

Carers Week is an opportunity to say 'Thank You' to all unpaid and family carers in Shropshire. We recognise the valuable support you provide to others.

Shropshire Carers Support Team have created a programme of activities to stretch out over two weeks, with a blended mix of outdoor and virtual options. We are sure you will find something to interest you and look forward to you joining us during the next couple of weeks.

To book a place on any of the activities on the programme, please email: shropshire.carers@shropshire.gov.uk or telephone 01743 341995.

2 lucky winners will each receive 2 tickets to see the film (we have 4 tickets in total). No need to enter, winners will be selected from our Carers Register via a Random Name Picker.

'The Unlikely Pilgrimage of Harold Fry'

Monday 5 June 2.30pm or 7.30pm showings

at Festival Drayton Centre, Frogmore Road, Market Drayton, Shropshire, TF9 3AX.

Winners will be announced on **Wednesday 24 May 2023**



Carers Weeks Virtual Events Schedule 5 – 18 June 2023



One lucky winner will receive 2 tickets to see 'Anything for Love' on Thursday 8th June at 7.30 pm at Theatre Severn, Shrewsbury. This year's theme for Carers Week is 'Recognising and Supporting Carers in the Community'.

**To enter the competition please send us a paragraph describing:
'What it means to be recognised as a carer by the community'.**

Email your entries by **Wednesday 24th May 2023** to shropshire.carers@shropshire.gov.uk
Winners will be advised by Friday 26th May 2023 via email.



2 lucky winners will each receive a day pass for the 'Battlefields Birds of Prey Centre', Battlefield 1403, Shrewsbury, SY4 3DB

**To enter the competition:
Simply send us a photo with a sentence of you enjoying your carers week activity.**

Email your entries by **Friday 23rd June 2023** to shropshire.carers@shropshire.gov.uk
Winners will be announced Tuesday 27th June 2023.



Carers Weeks Programme 5 – 15 June 2023 Virtual Activities

To book a place on any of the activities on the page please email: shropshire.carers@shropshire.gov.uk or telephone 01743 341995
Joining links will be sent via email

Mon 5th	Wed 7th	Thurs 8th	Fri 9th	Mon 12th	Wed 14th
<p>Mobilise Making the most of Carer's Week 📱 (online) 11.00am – 11.45am</p>	<p>Mobilise Whole community approach to caring (online) 😊 4.00pm – 4.45pm</p>	<p>Mobilise Putting our wellbeing first 📱 (online) 11.00am – 11.45am</p>	<p>Mobilise Funtastic Friday 🎉 (online) 4.00 pm – 4.45pm</p>	<p>A talk by, and then chat with Solicitor Nicola Hawes (Wace Morgan fbc) (online) 11.00am - 12.00pm</p>	<p>Holly Corrigan – Cancer Champion (online) 6.30 – 7.30pm</p>
Tues 6th		<p>Let's talk about dementia session 1 (online) 1.30pm - 2.30pm</p>	Sat 10th	<p>Severn Trent Water (online) 6.30pm- 7.30pm</p>	Thurs 15th
<p>Keeping Safe – Understanding Hate Crime (online) PC Mark Morgan Time TBC</p>	<p>Fire safety in the home Shropshire Fire and Rescue Service 6.30pm – 7.30pm</p>	<p>Introduction to Effective Communication (online) 6.30pm - 7.30pm</p>	<p>Mobilise A life outside of caring (online) 4.00 pm – 4.45pm</p>	<p>Tues 13th</p> <p>11.00am - 12.00pm Fun Quiz and Cuppa with Julie and Celia (online)</p>	<p>Let's talk about dementia session 2 (online) 1.30pm – 2.30pm</p>
<p>Mobilise Relaxed chat 🍵 7.15pm – 8.00pm</p>					

Monday 5th Virtual Activities

Mobilise Online Activity: Chatting about what Carer's Week means to us and sharing tips on how we can make the most of it to our advantage.

Details: Join us at 11 am on Monday 5th of June: <https://share.hsforms.com/14p0ZITwiTe6gg0MOFVS6Sg4m0gk>

Tuesday 6th Virtual Activities

Mobilise Online Activity: A chance to chat with other carers across the UK about the things that matter to you.

Details: Join us at 7:15 pm on Tuesday 6th of June: https://share.hsforms.com/1ZI3jaxFoRqCF-UYyxR_7xA4m0gk

Wednesday 7th Virtual Activities

Mobilise Online Activity: How can we as carers can connect with and be supported by our wider communities.

Details: Join us at 4 pm on Wednesday 7th of June: https://share.hsforms.com/1Jlc_QJoBSJS5RXNcqqGkhQ4m0gk

Fire Safety at Home

Virtual Event Time: 6.30pm – 7.30pm

Archie Walkerdine (Prevention Officer - Shropshire Fire and Rescue Service) will give a short talk and fun quiz to inform and educate us on how we can keep ourselves safer in our own homes with just a few minor changes.

He will also offer you the opportunity to arrange a home visit from his team if you think that would be helpful.

Thursday 8th Virtual Activities

Mobilise Online Activity: Five things we can do today or this week for our own wellbeing.

Details: Join us at 11 am on Thursday 8th of June: https://share.hsforms.com/1oGD_q0l-Re2h7LB0ffbDjA4m0gk

'Let's Talk About Dementia' Session One **Virtual Event Time 1.30 - 2.30 pm**

The 'Let's Talk About Dementia' sessions have been developed by the Alzheimer's Society Dementia Link Workers. They are aimed at anyone who cares for or supports someone with a recent diagnosis of any type of dementia (approximately within the past year). The aim is to enable people to share experiences, ask questions and find out useful information, with the added purpose of also building peer support going forwards.

The sessions run consecutive weeks and it is important that you attend both so you get the most from 'Lets Talk About Dementia'. Please contact Alzheimer's Society for more information, and to book a place email shropshire@alzheimers.org.uk or call 01952 250392 and leave a message on their answerphone and someone will get back to you.

Introduction to Effective Communication **Virtual Event Time 6.30pm – 7.30pm**

Do you feel able to say what you want to in a clear way, without getting upset or worrying that you may upset others?

Understanding how to be more assertive in your communication can help you understand and recognise your feelings and thereby gain self-confidence and self-esteem and a sense of empowerment, creating win-win situations, more honest relations and improve your decision-making skills.

Join us for an introduction to understanding how to be more assertive in your everyday communication.

Friday 9th Virtual Activities

Mobilise Online Activity: A fun and relaxed online meet up for carers a fun challenge and an easy quiz.

Details: Join us at 4 pm on Friday 9th of June: <https://share.hsforms.com/1XA2Rm25MSK2VTZ6xAiL36g4m0gk>

Saturday 10th Virtual Activities

Mobilise Online Activity: join us for a weekend chat about all things life outside of caring.

Details: Join us at 4 pm on Saturday 10th of June: https://share.hsforms.com/10WcMilvaRBSH81_dFln_XQ4m0gk



Week 2

Monday 12th Virtual Activities

A Talk by Nicola Hawes (Wace Morgan Solicitors)

Time: 11.00 am – 12.00 noon

Virtual Event

Preparing for later life - are you prepared? Talk by Nicola Hawes of Wace Morgan Solicitors, covering funding long term care and related matters such as Powers of Attorney.

Please book your place in advance.

Severn Trent Water

Virtual Event Time: 6.30 – 7.30 pm

Come and meet Kaidy Thomas and hear about her work reaching out to the community and Severn Trent customers. She will tell you what support is available to customers who are struggling to pay bills, customers who may need to use higher amounts of water due to health conditions. As well as how we can all work together to reduce our water usage and help the environment.

Please book your place in advance.

Tuesday 13th Virtual Activities

Carers Quiz and Cuppa with Celia and Julie

Virtual Event Time: 11.00 am - 12.00 pm

You are warmly invited to grab a cuppa and join us for a relaxed and enjoyable online quiz. Come and put your general knowledge to the test, from the comfort of your favourite chair at home. We look forward to 'seeing' you there. Please join us 5 minutes before the start. Let us know (the week before) if you need some help in joining a Teams meeting.

11.00am - [Click here to join the meeting](#) (meeting ID 337 074 099 059) (Passcode: KrniVY) [Download Teams](#) | [Join on the web](#)

Or call in (audio only) [+44 20 3855 4234,,253357609#](#) United Kingdom, London

Wednesday 14th Virtual Activities

Time: 6.30pm – 7.30pm

Activity: Cancer Champion

The Cancer Champions project has been designed to address health inequalities throughout our area and encourage others to talk about cancer. We want to recruit our cancer champions from all different walks of life and support them to work in their own areas with their peers, helping to raise awareness about the screening programmes, as well as the signs and symptoms of cancer.

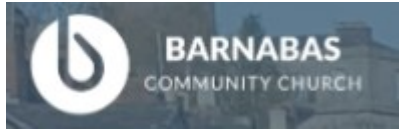
Thursday 15th Virtual Activities

'Let's Talk About Dementia' Session One

Virtual Event Time 1.30 - 2.30 pm

The 'Let's Talk About Dementia' sessions have been developed by the Alzheimer's Society Dementia Link Workers. They are aimed at anyone who cares for or supports someone with a recent diagnosis of any type of dementia (approximately within the past year). The aim is to enable people to share experiences, ask questions and find out useful information, with the added purpose of also building peer support going forwards.

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*Thank you to everyone that has generously donated gifts for Carers Week
And
To all that have given their time to present activities and talks - it
is very much appreciated!*



Adrian Plant
Musician, Musicologist and
Arts Mentor
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