

yourvoice

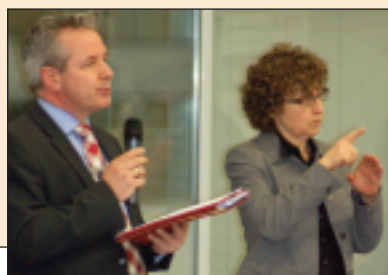
June 2012

£2.50 when sold



This year's See Hear day held at the Sports Village in Shrewsbury brought in big crowds to see dozens of exhibitors. The exhibition showcased products and services relating to sight and hearing loss, including the now famous Bionic Ear which was used for interactive presentations throughout the event.

There were free hearing checks and a free shuttle bus every half hour from Shrewsbury train station. BSL and deaf-blind interpreters were on hand and Shropshire Council trained a team of helpers to escort people around the stalls.



Pictured left are a visitor being taken around by a See Hear guide, and Shropshire Council's Stephen Chandler speaking during the official opening. At right, a See Hear guide takes a quick look at YourVoice, and the busy SDN stand in the hall.



Looking after those who look after others

by SARAH STARKEY

There are millions of carers across the UK, both unpaid and paid. Many carer companies provide paid employment, but there are also thousands of people who are unpaid carers for a friend, relative or other loved one.

Often people don't realise they are a carer and that they are doing an important job both for an individual and for society; it has been estimated that it can sometimes take carers up to two years to acknowledge their role.

But it is important that people realise they are a carer as there is essential information and help available.

Help could include: **Continued on page 10**

Special feature on pages 8, 9 and 10

On page 2 is an important story about **Volunteers' Week**. Please be a volunteer, whether you are able-bodied or disable-bodied. But best of all - be a volunteer for SDN!
Call us on 01743 340832

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Volunteers' Week is an annual campaign which celebrates the fantastic contribution that millions of volunteers make across the UK. Up and down the country, individuals and organisations are holding events to celebrate the contribution of volunteers and inspire others to take part.

Shropshire is joining in:

On 7 June in Shrewsbury -

Volunteer Village, 9am-3pm

On 8 June in Oswestry -

Charity Market, 9am-3pm

For more information and to be part of these events contact

**steve.jones@shropshire-
rcc.org.uk or 01743 237877**

Volunteers' Week brings out the best in us!

Among the 40 or so major organisations that support Volunteers' Week nationally, eight are involved with disability - Cancer Research UK, Leonard Cheshire Disability, Macmillan Cancer Support, Sue Ryder, Muscular Dystrophy Campaign, the National Autistic Society, Guide Dogs, Arthritis Research UK Services and initiatives that are vital to the running of our country simply wouldn't exist if it wasn't for volun-

teers. Every year over 20 million people volunteer, donating more than 100 million hours to local communities every week.

It has been estimated that the economic value of this activity is worth in excess of £40 billion to our economy. But volunteering has an even greater value than ensuring our essential community services function and national events are a success. Every year, millions of people help others in all sorts of ways, most of which they probably wouldn't even think of as volunteering.

This makes a crucial contribution to binding our communities, building cooperation and trust between individuals, and helping to make our communities better places to live and work.

Excluded get volunteering hope

The Qube and Shropshire RCC have obtained funding for their volunteer outreach workers to offer more support to vulnerable or excluded people who want to volunteer.

At present this funding only covers the north of the county and Shrewsbury. Although the scheme focuses on supporting individuals to become work-ready through volunteering, Alex Drury (one of the co-ordinators) says they are also happy to meet those who do not necessarily meet the eligibility criteria or those who wish to pursue a volunteer role simply to enhance their general wellbeing. There may be some support they can offer. The contacts are: Alex

Drury (Market Drayton, Wem, Whitchurch) - 01691 656 882; Kim Thompson-Lawrence (Oswestry, Ellesmere) - 01691 656 882; Nicky Edwards (Shrewsbury) - 01743 237 872; and Clive Leworthy (south of county) - 01743 342172

Beyond this specific scheme, The Qube and Shropshire RCC are seeking to engage with vulnerable or excluded people across the county who may benefit from volunteering. They are in the process of recruiting and training "Volunteer Buddies" who could support individuals to access (and progress within) volunteer roles.

Until this programme is established, Qube and Shropshire RCC Volun-

teer Outreach Workers countywide can be contacted to support and advise individuals interested in volunteering. As the lead organisations on volunteering for Shropshire, they have national links. The service provided by The Qube and Shropshire RCC is free and easily accessible.

As the coordinator for the Shropshire Health and Social Care Information Providers project, The Qube also assists with the editing of the Community Directory for Shropshire, Telford and Wrekin. This is home to a comprehensive database with up-to-date information on community groups, clubs, societies and organisations.

Follow this link:

www.shropshire.gov.uk/community.nsf [From VCSA Newsletter]

Don't miss the next SDN Open Meeting!

SDN's next Open Meeting will be on 14 June, and at a new venue! We're pitching our tent at the Trinity Centre, part of the church in Meole Brace, Shrewsbury. We hope we can match the record attendance at our March meeting in Telford.

Come along and find out about the Disability Challenge we're organising for 16 September, when people with disability will have the opportunity to be carried in wheelchairs by teams of

volunteers to the top of the Long Mynd (and down again) Also, learn how you can attend the Disability Awareness Day in Warrington on 15 July. With over 25,000 visitors last year, it's Europe's largest pan-disability event. Finally, SDN secretary Dave Hewetson will be talking about Rett Syndrome - the amazing story of the research that is closing in on a cure, and what that might mean for other neurological conditions such as autism, schizophrenia, and Parkinson's.



A sad farewell to Michael

Shropshire Disability Network is sad to report the death of one of our members - Michael Bowdler from Minsterley. Michael, who was 59, was unable to attend our meetings but he received YourVoice each month by post, which carers would read to him. Michael was a trained car mechanic and despite numerous strokes taking their toll over a few years, he was still able to tell carers if the sound of their car engine was not quite right, often alerting them to get it checked!

Ruby Hartshorn of the SDN management team said: "Despite being blinded through strokes and also suffering heart attacks, and with deteriorating mobility, Michael with his main carer took part in the Walk & Roll SDN held last year in Shrewsbury Quarry - and he raised the most money for our funds. Michael and his dog Ollie, together with carers, spent a great morning with us. He wanted to be part of the Disability Challenge later this year!"

Equality laws come under attack again

The Government has caused alarm among disability campaigners by extending its assault on the laws that protect disabled people and other minority groups from discrimination.

Last year, it announced plans to weaken the "specific duties" that public bodies such as schools and local authorities have to meet to comply with the Equality Act's single equality duty, and to review the effectiveness of these specific duties in 2013.

But the Government has now announced - as part of its "red tape challenge" to reduce the burden of regulation - that it wants to bring forward that review and look at the equality duty itself, a vital part of equality legislation.

The equality duty says that public bodies - such as schools and government depart-

Leadership Academy ambition for county

The development of a Shropshire Leadership Academy has been proposed to ensure that the voluntary and community sector fosters the skills that will be required of the coming generation of VCS leaders.

The idea has been proposed by the chairwoman of the county Voluntary and Community Sector Assembly, Sonia Roberts, who is also chair of the Shropshire Disability Network management group.

In her address to the recent VCSA annual meeting, Sonia said the voluntary and community sector was coming under increasing pressures.

"It is facing considerable challenges due to the economy, leg-

islative changes, limited funding and growing levels of need and demand as well as coping with changes in public services, health, localism and personal responsibility," she said.

"It is important that the sector, working in partnership with other sectors, actively fosters the skills that will be required of the coming generation of VCS sector managers and leaders. As Shropshire lacks its own single university, I propose that the VCS Assembly undertakes discussions with partners and seeks views on the establishment and resourcing of a Leadership Academy."

Anyone who would like to discuss this further can email Sonia at Sonia.Roberts@landau.co.uk

Care homes cut-off date

The Government has set a deadline of 30 September for families seeking to claim repayment of care home fees, where it is felt they were wrongly charged. Shropshire solicitors Lanyon Bowdler is warning families that they need to lodge a claim soon to beat the Department of Health deadline.

Awareness day

PODS - Parents Opening Doors - and Asda Donnington are holding a 'Disability Awareness Event' on Monday 26 June at the supermarket. The event will run from 10am-2pm and include information from a range of professionals.

ments - must have due regard to eliminating discrimination faced by disabled people and other groups, as well as advancing equality of opportunity, and promoting good relations.

Mike Smith, chair of the Equality and Human Rights Commission's disability committee, said he was surprised and concerned that the Government had extended its review to include the equality duty, because it had made a real impact - a "real, positive difference to the lives of disabled people in their local community".

The Government is also delaying the implementation of equality laws that would have stopped landlords preventing reasonable requests from disabled tenants to make physical alterations to communal hallways and entrances. [From Disability News Service]



Powerchair players win firm's backing

A football team for wheelchair users has won financial backing from a Shropshire based national driver training company, which will enable it to bring new players into the game.

Telford Powerchair FC will have all its costs for next season met by the TTC Group, which has also bought new shirts for the team.

The club plays in the Wheelchair FA Championship League and Birmingham Ability Counts League.

Club chairman Julian

Harrison said: "We will now be able to concentrate on giving disabled people, who thought competitive sport was beyond them, the chance to be part of a team."

Powerchair football is on the increase as more wheelchair users take up the sport, and next year Telford Powerchair will enter at least one extra team into a league because of the club's growing popularity.

"There has been a dramatic growth in the club with still a few months to go until the end of our first year," said Mr Harrison.

"We already have eight new players and four players trying out the game with a view to joining, which was beyond our earlier expectations."

Jeremy Wynn, managing director of TTC Group, commented: "We hope Telford Powerchair FC goes from strength to strength."

The club trains on Fridays from 6-8pm at Telford College in Wellington.

For further information contact Andy Pike on 07837 771883 or email telfordpfc@yahoo.co.uk [Originally published in Shropshire Star]

Disability Community Games set for Telford

Telford & Wrekin Council is organising a two-day Disability Community Games to mark the London Olympics and Paralympic Games, to be held on 25 and 26 August.

On the Saturday there will be events at Oakengates Leisure Centre, while Sunday sees activities at two venues - The Abraham Derby Academy and the Telford Snowboard and Ski Centre.

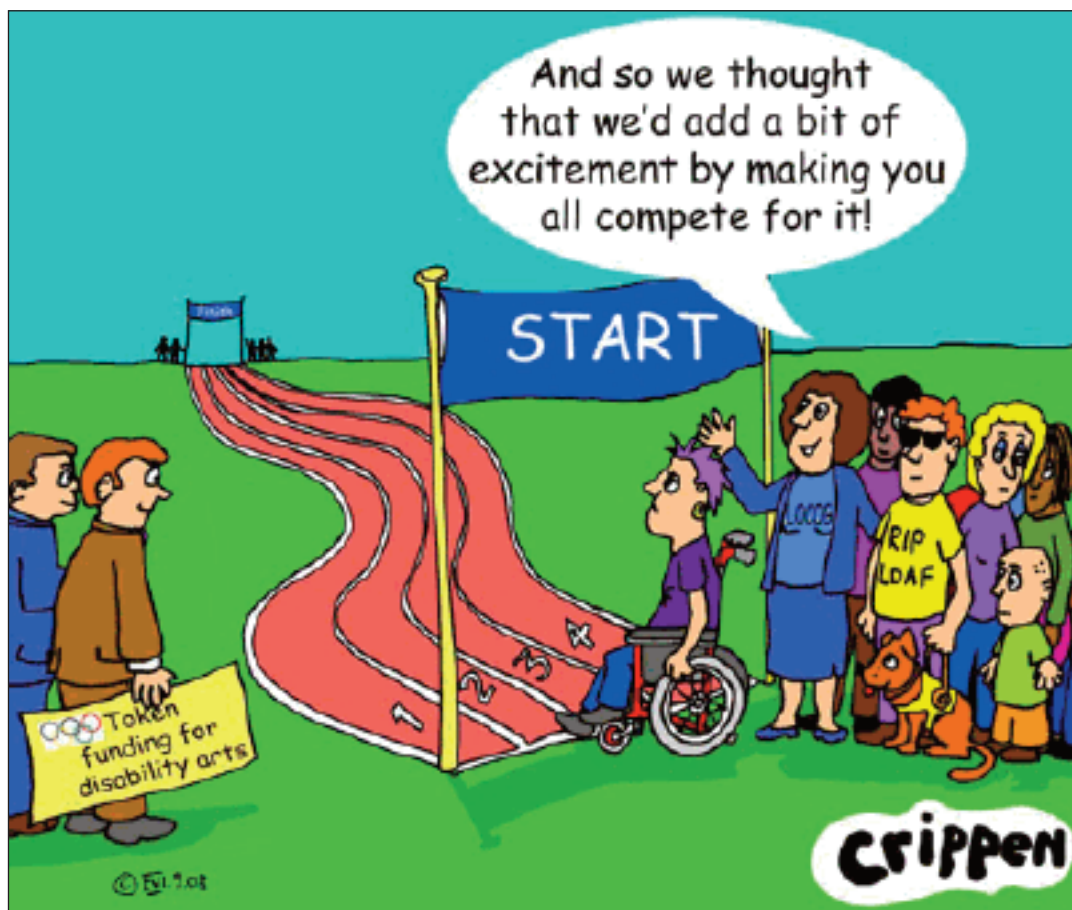
Sports already confirmed include boccia, tennis, five-a-side football, walking, swimming, tobogganing, skiing, sailing, tubing and snowboarding.

The organisers are also looking for volunteers to support the games and anyone with ideas on how they can help should contact Telford & Wrekin Council's sports and physical activity manager Rachael Threadgold.

To take part and register an interest or to get more details call 01743 255091 or email rachel.threadgold@telford.gov.uk

Community games fund

Shropshire Council and Telford & Wrekin Council have announced a Community Grants Fund to help community and volunteer groups fund their games. Up to £250 matched funding (but not matched with Local Authority funding) can be applied for.





Charity begins at lunch!

Is there more illness and misfortune about these days, or do we just make more of a song and dance about it when it comes our way? Either way, charitable giving is definitely de rigueur darling, and the charity gala still reigns supreme.

Now, I'm not knocking it, I was disabled in my twenties, way before such sensible thoughts as pensions and life insurance requirements had darkened the doors of my youthful optimism. The sudden onset of my rheumatoid arthritis was nobody's fault, I had no-one to sue, no nice fat compensation package to see me through the rest of my life with all the extortionately expensive added extras that living with a disability incurs.

And after some fairly brutal welfare cuts, those living with illness and disability find themselves financially slung out in the cold, relying more and more on charitable groups to help them afford the basics of life, let alone the extra 'luxuries' such as wheelchairs, household/car adaptations...

I'm one of them. Without the help of many and various charitable funds, I wouldn't have anything like the near-normal lifestyle I have today, despite multiple disabilities.

Yet people still seem surprised to learn that when/if – God forbid – bad luck does come your way, no-one's waiting with an open chequebook,

EMMA SUDDABY is patron of Shropshire Disability Network and also a regular columnist in the Shropshire Star. This is a piece she wrote recently for the newspaper, which has raised a lot of interest, so we thought we'd better run it as well. Thank you Emma and thank you Shropshire Star!

ready to cough up for all the wheelchairs/car adaptations/stairlifts/specialist cutlery – that you will need to see you through the rest of your days.

So, can you guess where I'm heading yet? That's right, I'm jumping on the bandwagon and announcing a

charity gala lunch with a promise auction thrown in, starting at 1pm on Sunday 3 June at Parc Llwydiarth, near Llangadfan, with proceeds split down the middle between my chosen charity, the Oswestry Rheumatology Association, and the Severn Hospice in Shrewsbury.

I've watched the ORA raise thousands of pounds over the years, to improve the lives of those living with cruel and lifelong rheumatological diseases. They now concentrate their efforts on funding essential research into more modern treatments like stem cell experimentation and I, for one, hope that the efforts of groups like this will ensure that people like me soon become one of the horrors of the past.

And I surely don't need to introduce the Severn Hospice, their reputation goes before them. So everyone's invited, come and enjoy a proper Welsh welcome, a light lunch and who knows what you might be going home with...? A meal out for four, a trial flight from Welshpool airport, two hours with the "Naked Butler" to ensure you are fully buffed...

We've got it all, come and bid for it! For ticket details or to donate promises/raffle prizes, call Gill on 01938 820345

[nb: there is no guarantee a butler will be available on the day, naked or otherwise, sorry about that! Any volunteers?]

Printer whizz-kid needed

SDN has become the proud owner of not one, but two, A3 size laser printers. This is good news - But (as in life generally, there is always a But) one of them needs some attention and we are on the hunt for an organisation or an individual who could take a look at it and then pronounce knowingly, "Yes, you need a new widget in the thingummy." So, please, anyone who can help, give Ruby a call on 01743-340832

How to write a fundraising strategy

A course to be delivered by the Institute of Fundraising on 13 June is for fundraisers from small charities who wish to develop a plan to access and secure support from a range of funders. By the end of the session fundraisers will be able to identify relevant regulation and best practice in fundraising; state how to build a fundraising plan; and construct the outline of a fund-raising strategy for their organisation.

The venue will be the CCS Training Suite in Shrewsbury and the course will last from 9:30am-4:30pm. The cost is £50 for Voluntary and Community Association members and £100 for others. [From VCSA Newsletter 01 May 2012]



Mind under pressure as help calls double

Mental health charity Mind has seen a surge in enquiries to its helpline and legal support service in the last year, figures reveal.

Mind's helpline handled 45,930 enquiries in 2011/12, an increase of 10% from 2010/11.

The charity's legal advice service saw a 30% rise in cases during the same period, with staff dealing with 9,554 enquiries in 2011/12 compared to 6,681 the



previous year. The number of calls relating to finance and employment has doubled since the recession, the charity said. Call advisors have also seen a sharp rise in welfare-related enquiries since the Government introduced its controversial work capability assessment programme in 2008.

Mind said it is struggling to meet the "huge demand" for mental health support. Two in five calls to Mind's helpline currently go unanswered and the charity warned that its network of 166 frontline mental health services - which offer support including crisis helplines, drop-in centres and supported housing - was facing a double whammy of growing demand and funding pressures.

[From Community Care newsletter, May 2012]

Reader needed

A gentleman named John who has recently joined SDN needs someone to read to him as he has a visual impairment. If you have a little time to spare and would like to find out further details, in the first instance please contact one of these email addresses (mark your email "Volunteer Reader Request") - info@shropshire-disability.net or rbyhartshorn@gmail.com

Service delivery opportunity

Shropshire Council wants service users to have a choice in who delivers their support. It is currently only using Individual Service Funds as a form of personal budget. While personal care must continue to be delivered by registered providers, the Council is inviting organisations that feel that they would be able to provide support which meets service users' assessed needs, to apply for Individual Service Fund accreditation. To obtain an application, email contracts@shropshire.gov.uk stating the name of your organisation and a contact number. [From VCSA Newsletter 01 May 2012]

Doctor...I need a nurse!

Swapping a GP for a nurse is an effective way of eradicating "white-coat hypertension" because it relaxes patients and lowers their blood pressure readings, according to new research. Blood pressure measurements from GPs might be "unreliable for clinical decisions," all measurements should be delegated to nurses. [From Salix Newsflash 11 May 2012]

Small Charity Week this month

Small Charity Week is from 11-15 June and provides a good excuse to make some noise about your charity and increase awareness about your work. The week's organisers - the Foundation for Social Improvement - and its partners are busy running events and creating media attention, so jump on the bandwagon and get involved. Find out how on the SCW's website www.smallcharity-week.com [From Shropshire Infrastructure Partnership]

'ican2' newsletter

"ican2" is an umbrella term used to describe services and information for disabled children in Telford and Wrekin. These can be arty, sporty, musical, dramatic, exhilarating, and just generally brilliant. To really keep up with what's going on families need to get the ican2 newsletter. Email ican2information@telford.gov.uk or call 01952 567 374. It can be downloaded from www.ican2.org.uk/newsletter.html. Because the system has changed recently, families that already receive the newsletter are also being asked to sign up.

Shropshire Community Fund

The purpose of the Shropshire Community Fund is to provide small sums of money to help voluntary and community groups start or develop activities around health and wellbeing. Projects should demonstrate a clear impact on the health of beneficiaries. For information or to apply contact Jan Dodd as per Grass Roots Fund. [from Shropshire Infrastructure Partnership]



Safeguard group 'is abolished'

The Government risks losing out on expert input on adult safeguarding reforms after it 'disbanded' an advisory group on the issue, group members have warned.

They pointed out that this happened in the same week that the Government announced it was to publish a social care White Paper and draft Bill that would put adult safeguarding on a statutory footing in England.

The Department of Health denies it had disbanded the national advisory group on adult safeguarding, which included representatives from councils, NHS, social care, voluntary sector and police bodies. [From Community Care, May 2012]

Patients' key role in leaflet

A new leaflet for patients - *My role and my responsibilities in helping to improve my recovery* - has been designed, tested and evaluated by patients for patients in order to give practical advice to anyone prior, during and after surgery. The leaflet, from the NHS Enhanced Recovery Programme, can be used with existing information to encourage patients to take an active role in their recovery. http://www.improvement.nhs.uk/documents/er_my_role.pdf [From Health Information News May 2012]

Dying slowly, but still dying

The Equality and Human Rights Commission is suffering the death of a thousand cuts. Its budget is to be cut by more than 50% in the next two years and its next chair will be part-time.

The Government says it remains "concerned about the quality and timeliness of some of the EHRC's work" and Home Secretary Theresa May has said the Government would conduct a "comprehensive review" of the EHRC's budget and reduce the number of its commissioners.

Mike Smith, the EHRC's

only disabled commissioner, warned that the cuts threaten the future of the commission's vital disability committee, which was set up under equality legislation in 2007 because of the unique aspects of disability discrimination.

A planned review of whether the committee should continue will take place in September.

The chair of the committee has to be a disabled person, and a commissioner, so if the committee is scrapped it makes it more

likely that there will not be a single disabled EHRC commissioner.

Liz Sayce, chief executive of Disability Rights UK and another member of the disability committee, said the EHRC played "a unique and valuable role" in the protection and promotion of our rights.

"We would be very concerned if its independence, authority and capacity were curtailed so that the battle for disability equality is weakened."

[From Disability News Service]

Court case to challenge 'critical needs' legality

A landmark legal case could help thousands of disabled adults who are not receiving the care and support they need from their local authority. The case – which could be heard as early as next month (July) – is being taken on behalf of five young disabled people, all with high support needs, against West Berkshire Council.

The local authority is one of only three in England that restricts council-funded care to those with critical needs – the highest of the four eligibility bands.

Proceedings have been issued on behalf of the five young people by Irwin Mitchell, the same legal firm that last year won two high-profile court actions, against Birmingham and

Isle of Wight councils, both of which had wanted to move towards providing care only to those with "critical needs".

Those two cases succeeded because the councils had failed in their duties to consult properly or meet their obligations under the Equality Act.

But the case against West Berkshire could prove even more significant, with lawyers set to argue that restricting care to disabled people with critical needs is itself illegal, breaching section two of the Chronically Sick and Disabled Persons Act 1970.

If their case is successful, no local authority will be able to maintain or introduce a "critical-only" policy.

Alex Rook, the Irwin

Mitchell lawyer acting for the five young people, said a victory would "draw a line in the sand" for disabled people across the country, ensuring that no-one with substantial needs could be deprived of council support.

The critical-only policy means disabled people can miss out on the care and support they need, including those who have been neglected or abused, or cannot carry out most of their personal care themselves.

Rook said: "Many severely disabled people across the country rely heavily on the support that is offered by social care services, but not all of those people fall under the umbrella of what is deemed 'critical'." [From Disability News Service]



Each year Carers Week highlights the contribution that carers make to our local and national life, with thousands of carers taking part in many hundreds of events



Carers Week is a partnership of eight national charities that come together to fund and organise the largest national awareness week in the UK. They all support carers in a variety of ways. The eight charities are Age UK, Carers UK, Carers Trust, Independent Age, Macmillan Cancer Support, Marie Curie Cancer Care, the MS Society, and Parkinson's UK.

It's common to hear someone say words like "I'm not a carer, I just look after..." But if you are providing practical, personal or emotional support to a friend, relative or neighbour, that makes you are a carer.

And carers need looking after, because they have a very tough job. Carers give so much to society yet as a consequence of caring, they can experience ill health, poverty and discrimination.

During last year's Carers Week the Prime Minister acknowledged this. He told a gathering carers at No 10 that the Government must commit its money, show more understanding and back personalisation.

Mr Cameron said that the Government needs to cut down on bureau-

In sickness and in health - the theme for Carers Week, 18-24 June

cracy and said to carers "if you stopped doing what you're doing, the consequences for the country would be disastrous."

Carers are being asked how much their caring role impacts on their health and well-being? Are you worried that cuts to services will make you shoulder more of the burden? Are you already feeling the effects of cuts to local services?

Does your GP know about your caring role and have you been offered

health checks? If you work, is your employer sympathetic? Does your workplace recognise Carers Week? It might feel like you're the only one dealing with caring but actually the experience of looking after a family member, partner or friend is very common. One in every eight adults is a carer. Every year, over two million people become carers for the first time.

At the start caring can be bewildering, confusing and demanding. No one is super-human and all carers need support and back-up. One of the most important things to accept is that you cannot do this all by yourself without serious risks to your health and well-being.

Emotional support
Many carers turn to family and friends for support and to help get a break. In lots of cases this works out well and caring is shared. There are also hundreds of carer groups and local organisations that support carers. The Carers Week partners also offer a range of services for carers including carers' centres, online discussion forums and advice and information service.

Looking after you

There is no doubt that without the right support caring can all too easily damage your health. You'll need to find the balance between caring and looking after yourself. It is not an easy balance to find, but the better your physical and emotional well being, the better you will be able to cope with the demands of caring. If you only do three things make sure you:

- 1 Tell your GP
- 2 Watch your stress levels
- 3 Look after your back

Carers Week is raising concerns about carers' health and well-being in the media and with politicians, GPs, health professionals and others with a stake in caring for carers.

Working and caring
Juggling the demands of caring with the responsibilities of a paid job is tough. People often feel pulled in two directions. As many as one in five end up giving up work. Those who fall out of work pay a heavy price – facing financial hardship and missing out on their own pension. So it pays to think carefully before giving up your job and explore all the options for support.

Practical support

Most people need practical support to help with caring. This could be equipment, an alarm system, someone to sit with them for while or for a more substantial break where the person you care for goes into residential care. By having a carers' assessment you can work out with your local council what support you and the person you care for will need. Carer assessments help identify *your* needs. They look at your role: how being a carer affects you, how much you can realistically do, and any help you need. Find out about this from your local council or carer organisation.



Shropshire events for Carers' Week

When it comes to caring for carers, a very well-known name in the county is Shropshire RCC. Linked to the Community Council, Shropshire RCC has a wide range of services available to help carers look after themselves so they can carry on looking after others.

Apart from advice and support, training, and website resources, it also organises walks, day trips and other outings to give carers a chance to relax.

Shropshire RCC supports thousands of carers across the county and a look at its regular Carers Newsletter shows just what that means. There are carer groups in all the big towns (well, big by Shropshire standards) plus smaller towns and villages.

For Carers Week, Shropshire RCC is really working hard. Here are its key events:

- Reduced entry fees at five leading spas in different parts of the county,

with discounts ranging from 15% to 50%

- Afternoon tea plus a talk on power of attorney and continuing health care at St Mary's Place, Sheltered Housing, in Cleobury Mortimer, on 19 June from 2-4.

- In Clun Community Room on 21 June there will be afternoon tea and a bric-a-brac sale, from 2-4.

- Oak Farm at Ditton Priors will be the venue on 23 June for afternoon tea and a treasure hunt, from 2-5.

- Two trips to Llandudno are planned: On 13 June with pick-ups in Bridgnorth, Ludlow, Church Stretton and Shrewsbury. Then on 19 June with pick-ups at Market Drayton, Oswestry and Whitchurch

- Shrewsbury Castle and Shropshire Regimental Museum can be visited on 22 June, at 10.30.

- Great Wollaston Farm at Halfway House, a "wildlife friendly" working farm, will be doing a guided tour and walk on 18 June.

- In Bishop's Castle, The Barn will be the venue on 20 June for a talk by

Wace Morgan Solicitors on power of attorney and continuing health care, starting at 10.

- There will also be information stands about caring - at Morrisons in Market Drayton (20 June, 10-12), Sainsburys in Oswestry (14 June 10-12), the Co-op in Wem (21 June 10-12) and Whitchurch Civic Centre (22 June 10-12)

And that's just for Carers Week. The What's On section of the newsletter is bulging with activities for carers, including fly fishing and a canal boat trip.

For information about any of the events mentioned or to find out more about Shropshire RCC and its many services for carers, call 01743 341995.

Shropshire RCC is based at 4 The Creative Quarter, Shrewsbury Business Park, Shrewsbury, SY2 6LG. Its web address is www.shropshire-rcc.org.uk

It's all happening Round the Wrekin!

Telford & Wrekin Carers Contact Centre provides free support, information and advice to carers in the area, including one-to-one and group support, information events, social events, and a newsletter.

It regularly holds forums for carers, and the next one – on 21 June – is called "In Sickness & In Health," linking in with the theme of this year's Carers Week. It will be held in the Walker Room at Meeting Point House in Telford Town Centre (next to the Library) from 10.30-12.30. For more information call Janice Philpott on 01952 240209 or email janice.philpott@carerscontact.org.uk

Carers Contact Centre will be organising events for local carers during the national week. Carers can just come and join in, there is no need to book. Events include:

18 June: Information Stand at Sainsbury's, Forge Retail Park. 9-4

20 June: Carers Health Walk with free lunch for carers. Meet at Park Lane Centre, Woodside, at noon for lunch, walk starts at 1pm.

21 June: Carers Forum (see above)

22 June: Information Stand at Princess Royal Hospital, Telford, 9-4

A bit about the Centre...

The Carers Contact Centre can help by listening and giving support, by linking carers to other organisations that can provide specialist help, by providing up-to-date information and a quarterly newsletter.

Support workers are there to listen and offer specialist, individual and group support to carers who care for adults with physical disability or illness, older people, adults with a learning disability and adults with a mental health issue.

Support Groups also provide an opportunity to socialise and take a break from the caring role. There are walks for carers, and pamper days where carers can take a break and relax with a massage.

All of the Carers Contact support workers are based at the Carers Contact Centre in Lightmoor, Telford. If you are a carer and feel you need help, advice and support, please get in touch with us.

The Carers Contact Centre is at The Liz Yates Centre, Lightmoor, Telford, TF4 3QN. Telephone: 01952 240209 or email admin@carerscontact.org.uk. It is open from 9-5 Monday to Thursday and 9-4pm on Friday.



Caring in numbers

- 10% of the total population are carers - nearly six million people.
 - There are 1.9 million people caring for more than 20 hours a week and 1.25 million for more than 50 hours • Women are more likely to be carers than men - 58% and 42%.
 - Most carers (5.7 million) are aged over 18 and the peak age for caring is 50 to 59.
 - More than one in five people aged 50-59 (1.5 million) provide some unpaid care.
 - There are 174,995 young people under 18 who provide care, 13,029 of them for 50 hours or more per week.
 - Three million people combine work with caring responsibilities - roughly one in eight workers .
- (All figures are from the 2001 Census)

Caring for the carers

Continued from page 1

ing after someone for 50 hours or more a week, that they have little time for socialising and are at risk of feeling isolated.

As well as asking family and friends for help, it may be helpful to speak to people who are in the same situation. Many charities have online communities, such as the Carers UK's forum. Carers Direct has a community forum and there are often local support groups available too.

In addition to the emotional and time support services available there are also financial services. A carer and the person being cared for may be entitled to benefits and tax credits, this can be checked using the DirectGov benefits advisor tool.

The three main benefits available:

- ❑ Earning replacement benefits (paid because a person is not employed)
- ❑ Benefits that compensate for extra costs (such as those for disability or having a child)

❑ Benefits and tax credits that top up low income

For information on benefits or advice on financial support visit:

www.carersinformation.org.uk and http://www.direct.gov.uk/en/CaringForSomeone/MoneyMatters/DG_10037637

Who cares?

Of the six million carers in the UK, around half are over 50 and a quarter are over 60.

A survey of carers aged over 60 conducted by the Princess Royal Trust for Carers found that 65% of carers have long-term health problems or a disability and around 70% said that being a carer had an adverse effect on their mental health.

Nevertheless, there are many young carers, under the age of 18. They look after someone despite continuing with often busy lives themselves – and it is essential that they get support from family, school and employers as well as local authorities.

(Carers Direct helpline: 0808 802 0202)

And if you were in any doubt about the value of carers... calculations by the charity Carers UK and Leeds University show that care provided by friends and family members to ill, frail or disabled relatives is now worth £119 billion every year. That's £2.3 billion per week or £326 million per day.

Free holidays offer as Saga backs carers

A name long associated with growing older gracefully – Saga – is also supportive of carers. The aim of Saga Respite for Carers Trust is to give carers a break, by providing hundreds of free holidays a year for carers and their companions

Saga says that more than six million people provide unpaid care to their loved ones. "Not only are carers often overlooked by society they also appear to be a low priority for government, Many provide much needed care 24 hours a day with little or no opportunity for a short break let alone a holiday," the company says.

Because of this it launched the Saga Respite for Carers Trust to try and help redress the balance for as many carers each year as possible by providing a much-needed holiday for the carer and a friend.

The award also includes spending money and, if required, respite care for their loved ones to ensure continuity of care.

The period for nominating a carer to receive a Saga holiday is now open. Nominations received will be reviewed by the trustees and successfully short-listed applicants will be contacted. To qualify as a nominee

you must be over 50, have been caring for someone for more than a year, not taken a significant holiday away from your caring responsibilities within the last year, and not be a professional carer.

You can apply yourself or nominate someone you think deserves it. Nomination forms can be obtained by post (please send an SAE) to : The Trust Manager, Saga Respite for Carers Trust, The Saga Building, Enbrook Park, Folkestone, Kent CT20 3SE. Electronically, please go to <http://www.saga.co.uk/care/carers-trust/carer-trust-respite-nomination-form.aspx>



Why volunteering can help you be fit for much longer

The WRVS has published a study which finds that older people who volunteer are less depressed, have a better quality of life, and are happier.

The UK population is ageing, largely as a result of increases in life expectancy, and with that come both opportunities and challenges. Challenges involve increasing dependency on services, while opportunities come from the increasing number of healthy and active older people who contribute to society in a number of ways, including volunteering.

Why volunteering might improve health and well-being remains uncertain, but there are a number of possibilities. It is likely that volunteering improves the employability of volunteers, which provides engagement in a socially meaningful role and, in the medium to long term, might lead to better

standards of living, both of which could positively impact on health and well-being.

In addition, volunteering might promote social integration, enhance the social networks of volunteers and increase their access to social support.

Finally, volunteering might directly provide a social role that gives meaning and purpose in life. Indeed, given their altruistic nature, volunteering roles may be more valued than other roles, both by the individual undertaking the role and by those she/he interacts with.

Engagement in socially valued roles is likely to enhance identity and self-esteem positively, providing a sense of worth and status.

Retirement has historically been seen as linked with the adverse effects of a loss of financial stability,

sense of purpose and social activity but recent studies have identified the potential transformation of retirement into a period of health, activity and cultural engagement, a period of undertaking the self-enriching activities that has been labelled the 'Third Age.'

Many studies have shown that participation in social activities is associated with lower levels of disability and increased well-being in later life. And participation in social activities is likely to be most salient post-retirement when people tend to be less involved with the main life activities of paid employment and

childrearing. It has been suggested that volunteering is important in helping people manage the transition from paid work into retirement and that for older people volunteering provides a sense of belonging and a reason for feeling useful with consequent positive impacts on self-confidence and self-esteem.

Download and read 'The impact of volunteering on well-being in later life' from <http://www.wrvs.org.uk/our-impact/reports-and-reviews/the-impact-of-volunteering-on-well-being-in-later-life> [From VCSA Newsletter 25 May 2012]

Prescription errors prompt change

The GMC has called on GPs to invest in "smarter" computer systems and open their records for pharmacists to review their prescribing, after a study found mistakes or omissions in one in 20 prescriptions. The Royal College of GPs has already introduced a requirement for students to show competence in prescribing and medicines management. [From Salix Newsflash 04 May 2012]

Multi-disease patients

The health system cannot cope with the rising number of under-65s with long-term medical conditions and needs radical change, says a study in The Lancet. A team of researchers analysing 1.75 million people in Scotland found that nearly a quarter had two or more chronic diseases. Their care was often inefficient and poorly co-ordinated. [From Salix Newsflash 11 May 2012]



Faerie Festival

2^{PM} - 8^{PM} SATURDAY 23RD JUNE 2012

A day of **fun & frolics**, celebrating the fey folk of the hedgerows and forests of England. Stalls • demonstrations
things to see & buy • things to do • **face painting** • wands
fairy parade and **much much more...**

LOCAL FOOD • LOCAL BREWS
Live music throughout the event from:
United Republic of Djembe • Thomson Oldeman
Cooper and Davies • Driftwood
Moonshine Runners (formerly 'Beyond the brogg')
Barrel O' Baddies

— A charity fundraising event for Wyldewoods —

To find out more please contact Wyldewoods using the telephone number or email address below.
Dean Comer Farnhouse, Broseley, Shropshire, TF12 5JH
(just off B4296 Barrow to Much Wenlock road - follow the signs by the round house)
www.wyldewoods.co.uk

All staff and volunteers at Wyldewoods are DBS checked. Wyldewoods is a registered charity, No: 204 8116

Tel: 01952 884224 or email steph@wyldewoods.co.uk



The Mears stand at the recent See Hear exhibition in Shrewsbury

For people with disabilities or who are elderly it can often be difficult to carry out small jobs around the home, so a service that will do them for you at reasonable rates is to be welcomed.

Mears Shropshire Handyperson Service says it can assist with carrying out routine work you may not feel confident in doing yourself. It lists its services as including:

Door and windows, repairs and adjustments; minor joinery and plumbing work; fitting locks and security chains; fitting key safes (which ensure you never get locked out); fitting smoke alarms and sensory equipment; gates, fences and walls; draught proofing; minor electrical work such as wiring plugs or changing light bulbs; garden clearance; basic painting and decorating; installing ramps, steps and half steps; fitting grab rails; flat pack furniture assembly; plastering small jobs; and stair-lifts.

"There is no expensive call out charge. Instead we have a simple hourly charge of £15 plus VAT and the cost of materials," said a Mears spokesman. "We will

provide a quote for the work before any work starts to ensure you are happy with the costs. Our staff are all vetted so you can be reassured that the people working in your home are trustworthy and reliable."

Shropshire Handyperson Service is part of Mears Shropshire Home Services, which also includes larger and more varied jobs carried out by qualified and approved contractors and trades-people. Such

jobs might include extensions and garage conversions; ramps, steps, pathways and walls; major electrical and plumbing work kitchen and bathroom design and installation; plans drawn and planning applications submitted for approval; and project management

Mears can be contacted at 01743 458347 or 01743 344632, and it is based at Unit 3, Hartley Business Centre, Monkmoor Road, Shrewsbury SY2 5ST, email Mhishropshire.enquiries@mearsgroup.co.uk. The web address is www.mearsgroup.co.uk

Business offers small jobs service at fixed rate

Shropshire in first wave of NHS groups

The NHS Commissioning Board has revealed the names of 35 shadow Commissioning Groups (CCGs) which have chosen to be assessed in the first wave of applications for authorisation – and Shropshire is among them. It is one of five from the West Midlands to be selected.

If the application is successful Shropshire will become one of the first GP-led statutory bodies, from next year. Applications for authorisation will take place in four waves from July this year to next January.

[From Pulse 04.05.2012]

Risk register veto

The Government has vetoed the publication of a risk register on the implementation of its NHS reforms, which it had been ordered to publish by an independent tribunal. The Department of Health's veto follows its battle to resist publication of the Transition Risk Register, which was requested under the Freedom of Information Act in November 2010 by then shadow health secretary John Healey.

[From Salix Newsflash 11 May 2012]

SEND - improving parent knowledge

A joint project called SEND, run by Contact A Family, also involves Shropshire Parent Forum and PODS. It focuses on supporting Special Educational Needs Coordinators in providing information to families. Parent support groups and Parent Partnership Service will also be involved in the project, with an event planned for June/July at a central location between Telford and Shropshire. The event will aim to share best practice around information and looking at ways to improve parent knowledge of services available. More information will be available on PODS website once a date has been set. [From PODS newsletter]

Long-term conditions - have a say

The Department of Health is asking for comments on what should be covered by the long-term conditions strategy. It is drafting the strategy now and plans to publish it towards the end of the year. The strategy will be a high level vision, describing how the DH wants to see improvements in the lives of people with long-term conditions. It will apply to England only. They would like to hear from people with long-term conditions, carers, health professionals, commissioners, local authorities and the voluntary sector. You will be able to comment until 15 June at <http://longtermconditions.dh.gov.uk/> [From Health Information News May 2012]



Leadership or simply another talking shop?

The reforms to the health and social care system set out in the recent Health and Social Care Act have emphasised the need for integration.

Central to these reforms is the establishment of statutory health and wellbeing boards to encourage local authorities to take a more strategic approach to providing integrated health and local government services.

Past efforts to achieve the vision of joined-up, well-coordinated and jointly planned services have had only limited success.

Faced with complex organisational change, unprecedented financial pressures and rising demand for services, will health and wellbeing boards be able to fulfil these expectations and achieve greater success than previous bodies?

The King's Fund is well-placed to try to answer that question. We have supported several local authorities and their health partners to develop shadow boards, held a summit to discuss the issues with a range of professionals, and conducted a survey of 50 areas to find out how the new boards are being implemented. *Health and wellbeing boards: System*

leaders or talking shops? presents the findings from that survey and includes case studies based on the experience of two early implementers.

The paper assesses the ways in which local authori-

This article, from the King's Fund, introduces a survey into whether joined-up thinking is about to become a reality in health and social care

ties have begun to develop new arrangements with their partners – the size, composition and ways of working emerging from the shadow boards.

Respondents in our survey were generally very upbeat about their expectations of what the board would achieve against four objectives that reflect their core functions: delivering locally identified priorities; achieving closer integration, more pooled budgets, and improved planning of care pathways.

There was a clear message that boards are more likely to succeed by using skills in influencing and relation-

ship-building rather than through formal managerial control or accountabilities (health and wellbeing boards have no powers to sign off the commissioning plans of clinical commissioning groups, for example).

There were concerns, eg, about budget constraints and about whether national imperatives will override locally agreed priorities and about the extent to which boards can influence decisions of the NHS Commissioning Board. Local authorities and their health partners can learn valuable lessons from this survey and about the issues that need to be addressed and the implications for policy. *Health and wellbeing boards: System leaders or talking shops?* can be downloaded online from <http://www.kingsfund.org.uk/publications/hwbs.html>, or paper copies are available from the King's Fund for £5.

Mental health report

At any one time, one in six people suffer from mental health problems. This costs society £67bn every year, mainly because of unemployment, sick leave and poor performance at work.

A new report – “Job well done: Employment and mental health problems” – is a guide for funders keen to reduce these huge costs and improve lives. Access it at <http://www.philanthropycapital.org/utilities/login.aspx?page=/download/default.aspx?id=1183> [From Shropshire Infrastructure Partnership newsletter]

Young Carers and Asda

Young Carers currently support 379 children and young people and have been nominated as one of Asda's charities of the year. If you happen to be buying anything in the Welling-ton Asda and are given a token at the checkout, please pop it in the bin (near the exit) with the Young Carers logo on it. For more information on their work visit www.telfordyoungcarers.org.uk [From PODS newsletter]

Trust helps on margins

The Tudor Trust aims to support

work which addresses the social, emotional and financial needs of people at the margins of society. It supports untried and innovative work, as well as established practical work, and is most interested in helping smaller, under-resourced organisations which offer direct services and which involve the people they work with in their planning.

Support is given for both revenue and capital costs, including building improvements. The trust's website is www.tudortrust.org.uk [From VCS Assembly newsletter]



On the receiving end: how I went from social worker to service user

In November 2000, while working as a mental health social worker, I suffered a severe mental breakdown. I was working in an inner city community mental health team and surrounded by community psychiatric nurses, occupational therapists and a consultant psychiatrist. They were embarrassed, and lost for words, at seeing their long-established colleague and team member losing it at a rate of knots.

My breakdown had been triggered by a combination of extremely stressful work-related problems and pressures. After a chat with the community psychiatric nurse manager we both agreed that I needed 'professional help.'

My GP - a lovely woman with an interest in mental health - made arrangements for me to see a consultant psychiatrist. The psychiatrist was supportive and kind. He prescribed me medication and used a cognitive therapy approach, which I felt was very appropriate.

'I was terrified out of my mind'

Yet despite this I was terrified out of my mind: everything felt completely surreal and I had a sense of real dread as to what was to become of me.

Eventually, as I was not improving on the medication, and experiencing strong suicidal thoughts, the consultant suggested that I should attend a day hospital. I attended the hospital five days a week for a year. In this shabby, squalid environment, I learnt in every way what it was to be a service user with severe clinical depression.

I felt stripped right down to my very core: my status, self-esteem, person-

This article is
by a social worker
named Mike Bush
who suffered a
mental breakdown
and found out what
life was like on the
receiving end of the
care system

hood, even my sense of taste were all obliterated. Emotionally I was totally flat and felt an inability to take any sense of comfort from another human being. I felt like a walking dead man. The body machine was somehow still working, but there was no one at the controls.

Stigmatisation is the lot of the mental health service user

It had been a very abrupt change. One moment I was a senior psychiatric social worker, a busy, 'together' professional -- the next I was designated a mental health service user, feeling utterly useless, extremely vulnerable, powerless and terrified -- not easy things for a man to accept.

As a result of this experience, I have travelled light years in my mind in terms of understanding what a hell clinical depression is. I have experienced how stigmatisation and discrimination is so often the lot of the mental health service user.

I learnt true humility; I received understanding, compassion and kindness

from other service users -- people who, despite the weight of their own suffering, would reach out to offer a word of support or encouragement to others around them on the same painful path.

I learnt that severe mental distress can bring out the worst and the best in people. I also discovered an awful lot about myself -- some good and some not so good!

Counselling: a less than helpful experience

After some months I was offered counseling by an occupational therapist - a less than helpful experience.

At our first session this counselor began by shooting a lot of questions at me, and shortly thereafter her mobile phone started ringing. She answered various phone calls, and then to my astonishment told me that: 'this might be important. I'll have to go!'

I thought: 'Am I not important then?' Despite suffering from severe clinical depression I thought that could do better than this in terms of counseling and emotional support.

As a social worker, I used to visit people with depression. I had my training, I had read books on the subject, and I had thought I had a good understanding of it. I realise now that I had not had the first idea about how indescribably awful the experience is.

My time as a service user has contributed more than I can say to my understanding of mental distress, and has informed my practice as mental health lecturer work at Universities in the Yorkshire area.

[From Community Care, May 2012]



What's on and about in June

Bridgnorth Walk

Oak Farm at Ditton Priors, which helps adults with learning disabilities, is looking for people to take part in the 22-mile Bridgnorth Walk on 4 June. But you don't have to walk all of it! A separate, shorter junior walk is also being organised for children aged 10-13.

The Bridgnorth Walk has been raising money for charities since 1967. With up to 1200 competitors, supporters and officials, the event involves many people from across Shropshire. Further details can be obtained by emailing stuart.toulson@shropshire.gov.uk or lizberesford@shropshire.gov.uk Telephone: 01746 712352; Oak Farm's website is: www.oakfarm-offa.org

Triple strength coffee

Headway Shropshire is organising a series of coffee mornings where supporters will "provide information and practical support for clients new and old, their carers and/or family members. So if you have suffered a head injury or know someone who has, or if you are simply interested please come along" Bromford support will also be attending to offer advice on housing, benefits and making better use of a limited income.



The first coffee morning will be on 7 June at The Lantern, Meadow Farm Drive, Shrewsbury, from 10.30-12.30. The second will be on 21 June at Meeting Point House, Town Centre, Telford, while the third will be on 5 July at Qube, Oswald Road, Oswestry. These are also both from 10.30-12.30. For further details about any of the events contact Donna Smith on 01743 365565 or email outreach@headwayshropshire.org.uk

Coracles crossing

Macmillan Coracle Relay World Championships will be staged on

The Severn at The Quarry in Shrewsbury on 15 June, from 2.00. Contestants will be hoping to avoid a dunking in the river as they cross in their coracles from the Pengwern Boat Club. There will be four members to each team, and the aim is to cross the Severn and back again before handing over to the next team member.

On the day practice sessions will start at 2pm, with the first race at 4.30pm. Main sponsors of the event are Alan Ward Furniture. Come in fancy dress and bring as many supporters as possible to raise thousands for Macmillan Cancer Support. Further information or to download an entry form visit www.maccoracle.org.uk or call Rachel Cooper 07779 280 070

Stroke awareness

A Stroke Awareness Day is being held in the Market Square, Wellington, on 16 June, from 10.00 to 2.30. Organised by local Rotary Clubs, the event will be attended by staff from Royal Shrewsbury Hospital and The Princess Royal Hospital in Telford.

Rotary Clubs hold events each year to raise awareness of strokes, the key aim being to make sure people have the information they need so they can recognise the early warning signs and act quickly - the NHS "Act FAST" (Face, Arms, Speech, Time) Web: www.wellingtonrotary.org.uk. Telephone: 01743 261000 or 01952 641222

Battle of the bands

A Charity Battle of the Bands will be held on 23 June to raise funds for Rotary charities and Breakthrough Breast Cancer. The venue is Garmston House, Leighton, SY5 6RL, from 12.30-6.00. Shrewsbury Darwin Rotary Club is looking for groups under the age of 18 to take part.

Tickets cost £7.50 and include a hog roast. Anyone interested in taking

part should contact Kevin Nester on 01743 239289 or at kevin@alphaon-trac.co.uk

Alexander Technique

Telford and Shropshire Osteoporosis Support Group has invited Sonya Saton to talk about the Alexander Technique on 27 June at Wellington Methodist Church Hall, New Street, Wellington, from 2.00-4.00. The entrance fee of just £1 will offset refreshments and hall hire. Car parking is available either at the hall or nearby. For further details contact Gillian Pettit on 01952 433183 or email handgpettit@tiscali.co.uk

DeafSmart Ball

Tickets are now available for the DeafSmart fund-raising ball on 7 July at Telford International Centre.

For £50 per person you get a first-class black tie gala dinner with an award winning menu, dancing, guest speakers, entertainment, a raffle with a first prize of a spa weekend for two, celebrity item auction and the award ceremony for the DeafSmart Photographer Of The Ear 2012. Enquiries to Deafsmart on 01939 251555 or email info@deafsmart.co.uk.



You are not alone

Going to our site is all it takes to meet others who understand what you are going through:

www.shropshire.gov.uk/community.nsf

Shropshire Self Help Groups
Telephone
01691 656882

Sponsored by Shropshire Council,
Telford & Wrekin Council,
and the NHS

PAGE X

Names and numbers that might help

If your organisation or cause is not listed here please let us know. Email the editor at newsletter@shropshire-disability.net or write to him: Peter Staples, 8 Gorse Lane, Bayston Hill, Shrewsbury, SY3 0JJ

Shropshire Council Disability Services
www.shropshire.gov.uk/disability.nsf

Telford & Wrekin Council Disability Forum
www.telford.gov.uk/info/200041/equality_and_diversity/925/disability_forum

A4U Disability Advice Centre 01743 251520; email advice@a4u.org.uk

Carers Direct 0808 802 0202
www.nhs.uk/carersdirect/Pages/CarersDirectHome.aspx

Community Council of Shropshire
www.shropshire-ccc.org.uk/
4 The Creative Quarter, Shrewsbury Business Park, Shrewsbury, SY2 6LG
01743 360641 fax: 01743 342179

Disability Arts in Shropshire: 01743 272939/271676; www.dasharts.org/

Disability Directory – Information, aids and mobility services
www.ableize.com/Disabled-Groups-and-Clubs-by-County/Shropshire/

Disability Football Directory 01952 407198
<http://www.disabilityfootball.co.uk/Madeleysports.html>

Disability-friendly holiday accommodation
www.friendly-places.com/categories/disability-friendly/disability-friendly.asp?Location=Shropshire

Disability Resource Centre, Lancaster Road, Shrewsbury, SY1 3NJ
01743 450 912; email: robin.durham@shropshire-cc.gov.uk
www.the-svab.org.uk. RNIB: www.info.rnib.org.uk/exe/Agencies/Details.pl?480

Disabled and Wheelchair Athletics Directory
www.apparelyzed.com/disability-directory/adaptive-sports/disabled-athletics/

Headway Shropshire (brain injured and families)
Holsworth Park, Oxon Business Park, Shrewsbury, SY3 5HJ
01743 365271; www.headwayshropshire.org.uk/

Landau Limited - Supported employment services for people with disabilities,
5 Landau Court, Tan Bank, Wellington. TF1 1HE 01952 245 015, admin@landau.co.uk

Listen Not Label - User Led Organisation for disabled people and carers in
Telford and Wrekin (Tina Jones, Manager), 01952 458021
Liz Yates Centre, The Poplars, Lightmoor, Telford, TF4 3QN

Marches Community Enterprise 01584 878402 or 07891094901

ME Connect - Helpline - 0844 576 5326 - between 10.00-noon, 2.00-4.00 and
7.00-9.00; email meconnect@meassociation.org.uk

Motor Neurone Disease Association - MND Connect 08457 62 62 62
mndconnect@mndassociation.org

Multiple Sclerosis Society - 01952 250038; www.mssociety.org.uk/telford

NHS Choices - www.nhs.uk/Pages/HomePage.aspx
Omega (National Association for End of Life Care) - www.omega.uk.net/

Parent Partnership Service - www.parentpartnership-shropshireandtelford.org.uk/#/useful-links/4551168089

PODS (independent forum in Telford for families of children with a disability or additional need). Jayne Stevens 0777 534 2092 or 07824 631 297; info@podstelford.org; www.podstelford.org

Parent & Carer Council Shropshire

www.paccshropshire.org.uk/parent-and-carer-groups
PACC provides an index of support groups for children with disabilities in Shropshire. The following groups are listed on the PACC site. Where possible we list direct contacts, but refer to the PACC site for full details)

Allsorts (South Shropshire, for behavioural conditions) 07813043841
www.paccshropshire.org.uk/parent-and-carer-groups/71-allsorts
Bridgnorth Buddies (Parent-led, Special Needs) 07968 544182 or 07790 780631; email Buddies20@yahoo.co.uk
www.paccshropshire.org.uk/parent-and-carer-groups/72-bridgnorth-buddies
Haughton School, Telford, drop-in for parents of pupils with more complex special needs) 01952 387551 or 01952 387552; www.paccshropshire.org.uk/parent-and-carer-groups/83-haughton-school-drop-in
Onevision (visual impairment) 01952 385269
[/www.paccshropshire.org.uk/parent-and-carer-groups/77-onevision](http://www.paccshropshire.org.uk/parent-and-carer-groups/77-onevision)
STACS (Aspergers, 16+) 01952 254594 or 01939 260273; email louise.griffiths@carerscontact.org.uk
www.paccshropshire.org.uk/parent-and-carer-groups/76-stacs
Autistic Supporters (if you suspect your child is autistic, or has recently been diagnosed) 01743 356298
www.shropshireautisticsupporters.co.uk/?q=node/2
Deaf Children's Society 01952 770019; email: nat4sdc@aol.com
www.ndcs.org.uk
Down's Syndrome 01743 233802, 01948 880110 or 01588 640319
www.dsa-shropshire.org.uk
Dyslexia Association 01743 231205; www.thesda.org.uk
Wheelchair Users 01743 350460 or 01952 252243
SKiD (Shropshire Kids Insulin Dependent, associated with Diabetes UK) 01743 873724 or 01743 364366; email: home@morkot.go-plus.net
SPECTRUM (Autistic Support group) email: netgriffiths@fmail.net
www.spectrum.t83.net/
Telford STAA (supports parents/carers of children with ASD, ADHD, and challenging behaviour) 01952 457439 or 01952 617758; email: julie@parentpartnership-shropshireandtelford.org.uk
Steps (help for parents/carers, lower limb abnormalities) 01743 355363
PODS (Parents Opening Doors - Telford, forum for views on services) 01952457439; email: julie@parentpartnership-shropshireandtelford.org.uk

Primary Care Trust www.shropshire.nhs.uk/Get-Involved/

Scope (Cerebral Palsy) - www.scope.org.uk/services/shropshire

Shrewsbury Dial-a-Ride - Sundorne Trade Park, Featherbed Lane, SY1 4NS. Enquiries 01743 440350; Direct Line 01743 440744; Mobile 07891094901, linda@shrewsburydialaride.org.uk

Shropshire LINK - EarlyWorld House, Darwin Court, Oxon Business Park Shrewsbury, SY3 5AL; 01743 343223; www.shropshirelink.org.uk; info@shropshirelink.org.uk

Shropshire MIND - www.shropshiremind.org/
Observer House, Holywell St, Shrewsbury, SY2 6BL 01743 368647

Shropshire Peer Counselling and Advocacy Service
www.shropshirepcas.co.uk/default.htm

Shropshire Volunteering Team -Promote your volunteering opportunities.
<http://shropshirevcs.org.uk/site/volunteering/>

Shropshire and Staffordshire Heart and Stroke Network
Lambda House, Hadley Park East, Telford, TF1 6QJ
Email: yuen-ting.cheung@shropshirepct.nhs.uk 01952 228490

Telford & Wrekin LINK - Suite 1, Conwy House, St Georges Court, St Georges Road, Donnington, Telford, TF2 7BF 01952 614180

Voluntary & Community Sector Assembly www.shrop.net/shropvcsassembly

Voluntary Association for the Blind (linked to RNIB)

Send your details and we'll find space for them on Page X!