



winter 2021 | [telfordcarers.org.uk](http://telfordcarers.org.uk)

# caring matters

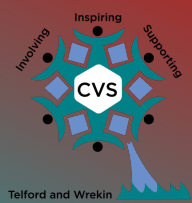
for family carers in Telford and Wrekin



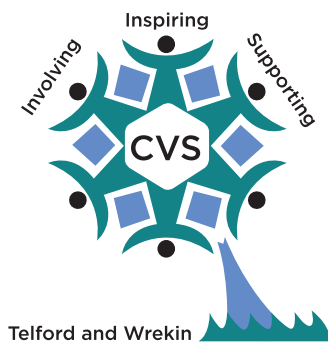
**Telford young carers help Attingham get ready for Christmas!**

**01952 240209**

**[admin@telfordcarers.org.uk](mailto:admin@telfordcarers.org.uk)**



Telford and Wrekin



**Telford and Wrekin All Age Carers  
Telford and Wrekin CVS  
Suite 12 and 15  
Hazledine House  
Central Square  
Telford TF3 4JL  
Telephone: 01952 240209**

## **CHANGES TO GOVERNMENT COVID-19 GUIDELINES – WEDNESDAY 8 DECEMBER**

**Dear Carer**

**This newsletter had been compiled to include information for Christmas and post-Christmas activities. With new mandatory guidelines for Plan B coming into force on Monday 13 December, and our highest priority being to protect both our team and family carers, we are listing the activities that remain in place, and those cancelled below.**

**We hope this will not change but would ask those who are booked to attend any activities listed as ‘Running’ below to ring us on our main number on 01952 240209 to check on the day, or to let us know if you or your child no longer wish to attend.**

**Young Carers Youth Club Parties (15 and 21 December): RUNNING  
Adult Carers Party (21 December): RUNNING**

**Inbetweeners Movie Night (16 December) : CANCELLED (Lucie will contact all booked)  
Hadley Wellbeing Group (16 December): CANCELLED  
Tea and Tech Sessions at the Independent Living Centre: CANCELLED**

**All other dates after Christmas remain as listed for the time being. We will be posting any changes on Facebook or contacting those booked on directly should this change.**

**Please note that other events and activities, not provided by the Carers Centre, listed in the newsletter, may be changed or no longer be taking place, and we ask that you contact those organisations direct for more information.**

**Thank you.**

**Laura Thorogood, All Age Carers Centre Service Manager**



## Welcome



*We're at the end of 2021 after an incredibly busy year at The All Age Carers Centre, not least settling into our new home at Hazledine House in the town centre!*

*It's disappointing that we still can't open our doors wide to carers, and that lengthy Covid risk assessments are the order of the day for every face-to-face meet-up we arrange, but the top priority for Telford and Wrekin CVS has always been to protect both our teams and our carers. Nevertheless, during the year we've had some great meet-ups online, and have continued to receive hundreds of calls and emails asking for our assistance with caring issues.*

*And at last, in recent weeks, we've had some happy 'in person' get-togethers with carers - all the pictures in the newsletter illustrate, if not an end to our pandemic worries, such a welcome improvement! The team have been feeling over the moon and re-energised to mix again with carers - and in our brilliant new Family Zone too! - crafting, cooking, playing music, chatting . . . and it's where we're holding our 'limited attendance' Christmas parties to sign the old year off - I know the team are hoping we can fill the Family Zone to the brim with carers next year!*

*Please do note opening and emergency contact information below, should you need help over the Christmas period - and here's to 2022, with lots of hope for every Telford carers good health and wellbeing.*

*Please keep safe and take good care - I send my seasonal Best Wishes to you and your family.*

**Laura Thorogood, Telford and Wrekin All Age Carers Centre Service Manager**



## CHRISTMAS AND NEW YEAR OPENING

**24 DEC CHRISTMAS EVE OPEN 9am-4pm**

**27/28 DEC CLOSED**

**29/30 DEC OPEN 9am-5pm**

**31 DEC NEW YEARS EVE OPEN 9am-4pm**

**3 JAN CLOSED**

**We have a message on our main 01952 240209 line giving who to call in an emergency.**

**Our 24/7 voicemail will record any non-urgent queries to be dealt with when we are next in.**



# Carers Rights Day



On 25 November Carers organisations nationwide have once again raised awareness of carers rights and produced lots of useful information and advice about the entitlements and benefits available surrounding a caring role.



This year, as last, the All Age Carers Centre is working under restricted lockdown conditions and we were unable to hold our usual information days and face-to-face meet ups to chat to carers and help them with any issues or worries they may have but we had a day of posting lots of really useful links on our Facebook page, and we'll repeat some of those links here:

**CARERS PARTNERSHIP BOARD, TELFORD** email [board@cpbtelfordandwrekin.co.uk](mailto:board@cpbtelfordandwrekin.co.uk) or see their Facebook page @CarersPB

**CARERS UK** <http://www.carersuk.org/news-and-campaigns/carers-rights-day>

**CITIZENS ADVICE** <https://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/>

**MIND** <https://www.mind.org.uk/information-support/legal-rights/health-and-social-care-rights/carers-social-care-rights/>

**AGEUK** <https://www.ageuk.org.uk>

**NHS Carers Toolkit** <https://www.england.nhs.uk/commitment-to-carers/carers-toolkit/>

But remember, it's definitely not all about online information - we are here for you, at the end of the phone during the working day to answer your queries and to try and find solutions to any issues - call our Wellbeing Checkpoint Team on 01952 240209 or email [admin@telfordcarers.org.uk](mailto:admin@telfordcarers.org.uk)

## Another brilliant winter guide, just for Carers!



Telford and Wrekin Council have once again shown their continued support for the caring community with the production of this comprehensive guide, with collaboration from the All Age Carers Centre, and the Carers Partnership Board.

All Adult Carers will be receiving the guide, either electronically by email or in hard copy by post.

It's full of helpful information and advice specifically aimed at family carers in Telford, to keep them healthy and connected with support throughout the winter months and beyond.

You can link to the Guide on the home page of our website at:

<https://www.telfordcarers.org.uk>

### What carers say:

I just want to say 'thank you' for a lovely and pleasant Afternoon Tea. I was very conscious of you waiting on us and then knowing you would be going home and seeing to your own family. So, thank you again and also to Nicki for being so welcoming.

PS The food box will keep us fed for a while!

## Make your pledge to improve your wellbeing!



Telford and Wrekin Council say:

"Taking time to consider ways to improve how we feel is important. There is only one you, and you should take care of it. So we'd like to encourage you to take a moment and make a pledge to improve your wellbeing:

[https://www.telford.gov.uk/info/20798/year\\_of\\_wellbeing](https://www.telford.gov.uk/info/20798/year_of_wellbeing)

Once you have made your pledge, you will receive emails with motivational tips and information you can put into practice. Thousands have joined up already. So why don't you join?

People across Telford and Wrekin are making a pledge to improve their wellbeing as part of our **Year of Wellbeing** - a whole year of activity about improving how we feel.



After the past 18 months of dealing with the Coronavirus pandemic, we all deserve to be living happier and healthier lives.

We would especially like the campaign to reach more vulnerable members of our community, such as older people, people with disabilities, people with long term health conditions and people from more ethnically diverse communities.

This is your time to feel happier and healthier. Join the **Year of Wellbeing** for tips and information to help you sleep better, do more of the things you want to do, and just feel better".



## Newport Rotary Lite working hard for Telford young carers



A BIG shout-out of THANKS is well deserved for **Newport Rotary Lite** who have been so generous with their fundraising and time!

They have funded 4 Welcome Packs for any new young carers registered, and members are also knitting lovely colourful fun Chocolate Orange hats to raise extra funds for us - what a fantastic idea. Whoopee!!



## Severn Harmony Back on Song!



**The Severn Harmony Ladies Barbershop Chorus**, based in Telford, have been meeting up together again after the Covid lockdown period. They donated a brilliant £800 to us in January 2020.

They have been fundraising again for the Young Carers! THANK YOU! Watch this space for more details.

## Covid-19

For all up-to-date information about Covid-19 vaccination roll-out, please link to the Shropshire, Telford & Wrekin Integrated Care System website here:

<https://stwics.org.uk/our-priorities/covid-19-vaccination-programme/walk-in-clinic-times>



As we are approaching the holiday season and meet more people inside, it's so important to use ventilation as an effective way to reduce the spread of Covid-19 at home.

Regularly opening windows - even if just for a few minutes - helps fresh air to disperse and blow Covid-19 particles away, thus decreasing the risk of others being infected. And keep yourself and others safe with the rest of the 'Normal is . . .' list in mind.

**Ventilation is an effective way to reduce the spread of Covid-19 at home**

## Find out all about how the PRH and RSH works online with The People's Academy!



The **Shrewsbury and Telford Hospital NHS Trust** has relaunched its award winning **People's Academy** as an online course. This has been really successful in helping local people understand more about the NHS and their local hospitals and will be delivered in a series of four 2 hour sessions over 4 weeks using Microsoft Teams. Themes are: **The NHS . Our Hospitals . Our Population . Opportunities to Get Involved.**



The course provides opportunities to meet staff from across the Trust, who come to talk about everything from Service Improvement to Dementia Care. Everyone completing the four weeks of the course will be sent a certificate of attendance and a pin badge, and people who have missed sessions in previous courses can join in to complete their People's Academy experience.

Julie Clarke, Director of Public Participation said: "It's more important than ever that the public are able to become involved with their local NHS hospitals and I am delighted that we are relaunching in this new format"

Kate Ballinger, Community Engagement Facilitator said: "Sharing information about our hospitals through The People's Academy courses is one of the best parts of my job. We have refreshed the content to reflect our current situation and made sure that each week includes a variety of presentations, videos and activities for people to enjoy. I can't wait to get started!"

Dates for 2022 will be released before Christmas, and will include the **Young People's Academy** which is available to anyone over the age of 14. The academy breaks down the inner workings of the NHS into easily digestible sessions and can support CVs, university/college application, and other routes into education or employment.

**Register for The People's Academy via Eventbrite here: <https://sathnhs.eventbrite.co.uk> or for more information or to let us know of any access requirements, please email [sath.engagement@nhs.net](mailto:sath.engagement@nhs.net) or call 01743 492390.**



## Have you had a good, or not so good, experience within the local health, mental health or social care system? Want to tell someone about it?



**NHS Shropshire Telford and Wrekin Clinical Commissioning Group** is looking for people who are willing to share their experiences of health, mental health or social care services. The idea is that a person would be willing to be recorded (no longer than 5 minutes) to say what happened, what went well, where the problems were and importantly give suggestions for improvements.

In particular they are looking for people who have used several different services over the last six months or so where things have perhaps not gone as well as they would have hoped. **Anonymity would be protected and the recording only shared with the ICS Board.**

The board would then be able to consider what happened and why. Jayne Morris, who has moved from Healthwatch to the CCG, will be there as support and people would be able to have a friend or carer with them supporting them in explaining the details as well.

The recording could happen somewhere local to the individual or wherever is most convenient. It is a good opportunity to explain issues to the system's planners and managers at first hand. These 'patient stories' will be shared one per month at the CCG board meeting. **If you or anyone you know is willing to take part please e-mail Jayne at [jayne-morris15@nhs.net](mailto:jayne-morris15@nhs.net)**

## OLLIE Foundation courses for Grief Awareness Week

As part of Grief Awareness Week in early December, the OLLIE Foundation is launching the first of 4 online meet-ups for anyone who is grieving and finding the festive season particularly difficult.

There are 4 alternative Christmas meet-ups online on Zoom where you can spend time with others who simply understand what it's like to be grieving.

For more information link to the website here:

<https://www.theolliefoundation.org>

Reserve your free place here:

<https://www.eventbrite.co.uk/e/217366337567>



## Blood Test Updates

The online Blood Test booking service has been up and running for a while now and we have been advised that current waiting times appear to be between 4 and 6 weeks.

There are now Phlebotomy patient car parking bays next to the PRH Mallings test centre.

See all information and advice about booking here: <https://www.sath.nhs.uk/wards-services/az-services/pathology/phlebotomy/book-a-blood-test/>

**The telephone booking line number is 01743 492510 Mon-Fri 9am-4pm (not Bank Holidays)**

The full Phlebotomy Survey Report can be found using the link below:

<https://www.shropshiretelfordandwrekinccg.nhs.uk/get-involved/current-conversations/phlebotomy>

# It's nearly time for New Year's resolutions! Promising yourself to 'get healthy' but need some support? Here it is!

The friendly and professional **Telford and Wrekin Healthy Lifestyles Service** provide a **free** personal service to motivate, encourage and support local people to make changes to improve their health and wellbeing.

The Healthy Lifestyles team offers six 1-2-1 sessions over a **12 week period** supporting the areas of:

- **Healthy eating**
- **Weight management**
- **Physical activity**
- **Alcohol**
- **Emotional health and wellbeing**



Advisers work closely with the community and connect clients with a variety of ongoing support within the locality where they live. **All support from the Healthy Lifestyles team is completely free and confidential and can take place in local clinics in the community, over the phone or via online video.**

**Email:** [healthylifestyles@telford.gov.uk](mailto:healthylifestyles@telford.gov.uk) **Online referral:** [www.telford.gov.uk/hlform](http://www.telford.gov.uk/hlform)

**Telephone:** 01952 382582 **Facebook:** @HealthyTelford



## Online support for carers through Christmas with Mobilise . . .

With continuous news, information and advice - and the opportunity to get together with other carers - **Mobilise** is a great online national resource for carers.



Mobilise are available to support you over the festive period including support calls with their Carer Support team, and access to their supportive Facebook community for carers. There is even a Christmas Day Cuppa for carers. For full details of support available, visit the website.

**Subscribe now at:** <https://www.mobiliseonline.co.uk>

## NEW Carers ID Card!

We're pleased to offer a new Carers ID Card, available for Telford carers who would like to carry something with them that identifies them as a family carer.

In the case of an accident or emergency illness, it gives information about the carer, the cared for, and others who can be contacted to deal with any issues in their place, together with useful contact numbers like GP and relevant social care or health support.

**If you would like to carry one of these cards, please get in touch with our Wellbeing Checkpoint Team on 01952 240209 who will arrange to pop one in the post for you.**





## Do you need some help with your mental health?

The **NHS Primary Care Wellbeing Service (also known as Improving Access to Psychological Therapies)** is a service that helps anyone over the age of 16 years who presents with any mild to moderate anxiety and/or depression. IAPT also work with clients who have any long term health conditions that impact their mental health and make it hard to manage their condition. For a person to access the service they need to be registered with a GP in Telford and be a resident of Telford.

**IAPT offer different types of therapy to treat anxiety and/or depression. It is mainly short term therapy, carried out via telephone, video call (currently due to COVID) or online computer platforms.**

**The therapies offered are mainly Cognitive Behavioural Therapy (CBT) and counselling.**

**There can be 6-20 sessions available based on the therapy being offered.**

**There are three ways to access the service:**

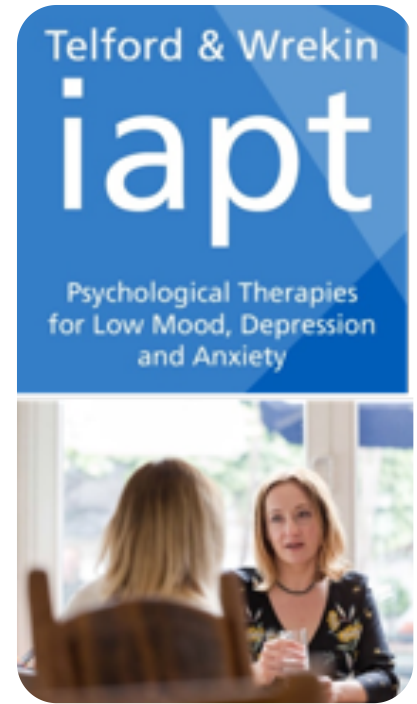
- . Call on 01952 457415 to self-refer**
- . Complete a self-referral form via the website below**
- . Through a professional referral if already engaged with external services or via your GP**

You will be initially assessed by the IAPT team to decide whether the service is appropriate for you and if so, IAPT will offer therapy based on your mental health presentation, and you will be put on a waiting list to receive the therapy. If your needs are requiring a different service then you will be referred to them or can refer yourself.

**IAPT say: "If you think that you, or someone close to you, could be helped by our service then please do not hesitate to contact us on the details below".**

**Phone 01952 457415 Office opening times are Mon-Fri 9am-5pm**

**See more details at <https://twiapt.mpft.nhs.uk>**



## VirginMoneyGiving closing it's fundraising door ...



We've been utilising VirginMoneyGiving as our charity donation platform for several years now. From 30 November 2021 this fundraising website has closed down and will no longer be accepting donations from the kind and generous individuals and organisations who give to us and others.

We'll be organising a new 'giving' platform for Telford Carers as soon as possible. Should anyone wish to donate to us in the meantime, you may do so by contacting our manager, Laura Thorogood, who will be happy to give you all the information you need.



## Feature: Who are forensic carers?

One of our registered carers had asked us why we hadn't written about forensic carers in our newsletter before. We felt it may be something that people know little about and she kindly agreed to put her thoughts in writing about this particular area of family caring. She says:



"A **forensic carer** is the term used to describe the family member or friend of someone who has become so mentally unwell that they have committed a crime/act that has brought them into contact with the Criminal Justice System, and is often reported in the papers, adding to the stress and sense of isolation to the carer.

Their subsequent processing by the Ministry of Justice (MOJ) may mean they are diverted away from prison into a Secure (locked) hospital setting, where they are sentenced to receive treatment. However, very similar rules and terminology to a prison sentence are involved, where the MOJ has to approve each stage of the treatment, and the MOJ remains in charge of the case, not the doctor or psychiatrist overseeing the treatment pathway.

Forensic carers face trauma even prior to the Secure Services admission of their cared for, (locally there are wards in Shrewsbury and Stafford), and that is described in words and a short film embedded within the **Forensic Carers Toolkit** (see link below). These Carers can also be affected by restrictions to where the person they care for can live when they eventually leave Secure Services and other conditions handed down to the them. The added difficulty is getting to know the terminology based on the Courts, and even things like visiting their loved-one have to be booked in advance, their suitability and identity approved, and most personal items locked away before admittance for a visit.

Many of those cared-for remain in Secure Services for many years and their return to community living is both cautious and controlled, making the carer still subject to the control of the MOJ by default."

It's clear from our carer's thoughts and from the Toolkit, that forensic carers often feel undervalued, excluded and lack information within their particular role and we are pleased to be able to raise awareness of their specific issues and concerns here.

**Link to the Forensic Carers Toolkit here:**

<https://www.england.nhs.uk/wp-content/uploads/2018/05/secure-carers-toolkit-v2.pdf>

*Definitions:*

*Forensic mental health care: The word 'forensic' means related to the law or the legal system. In the mental health context, it is used to indicate services that care for individuals who have arrived at mental health services via the criminal justice system: police, courts, prison.*

*Forensic carer: Someone of any age who provides unpaid support for a relative or friend who is using forensic mental health services, including those provided in low, medium and high secure and community settings.*

### What carers say . . .

I found the information and advice you provided so helpful whilst caring for my husband and thank you for all the support you provide. A lot of carers would struggle without that support. Wishing you all a happy future, may you go from strength to strength.



## Biscuits in a Jar!

A lovely gift - or to make them for yourself without the jar! The jar contains almost everything you need to make 24 malty white biscuits with white chocolate and cranberries. You'll need a 1L Kilner Jar.

### INGREDIENTS

124g wholemeal flour  
1 teaspoon baking powder  
120g dried cranberries  
150g rolled oats  
1 heaped teaspoon cinnamon  
145g soft brown sugar  
A pinch of flaky sea salt  
170g large white chocolate chunks  
1 heaped tablespoon Horlicks  
1 egg  
150g soft butter  
1 teaspoon vanilla extract



If presenting in the jar, layer your ingredients up the jar as follows:

Start with: wholemeal flour with baking powder

Add dried cranberries

Add rolled oats with cinnamon

Add soft brown sugar seasoned with salt

Add white chocolate chunks with Horlicks

Screw or clip jar closed

Cut out label provided and stick on jar (or design your own and title for any occasion!)

Give gift with accompanying Christmas card with cut-out recipe and instructions inside

### PREP 10 MINS, COOK 11 MINS

Butter 2 baking sheets and pre-heat the oven (180C/160C fan/Gas 4)

Whisk an egg, the soft butter and vanilla extract in a bowl using an electric whisk until the mixture is smooth and creamy, so about 5 mins.

Add the contents of the jar and mix together gently to form a dough.

Put 12 golf ball size spoonfuls of the dough on to each baking sheet, then bake for 11 mins.

Remove from oven and leave to cool or eat while still



*Biscuits  
in a  
Jar*





## CVS Family and Friends support White Ribbon Day

Some of Telford and Wrekin CVS's male family and friends wanted to show their support for **White Ribbon Day** and were very happy to act in collaboration with White Ribbon to sport the T-shirt.

For 16 days from the 25 November, the White Ribbon organisation are asking people in their communities, organisations and workplaces to come together and say 'no' to violence against women.

The murder of Sarah Everard in March opened up many conversations about men taking action and making a stand. For more information and to make a **White Ribbon Promise** to never commit, excuse or remain silent about male violence against women link here:

<https://www.whiteribbon.org.uk>



## 'Tea and Tech' Sessions - Come on Down!

These brilliant FREE basic computer/internet sessions for complete beginners, are continuing - there's one more before Christmas (17 December) and more dates are set for post-New Year at the Independent Living Centre.

You really don't need to know a thing about computers or the internet - you'll learn basic tablet/IT skills including emails, using the internet and accessing apps etc.

Wouldn't it be lovely if you could contact your family and friends via the internet - and be able to see each other too!

**Find all the details on a full page flyer in this newsletter.**



## Christmas Surprise from ASDA Telford Town Centre

We've received a generous donation of £525 from ASDA! This is so appreciated and will fund a Carers Christmas Group get-together in our Family Zone, with food and music! THANK YOU ASDA - YOU'RE ALL STARS!



### What carers say . . .

So pleased that Youth Club is up and running again . . .

We're so grateful for all the support you give the young carers . . .

As my daughter is a sibling carer, it's lovely to have activities just for her - it makes her feel valued . . .



## Feature: Digital Exclusion - a sign of the times . . .



'Digital exclusion' has become a buzz-phrase currently both within health and social care and the wider national community. It's all about those people who do not use the internet and do not have access to online content such as information and advice and may therefore be missing out on all sorts of benefits and support in their lives. These are generally older people who have not had the opportunity, or perhaps have not until now felt the need to learn internet basics. The issue has certainly come more to the fore during lockdown, with people in isolation unable to access things like online shopping, Covid-19 information and forms, and online video social contact.



It's a concern that the All Age Carers Centre are very aware of in terms of our own carers, and we, like many organisations, try our best to meet the needs of as many of those people registered with us as possible, working within the limits of our capacity and funding. If our contributors have given us a telephone number, alongside a website or email address, for articles within this newsletter for example, we will include it in the contact information.

We would ask that carers help us to help them access information, advice and support in the following ways:

- . If you have an email address, please call us so we can record it - if you have changed your email address recently or in the past, we may not have your up-to-date address on our database, especially if you have been registered with us for some years. We receive a significant amount of emails that 'bounce back' to us labelled 'not deliverable'. Call us on 01952 240209 - it only takes a few minutes to check.
- . If you don't have email but would specifically like to read this newsletter regularly there are several possible options:
  - . We distribute reference copies to Southwater Library for distribution to many of the local libraries.
  - . Have you a friend or family member who could link to and print off the newsletter from our website (home page)? <https://www.telfordcarers.org.uk>. It's something so many people would be only too happy to do!
  - . Would you like to learn about becoming an internet user - just getting to know how to send and receive emails can be so useful? See our reminder about FREE 'Tea and Tech' sessions in this newsletter.

But remember, you can always call us about any caring related matter within working hours on **01952 240209**

## Results of CarersUK Autumn Survey

Did you take part in the survey CarersUK carried out over the late summer months? If so, a report based on the survey has now been published. Here's the link:

[https://carersuk.org/images/Research/CUK\\_State\\_of\\_Caring\\_2021\\_report\\_web.pdf](https://carersuk.org/images/Research/CUK_State_of_Caring_2021_report_web.pdf)



# Worried about turning on the heating?

Telford Energy Advice can help you stay #WarmThisWinter

Telford Energy Advice offer free and impartial advice on staying warm, keeping costs down, energy debts, billing issues and general advice on energy efficiency grants and measures.

Get in touch with our friendly team,  
call **0800 677 1952** or  
email **advice@mea.org.uk**



**Telford** & WREKIN  
**ENERGY**  
**ADVICE**

**amazon**smile  
You shop. Amazon gives.

Telford and Wrekin CVS are the hub of so much support in our Telford community—providing many vital services across all ages. Will you help us help our children, young people and adults of all ages this Christmas?

If you do a little or a lot of your Christmas shopping on Amazon, it's so easy to donate to us—a few minutes of your time joining Smile will make such a difference. **THANK YOU.**

Shop through your usual account at <https://smile.amazon.co.uk/ch/702589-0> and Amazon donates 0.5% of any eligible purchase to Telford and Wrekin CVS, securely and anonymously **AT NO COST TO YOU**



Telford and Wrekin CVS, Hazledine House, Telford, TF3 4JL. 01952 916035



'Tis The Season To  
Make A Difference Today  
**PLAY**

WIN a £1,000 DECATHLON voucher to spend on 70+ sports, nutrition & body care products as well as weekly cash prizes up to £25,000! All for £1 a week!

- Help Telford & Wrekin All Age Carers Centre
- A ticket purchase will help us make winter warmer for carers
- Why not give a subscription as a Christmas gift!



To start supporting, visit [www.telfordcv.co.uk](http://www.telfordcv.co.uk) and search for: Telford Carers



Supporters must be 18 years of age or older. See website for Terms & conditions. Ends 31/12/2023

**DECATHLON**



## Would you like to be more connected?

You could be eligible to loan a tablet for up to 3 months...

What a tablet can help with:

- To help you to stay in touch with your friends and family.
- To access the internet.
- To access emails, apps, websites and much more!

What is a tablet? A tablet is a handheld electronic device which connects to the internet and allows you to browse websites, access emails, read e-books and much more.

Why can I loan one? Thanks to the #KindleKindness campaign, we have a limited number of tablets that we can loan out to anyone who would like to be more digitally included.

I've never used a tablet before... Don't worry! We will provide you with as much support, information and resources to help you get started!



#kindle<sup>le</sup>ness



For more information, please call  
Telford and Wrekin CVS on [01952 916071](tel:01952916071)  
Or email [communitylinkworker@tandwcvcs.org.uk](mailto:communitylinkworker@tandwcvcs.org.uk)





# TEA AND TECH:

## Tablets and Smartphones

### Who is it for?

For anyone who is interested in learning some basic technology skills, whilst learning and socialising with others. Tea and Tech sessions will cover different skills each session but, will also help to assist you with what you are interested in learning!

- The sessions will be held once every fortnight, at the Independent Living Centre.
- We can support you to tailor your device to suit you.
- We understand that coronavirus is still a concerning matter. Covid-19 precautions will be in place during the sessions to keep everyone as safe as possible!

### Will there really be tea?

YES! There will also be coffee and other refreshments.

### How can I find out more about Tea and Tech?

Please contact the Community Link Workers on 01952 916071 or email [communitylinkworker@tandwcvcs.org.uk](mailto:communitylinkworker@tandwcvcs.org.uk) to register your interest.



### Loan a Tablet!

Telford and Wrekin CVS have a limited number of tablets you can loan for up to three months!

### STARTING WINTER 2022 ON FRIDAYS

Session 1: 28 <sup>th</sup> January	Session 2: 11 <sup>th</sup> February
Session 3: 25 <sup>th</sup> February	Session 4: 11 <sup>th</sup> March
Session 5: 25 <sup>th</sup> March	Session 6: 8 <sup>th</sup> April

### At the Independent Living Centre

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

We look forward to seeing you there! 😊

Please be aware, due to Covid-19, we must still take the relevant measures and precautions to keep everyone safe. If you would like to guarantee attending the session, please phone or email ahead to book your place.

## Foodbank for Hadley

We very happy to be able to publicise the work carried out by the Telford West Indian Association. Verley Brissett (a Telford and Wrekin CVS Trustee) is very much involved in the different community activities, groups and especially the cafe at the Hadley Community Centre.

The TWIA team are hoping to set up a Food Bank at the cafe site very soon, and want to gather views and contact from the Hadley community about need in the area.

**Would you, or anyone you know, in and around Hadley find access to a local food bank in the area helpful? Are you a professional dealing with food poverty in Telford? Verley is happy for anyone to contact him on 07580 355177 or email on [verley.brissett@gmail.com](mailto:verley.brissett@gmail.com)**



## Telford and Wrekin Ageing Well Strategy



Denise Jackson of the Carers Partnership Board attended a "Developing an Ageing Well Strategy" workshop hosted by Live Well in October. She was pleased to be able to mention the challenges faced by older carers, carers of older people, and people who are ageing without close family able or willing to provide support in later years (which of course can all overlap).

It was hoped that the workshop would enable the agreement of governance and some set themes for the new initiative.

Many other local organisations attended and the overall statement of aim decided upon was:

**Telford will be an age friendly place, where people can age well**

With 4 themes:

- . **Telford is an accessible town for all - people will live in accessible accommodation close to amenities**
- . **People will stay fit, healthy and active for longer**
- . **People will stay as independent for as long as possible**
- . **People will participate actively in their local community**

Establishing an Older People's Task Force was also discussed which will be on the agenda again at future workshops.

**For more information, see documents on our website linked here:**

<https://www.telfordcarers.org.uk/news-and-links>

## Reminder: Healthwatch Hospital Discharge Survey

The Carers Partnership Board have reminded us that carers are often at the heart of things when it comes to hospital discharge, and we thought it important to repeat the link to this important Healthwatch survey, where you can have a voice as a carer about your experiences - recently they have noted a rise in feedback surrounding delays, transport and community-based care, and your input will really help towards raising awareness about this issue.

<https://www.healthwatchtelfordandwrekin.co.uk/patient-discharge>

## Lajina Masala Curry Club!

Lajina runs a virtual **Curry Club** delivering spices through your door and a minimum of one monthly cookalong. There is also a Facebook page where you can choose your favourite dishes and support the Curry Club.

Coming up on the 12 December, Lajina will be demonstrating how to spice up all the usual Christmas ingredients - sprouts, roots etc. - and turn them into spicy magical delights which you might consider for your Christmas table!



**For all information link here:** <https://www.lajinamasala.com/lajinas-curry-club>

## Tree of Light

We are so grateful to **Telford Centre Rotary** for choosing **Telford and Wrekin CVS** for a donation from the **Tree of Light** appeal. Manager Laura was pleased to attend the 'switch on' of the beautiful tree in the town centre with David Brown, President of Telford Centre Rotary Club.







## Arts and Crafts 'Me Time' Sessions

Our latest 'Me Time' Arts and Crafts sessions, hosted in our new Family Zone at Hazledine House hosted by local artist Caris Jackson, have been well enjoyed and so successful. They are FREE and for people (carers and others) of 50+ who are not employed. A light lunch is provided too!

It's been a joy for everyone in the team to have people coming in to take part in activities again! (under a few social distancing restrictions of course).

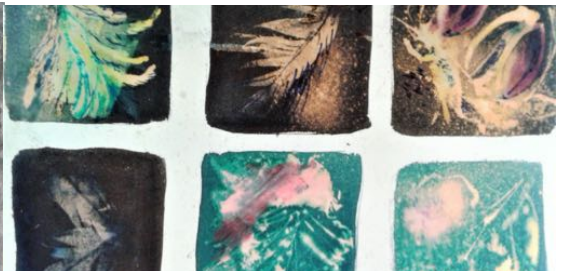
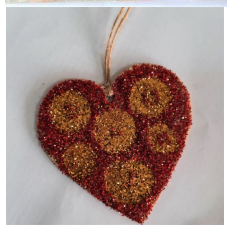
All abilities are welcome - it's all about enjoying coming together with others and being creative! The sessions are friendly and welcoming - come along for a chat, a cuppa and a cake and learn some new super arts and crafts skills!

The sessions will continue on the following dates at 11am-1pm:

<b>Saturday 8 January</b>	<b>Thur 3 March</b>
<b>Thur 20 January</b>	<b>Sat 19 March</b>
<b>Sat 5 February</b>	<b>Thur 31 March</b>
<b>Thur 17 February</b>	

Come and join us - call Sue Last on 01952 240209 or email Sue on [sue.last@telfordcarers.org.uk](mailto:sue.last@telfordcarers.org.uk) for more information.

**Book and Attend 3 of our 'Me Time' Sessions and have the chance to receive a super gift of a £20 Cinema Voucher or £20 Greenfields Farm Shop Voucher!**



**Future sessions include:**  
**Drawing and Painting with Ink and Milton**  
**Charcoal Animals**  
**Drawing with Scissors**





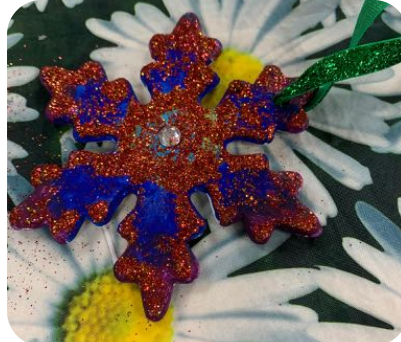
## Adult Wellbeing Groups



The team have had some very busy weeks, hosting several face-to-face meet-ups for the **Adult Carers Wellbeing Group**. It's been great fun to be back to a bit of normality even with some social distancing!



**Fantastic Cream Tea with vintage bunting and delicious cakes!**



**And a seasonal session of all sorts of card, wrapping paper and bauble-making to sparkle up Christmas at home!**

New Year dates for the Wellbeing Group (and other activities) will be available shortly. We are hopeful that we can continue to hold these face-to-face events in our Family Zone at Hazledine House, which has been such a light, roomy and welcoming space for the activities we've carried out so far (including Youth Clubs and Inbetweeners groups) since the ease of some lockdown restrictions. Please Follow our Facebook page for all news.

**For any enquiries please contact Danielle at [danielle.stanko@telfordcarers.org.uk](mailto:danielle.stanko@telfordcarers.org.uk) or call on 01952 240209**

## Hadley Wellbeing Group

Lucie said she felt so pleased to be able to stand, reflect, and take this picture before everyone arrived - it had been a long time since this group had met and it seemed a sign of change that at last we were able to return to Hadley Community Centre for a meet-up.

Old friends were so pleased to see each other and a lovely, chatty time was had by all.

**For any enquiries contact Lucie at [lucie.roberjot@telfordcarers.org.uk](mailto:lucie.roberjot@telfordcarers.org.uk) or call 01952**





## Be a Young Carer Health Champion!

Calling all young adult carers aged 16-24 - join the NHS England Young Carer Health Champion programme in April 2022!

**The Programme:** The Young Carers Health Champion programme was established in 2015 to support improved health literacy, promote health and wellbeing and develop the capacity of young carers to participate in planning and development of young carer friendly services.

It aims to support service change through young carer voices. The 12 month programme is made up of young adult carers from across the country.

You will experience self-development, be part of healthcare initiatives that aim to improve young carer identification and support and develop an action plan.

### Why join the Programme?

If you're a young adult carer who wants to make a difference and contribute your experience and ideas, then this programme is for you. Health Champions that complete the programme can become a Mentor for the next group of Health Champions - your personal development and opportunity to be part of national work to improve the support and identification of young carers can continue!

Contact Lucie for more information and/or a chat on [lucie.roberjot@telfordcarers.org.uk](mailto:lucie.roberjot@telfordcarers.org.uk) or call 07817 090054/01952 240209



Telford Young Adult Carers with new carer friends at Champions event!

## Inbetweeners Winter Programme (all in Family Zone, Hazledine House)



### 16 December 5-7pm **Movie Night**

**Christmas movie, popcorn and ice cream**

Themes: Peer support, break from caring role, fun

### 13 January 5-7pm **Introduction to leadership skills**

**Activity workshop with West Midlands Army Enrichment team**

Themes: Team work, time management, logical thinking, problem solving, leadership, followership, co-ordination.

### 17 February 5-7pm **Interactive Treasure Hunt**

**Solve the tasks to find your next clues - who will be first to the prize?**

Themes: Team work, group bonding, peer support, problem solving, fact-finding (relevant to service)

### 10 March 5-7pm **Build a Barracks**

**What will your role be? Can you find your place in the team and complete the challenge?**

Themes: Team work, time management, logical thinking, problem solving, planning, engineering, finance, coordination, public relations, public speaking

*Why not come along for a taster session on one of these dates!?*

*Give Lucie a ring first for a reassuring chat or email her and she'll ring you (numbers above) if you feel a bit nervous.*

*You can be sure of a warm welcome - everyone is friendly and just up for having some fun!*

*We also offer 1-2-1 support if you're worried about something, however small and need someone to talk to. Don't hesitate to get in touch with Lucie who will be happy to listen and try and help.*





*Inbetweeners Halloween Party at the brilliant Madeley Wellbeing Cafe - soooo spooky . . .*



*Young Carers Great Fun Day on the Wrekin with the Scouts. Big thanks to Wellington Rotary*



*Young Carers Mindfulness Table, stress ball activity and healthy cookery at Youth Club*







## YOUNG CARERS ACTIVITIES CHRISTMAS AND NEW YEAR!

- 15 Dec Primary 4.30-6.30pm PARTY AND MOVIE NIGHT at Hazledine House
- 21 Dec Secondary 12-2.30pm PARTY AND MOVIE AFTERNOON at Hazledine House
- 5 Jan Primary 4.30pm YOUTH CLUB (ONLINE)

**BOOK NOW - PLACES ARE LIMITED**

07878 457141/240209 [ashu.sepla@telfordcarers.org.uk](mailto:ashu.sepla@telfordcarers.org.uk)/[karen.corden@telfordcarers.org.uk](mailto:karen.corden@telfordcarers.org.uk)

*Cover Feature: Telford Young Carers Helping to Decorate Attingham for the season! They had the most magical time! Thank you National Trust at Attingham Park! (Continuation of the Legacy Project with Pentabus).*



*Drumming at Youth Club with our friends from The Hive*



*A seasonal wish from the team to all our  
wonderful Telford and Wrekin carers*

*Some time for peace*

*Some time for rest*

*We hope that you'll be at your best*

*Some time to give*

*Some to receive*

*We're proud of what you all achieve* ❤️