiful images will surely surprise you

Friday 22nd November

Pop along to create a light up bottle or jar to add a little twinkle in time for the festive season

Friday 29th November

Let's get ready to get warm and cosy. Today we will be making hot chocolate jars that you can gift or keep for yourself

Friday 6th December - In the family zone

With Christmas just around the corner, come along and make your own fresh wreath for your door or table

Friday 13th December

Bring along your prezzies and we will help with your Christmas wrapping. Forgot a card? Lets make one!

Friday 20th December

Let's get into the Christmas spirit with some party games, hot chocolate and mince pies



FRIDAY MORNING

ANYTIME BETWEEN 10.00 - 12.00

INDEPENDENT LIVING CENTRE

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



Contact Us

01952 240209



More Information

www.telfordcarers.org.uk



Winter Swap Shop

Telford and Wrekin CVS,

Suite 12 & 15 Hazledine House, Central Square, Town
Centre, Telford, TF3 4JL

Open from Wednesday 4th- Wednesday 18th December
10.00-3.00pm

Bring an item to donate and grab a different item in return!

Various items from clothing to gift sets and everything in between! Call into the main reception and a member of staff will take you to the swap room to peruse the items available.

If you do not wish to swap but have donations, then you can leave them at reception!



It's Christmas time!

To celebrate Christmas this year we at the All-Age Carers Centre want to bring festive cheer across the borough. To allow us to reach as many carers as possible we are planning to focus our celebrations on our community hubs. Each hub will host a Christmas nibbles and chat session, and we would love to see as many of you as possible in attendance.

Our Community wellbeing hubs are located at Shawbirch Medical Practice, Hadley Community Centre, Sutton Hill- The Hub on the Hill and The Independent Living Centre.
The dates for the Christmas celebrations are below:

Hadley Community Centre- Tuesday 3rd December 12:30-2:30pm

Sutton Hill- Wednesday 4th December, 11:30-1pm

Shawbirch- Wednesday 18th December, 2pm-3:30pm

The Independent Living centre- Friday 20th December, 10am-12pm



Join us for a winter walk and help forage for fresh ingredients for our Christmas Wreath Workshop.

CARERS WALK APLEY WOODS

**THURSDAY 5TH DECEMBER
11AM**

Meet us at the entry to the woods from the carpark on Apley castle. Please bring secateurs (if you have them) and a plastic carrier bag for your treasures. We look forward to seeing you!

admin@telfordcarers.org.uk
01952 240209
www.telfordcarers.org.uk



THE CARERS CENTRE
WE PROVIDE A WARM WELCOME TO ALL UNPAID CARERS WHO ARE LOOKING AFTER A RELATIVE OR FRIEND AGED 18+ TO OUR

CHRISTMAS WREATH WORKSHOP

FRIDAY 6TH DECEMBER
10.00 - 12.00

AT
TELFORD & WREKIN CVS
IN THE FAMILY ZONE
SUITE 12 & 15 HAZLEDINE HOUSE
TELFORD CENTRE
TF3 4JL

Call us: 01952 240209
E-mail: admin@telfordcarers.org.uk
www.telfordcarers.org.uk
For latest updates follow our page: <https://www.facebook.com/telfordcarerscentre/>

Christmas Lunch Baps Wellbeing Madeley Community Cafe

Limited amount of vouchers available for registered Adult Carers. Voucher entitles 50% discount per bap offer making it £3.50.

Please see the Cafe's flyer on page 10 for availability and booking details.

**Limited dates only:
11th & 18th December.**



MERRY Christmas

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

You are invited to join us for a hot drink and festive nibbles on
Tuesday 3rd December 12.30 - 2.30pm

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

Come along for a chat and meet other carers, share ideas and get information. Receive a helping hand wrapping those last minute gifts!!!

Please bring your prezzies and gift wrap

To Help With Catering, Please Book Your Place
Please Call us on 01952 240209 or email admin@telfordcarers.org.uk
For latest updates follow our page: <https://www.facebook.com/telfordcarerscentre/>

**Please note
change of
date for
Hadley group
due to room
availability.**



MERRY Christmas

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

You are invited to join us for a hot drink and festive nibbles on
Wednesday 18th December 2.00 - 3.30pm

Venue:- Room 16, Shawbirch Medical Centre Brandon Road Admaston TF5 0DU

Come along for a chat and meet other carers, share ideas and get information. Receive a helping hand wrapping those last minute gifts!!!

Please bring your prezzies and gift wrap

To Help With Catering, Please Book Your Place
Please Call us on 01952 240209 or email admin@telfordcarers.org.uk
For latest updates follow our page: <https://www.facebook.com/telfordcarerscentre/>

CARERS PARTNERSHIP BOARD

GET INVOLVED

This is an exciting opportunity to be part of something new, which will change and shape the future for Unpaid Carers in Telford and Wrekin. Telford and Wrekin Council in partnership with the All Age Carers Centre are establishing a Carers Partnership Board. The Partnership Board will be made up of experts by experience and representatives from organisations that support or may have contact with Unpaid Carers within their roles. It will work to deliver the All-Age Carers Strategy within the Borough aiming to improve the lives of our Local Carers. The Board will create an action plan, derived from the strategy and associated feedback, which will be implemented, actioned, adapted, and reviewed.

If you could please fill in the expression of interest form below outlining your interest, we would be grateful.

<https://forms.office.com/e/2xPFGsfuVd>



There are several ways in which you can get involved:

- Becoming member of the board (these places are limited, and individuals will be selected to ensure a fair and diverse representation of carers on the board)
- Forming working groups that will feed into the board and help with the action plan.
- Giving regular feedback to the Carers Centre to pass on at meetings.

If you have any questions about this, please contact the Carers Centre on 01952 240209 and ask to speak to Gemma.



Telford & Wrekin
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Protect, care and invest
to create a better borough

WESTON PARK COLLABORATION

pneuma
affinity

As an organisation have been invited to exhibit Art Work that our beneficiaries have created. The Art Exhibition will take place in the Rose Patterson Gallery at Weston Park from **Friday 1st November until Thursday 28th November 2024**.

The gallery is open daily from 11am until 4pm free of charge to the public. We would love to welcome you to visit the gallery at your convenience during the exhibition. Below are some examples of the wonderful art that has been created across the different TWCVS projects.

ART EXHIBITION AT WESTON PARK

Local Young People's Project, SEND, Autism, Telford and Wrekin CVS, pneumaffinity

WESTON PARK

ROSE PATTERSON ART GALLERY, WESTON PARK ENTERPRISES LTD, WESTON-UNDER-LIZARD, NR SHIFNAL, SHROPSHIRE, TF11 8LE

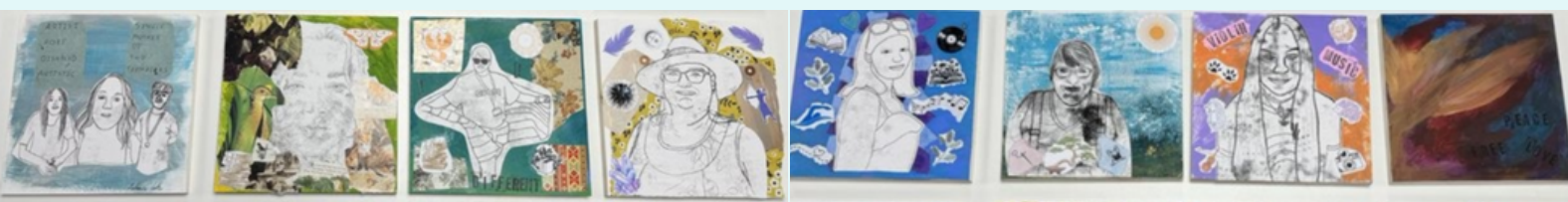
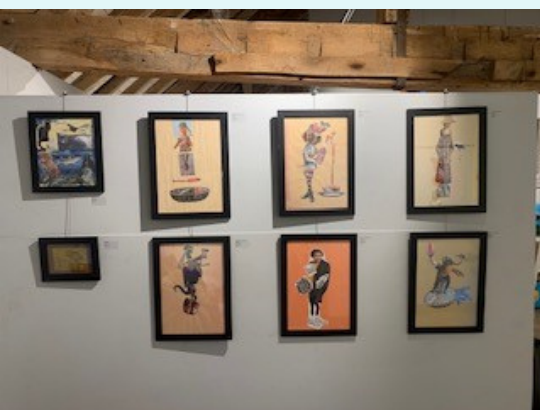
During the month of November, TWCVS have been invited by Weston Park to exhibit art pieces that our beneficiaries have created. The Art Exhibition will take place in the Rose Patterson Art Gallery at Weston Park from Friday 1st November until Thursday 28th November 2024. The gallery is open daily from 11am until 4pm free of charge to the public.

We have asked our beneficiaries to create Art centred around their response to our values: **Involving, Inspiring and Supporting**. The pieces incorporate the theme of nature as an underlying component of their work. Art Work has been expressed through a variety of mediums; paintings, photography, and poetry to name a few!

TWCVS would like to express their gratitude and say a huge **THANK YOU** to Weston Park for this invaluable opportunity to showcase our beneficiaries artistic talents, and raise an awareness of the outstanding delivery that TWCVS provides to the local community of Telford and Wrekin.

1ST - 28TH NOVEMBER

FREE ENTRY

SPOTLIGHT ON

Wellbeing

MADELEY COMMUNITY CAFE

The wellbeing café provides a safe and supportive environment in the heart of Madeley High Street. It's supported by a team of wonderful volunteers and local businesses.

Alongside a varied menu at a low cost and some amazing events, you can also find bespoke training and employability programmes for young people with additional needs, adults with disabilities, unpaid carers, people with no fixed address, and anyone in need of support with their mental health and wellbeing.

The café can also provide a free space to facilitate a community group, advice and guidance on health and social care issues, a training kitchen for community groups, and event hire and outside catering.



Wellbeing
MADELEY COMMUNITY CAFE

You're invited to join us this Christmas, for a turkey bap, stuffing and cranberry sauce. With Christmas pudding and custard. Gluten and dairy free available. Join us to celebrate.

CHRISTMAS Lunch Baps

£7 11TH AND 18TH DECEMBER

Booking times 11am, 12pm and 1pm. To book please call or email the cafe.

01952 916033 or
community.cafe@tandwcvcs.org.uk

31 HIGH STREET, MADELEY, TELFORD, TF7 5AR




Wellbeing
MADELEY COMMUNITY CAFE

31 High Street, Madeley, Telford, TF7 5AR

GINGERBREAD Decorating

Get into the Christmas spirit with our Gingerbread Decorating! Gather your friends, family, children or coworkers for a delightful afternoon of icing and decorating gingerbread!

FREE WITH EVERY CHILDREN'S MEAL

Save the Date!
11am-1pm
call or email to book to-
01952 916033 OR
community.cafe@tandwcvcs.org.uk

DURING THE DECEMBER HOLIDAYS




Wellbeing
MADELEY COMMUNITY CAFE

Christmas BINGO AFTERNOON

GREAT PRIZES AND FUN FOR ALL

Get ready for a festive and fun-filled afternoon of Christmas songs bingo! Gather your friends and family for an afternoon of laughter, joy, and exciting bingo games with a Christmas music twist!

2pm-4pm
16 12 24

Please email or call to book - 01952 916033
community.cafe@tandwcvcs.org.uk




How to Find Us
31 High Street, Madeley
Telford
TF7 5AR

Opening Times:
Monday - Friday:
9am - 2.30pm

Call or email us at:
01952 916033
community.cafe@tandwcvcs.org.uk

Follow us on Facebook for daily updates and upcoming events.

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@tandwcvs.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 or if out of hours **Telford Interfaith Council** 07545 023 519.

Financial support: Customer services team 01952 383858

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

iCan: a free cancer rehabilitation programme (supported by www.lingendavies.co.uk) designed to support people in their journey towards recovery and living well with cancer. <https://icanlifestyle.com/ican/>

