

## Carers Week Programme of Events 6<sup>th</sup> – 19<sup>th</sup> June 2022



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

Shropshire Carers Support Team have created a programme of activities to stretch out over 2 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 page please email: [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk) or telephone 01743 341995  
If you have transport difficulties to any of the activities, please advise when booking. All virtual activities can be accessed by clicking on the links provided within the programme.

### Competition time!



Two lucky winners will each receive a Beauty/Massage Voucher (value £35), and runner up to receive small goody bag (value £10)  
Courtesy of Gemini Hair, Beauty & Wig Consultancy based in Wem, North Shropshire.

To enter the competition please describe **'What has made you feel visible and valued as a carer'**.

Email your entries by **Monday 13th June 2022** to [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk)



**\*\*ALL WEEK\*\***

## National Trust Attingham Park – Free Admission Tickets

National Trust have kindly donated 10 free tickets for admission to Attingham Park for Shropshire Carers during Carers Week. Each ticket admits up to 2 adults and 3 children. Please take Carers ID card and one other proof of ID.

If you would like to take advantage of this free offer during Carers Week, please request your ticket by contacting Shropshire Carers on 01743 341995 or [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk) A member of the team will then arrange for tickets to be sent to you.

## National Trust Dudmaston Hall – Free Admission Tickets

National Trust have kindly offered 10 free tickets for admission to Dudmaston Hall for Shropshire Carers during Carers Week between **6th and 9th June**. Each ticket is a one-time only entry for a carer plus 1. Please take Carers ID card and one other proof of ID.

If you would like to take advantage of this free offer during Carers Week, please request your ticket by contacting Shropshire Carers on 01743 341995 or [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk) A member of the team will then arrange for tickets to be sent to you.

## National Trust Comer Woods (Quatford - WV15 6QL) – Free Car Park Tickets

National Trust have kindly offered 7 free car park tickets for Comer Woods for Shropshire Carers during Carers Week. This allows 1 car park pass for single use between 6th and 12th June. Please take Carers ID card and one other proof of ID.

A tramper is available at Comer Woods that can be hired out for the day – this can be done online in advance ; a short safety induction will be completed and then you have the tramper for the time you are there to enjoy a wander through the lovely woodland pathways and tracks. On site accessible toilets and a refreshment trailer. Please note the refreshment trailer is card only payments.

If you would like to take advantage of this free offer during Carers Week, please request your ticket by contacting Shropshire Carers on 01743 341995 or [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk) A member of the team will then arrange for tickets to be available to you.

**\*\* ALL WEEK \*\***



## Severn Valley Railway – Discounted Tickets

Severn Valley Railway are offering a special discount for Shropshire Carers during Carers Week.

Usually, £27.50 for a standard ticket and £18.50 for carer, for Carers week you will only pay **£20.00** per person for a return journey and the carer will travel free of charge. For example, if 4 people would like to travel, including 1 carer as a family you would only pay for 3 tickets\* Please take Carers ID card and one other proof of ID.

If you would like to take advantage of this bespoke offer during Carers Week and will be attending with a wheelchair, please call Severn Valley Railway beforehand on 01526 757900 opt 5 to ensure trains and times will be able to accommodate appropriate access.

\*The Carers must not out-sell the paying customer i.e.: 3 people coming but two are carers. Only one carer admission would be granted.

## Rays Farm – Discounted Tickets



Rays Farm are offering a discounted price of **£5** per adult for entry (instead of £10.99) for Shropshire Carers during Carers Week.

If you would like to take advantage of this discounted offer during Carers Week, please present your Shropshire Carers ID badge at the venue. Open Monday – Thursday, 10am – 5pm. Any queries, please ring Rays Farm on 01299 841255. Please take Carers ID card and one other proof of ID.

To obtain a Carers ID card, please contact Shropshire Carers.



# Carers Week Programme

## 6<sup>th</sup> – 12<sup>th</sup> June 2022

### Outdoor/Virtual Activities



To book a place on any of the activities on the page please email: [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk) or telephone 01743 341995  
 If you have transport difficulties to any of the activities, please advise when booking.

Mon 6 <sup>th</sup>	Tues 7 <sup>th</sup>	Wed 8 <sup>th</sup>	Thurs 9 <sup>th</sup>	Fri 10 <sup>th</sup>	Sat 11 <sup>th</sup>	Sun 12 <sup>th</sup>
<p>10.30am – 1.00pm <b>Acton Hall Garden Tour</b> SY6 6QQ</p>	<p>10.00am – 12.00pm <b>Carers Coffee Morning/Activities Shrewsbury Town Football Club</b> SY2 6ST</p>	<p>10.30am – 12.30am <b>Whittington Castle</b> SY11 4DF</p>	<p>10.30am – 1.00pm <b>RAF Cosford Tour</b> WV7 3EX</p>	<p>10.00am – 3.00pm <b>Feel Good Friday Event - Pontesbury</b> SY5 0RF</p>		<p>10.30am – 2.30pm <b>Lyneal Trust Canal Trip</b> SY12 0LQ</p>
<p>11am – 11.45am <b>Mobilise Cuppa</b> - Making the most of carers week</p>	<p>10.30am <b>Heulwen Trust Canal Trip</b> SY12 9HW</p>	<p>11.00am – 5.00pm <b>Hodnet Hall Gardens</b> TF9 3NN</p>	<p>2.00pm – 4.00pm <b>Hand/Shoulder Massage by Gemini - Wem Town Hall</b> SY4 5DG</p>	<p>10.30am - 1.30pm <b>Alderford Lake</b> SY13 3JQ</p>		
	<p>2.00pm – 4.00pm <b>Ford Hall Farm + Craft Session</b> TF9 3PS</p>	<p>2.00pm – 3.00pm <b>Exotic Zoo</b> Animal therapy</p>	<p>11am – 11.45am <b>Mobilise Cuppa</b> - Putting our wellbeing first</p>			
	<p>2.00pm - 3.00pm <b>Stress to Strength Online Joint Event with T&amp;W</b></p>	<p>4pm – 4.45pm <b>Mobilise Cuppa</b> - Whole family approach to caring</p>		<p>4pm – 4.45pm <b>Mobilise Cuppa</b> - Generation Game</p>		
<p>6pm – 7pm <b>Carers Surgery</b></p>	<p>8.15pm - 9pm <b>Mobilise Cuppa</b> - Relaxed chat</p>		<p>7pm <b>Quiz</b></p>			



# Carers Week Programme 13<sup>th</sup> – 19<sup>th</sup> June 2022 Outdoor/Virtual Activities



To book a place on any of the activities on the page please email: [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk) or telephone 01743 341995  
If you have transport difficulties to any of the activities please advise when booking.

Mon 13 <sup>th</sup>	Tues 14 <sup>th</sup>	Wed 15 <sup>th</sup>	Thurs 16 <sup>th</sup>	Fri 17 <sup>th</sup>	Sat 18 <sup>th</sup>	Sun 19 <sup>th</sup>
<p>10.30am – 4.00pm <b>Oakgate Nursery/Garden Centre with Tea Room</b> TF6 6RL</p>	<p>10.30am <b>Heulwen Trust Canal Trip</b> SY12 9HW</p> <p>6pm – 7pm <b>Carers Surgery</b></p>	<p>10.30 - 12.30pm <b>Babbinswood Farm</b> SY11 4PF</p> <p>11.00am – 5.00pm <b>Hodnet Hall Gardens</b> TF9 3NN</p>	<p>10.30 – 3.00pm <b>Craft &amp; Chat Session/Hand Massage</b> Oswestry Library SY11 1JN</p>		<p>10.30am – 2.30pm <b>Get Crafty with Celia</b> Shrewsbury Museum SY1 1LH</p> <p>6pm – 7pm <b>Quiz</b></p>	

## Monday 6<sup>th</sup> Outdoor Activities

**Time: 10.30am – 1.00pm**

**Acton Scott Hall Garden Tour, Church Stretton SY6 6QQ**

**Refreshments included**

The Acton Family and Shropshire Carers Support Team are delighted to invite you to Acton Scott Hall to experience a relaxed time in the Shropshire Hills area of Outstanding natural beauty where Acton Scott Estate is situated. This is a bespoke event for Shropshire Carers only to enjoy the beautiful outdoor spaces on this estate with a guided walk around the estate by a member of the Acton family, including the recently restored Rock Gardens. There is indoor space available in case of inclement weather. Get close to nature and stake some well-deserved time out to relax in the conservatory or on the lawns with hot drinks and light refreshments provided.

Guided walk is step free with some gentle inclines, please bring sturdy footwear. Accessible toilets.

## Monday 6<sup>th</sup> Virtual Activities

**Time: 11am – 11.45am - Start the Week Right**

Making the most of carers week.

All Cuppas are free to attend in Zoom, no need to sign up in advance, just click on the link in the Cuppa Timetable here: [mobiliseonline.co.uk/cuppa-timetable](https://mobiliseonline.co.uk/cuppa-timetable)

**Time: 6pm – 7pm - Carers Surgery**

Phone in with questions and for advice. Call Margarete Davies on [01743 255776](tel:01743255776). Advice sessions will be up to 15 minutes on a first come first serve basis.

## Tuesday 7<sup>th</sup> Outdoor Activities

**Time 10.00am – 12.00pm**

**Coffee Morning/Activities - Football Hub, Montgomery Waters Meadow, Oteley Road Shrewsbury SY2 6ST**

Shrewsbury Town are delighted to welcome carers to a morning of free activity at Montgomery Waters Meadows. Hosted at the Football Hub, we will be serving refreshments whilst giving carers the opportunity to relax, getting to know each other and our team. We have lots of opportunities to take part in fun activities, based on what the group would like to do. We have lots of indoor games, puzzles, crafts and calming resources to encourage mindfulness. Or why not head out onto the pitch for some walking football, golf, bowls, table tennis or walking netball. Come along with the person you care for and enjoy the time here together – all welcome. Please let us know if you'd like to attend.

**Time 10.30am**

**Heulwen Trust Canal Trip, depart from Gungrog Farm, Gungrog, Welshpool SY21 9HW**

10 free tickets available (2 per carer), no more than two wheelchairs due to available space for Tuesday 7<sup>th</sup> and Tuesday 14<sup>th</sup> June departing from Heulwen Wharf at 10.30am returning 2.30pm (times are approximate), hot and cold drinks, biscuits and cakes provided, please just bring a sandwich! The Heulwen trust is a charity and offers lovely scenic canal boat trips through some of the most beautiful Welsh countryside. These trips are free, but donations are very welcome. Toilet suitable for all users.

**Time: 2.00pm – 4.00pm**

**Ford Hall Farm, Tern Hill Road, Market Drayton TF9 3PS**

**Crafting with Meg/Farm Walk with Julie**

Come and join us for an accompanied walk around Ford hall Organic Farm with Julie who will give an inspiring behind the scenes story about this historic farm. The walk will take you past some of the livestock, through forests and up gentle slopes, there are no stiles, a few steps with a rail, duration 50 mins-60 mins. Or let your creative side enjoy an afternoon of crafting with Meg in the community room. Hot drinks and cake provided.

## Tuesday 7<sup>th</sup> Virtual Activities

### **Time: 2.00 - 3.00pm - Stress to Strength**

An empowering programme to help you to calm stress and live life better. Stress to Strength is a programme of short workshops, including easy to learn self-help techniques that help you grow from stress to strength. Join Caroline Rolling for the first of these online, inspirational and interactive workshops FREE OF CHARGE.

For further details please contact Margarete Davies [Margarete.Davies@shropshire.gov.uk](mailto:Margarete.Davies@shropshire.gov.uk)

[Click here to join the meeting](#)

### **Time: 8.15 - 9pm – Relaxed Chat**

A chance to chat to other carers across the UK.

All Cuppas are free to attend in Zoom, no need to sign up in advance, just click on the link in the Cuppa Timetable here: [mobiliseonline.co.uk/cuppa-timetable](https://mobiliseonline.co.uk/cuppa-timetable)



## Wednesday 8<sup>th</sup> Outdoor Activities

**Time: 10.30am – 12.30pm**

**Whittington Castle, Castle Street. Whittington, Nr Oswestry - SY11 4DF.**

Come and join us at Whittington Castle on the border of Wales and England, close to the historic fort of Old Oswestry. Please arrive promptly for your 10.30am tour of the castle followed by a delicious cake and drink (advise of any allergies at booking). Parking on site. Level paths and grassy trails around the castle and moat.

**Time: 11.00am – 5.00pm**

**Hodnet Hall Gardens, Hodnet TF9 3NN.**

Over 60 acres of brilliantly coloured flowers, magnificent forest trees, sweeping lawns and a chain of ornamental pools which run tranquilly along the cultivated garden valley to provide a natural habitat for waterfowl and other wildlife. No matter what the season, visitors will always find something fresh and interesting to ensure an enjoyable day's outing. 10 free tickets are available.

**Time: 1.30pm - 4.00pm**

**Exotic Zoo Animal Therapy Session, Bridgnorth Library, 67 Listley St, WV16 4AW**

Sit back, relax and enjoy an hour of animal assisted interventions using specially selected and trained animals to benefit your health and wellbeing. You will have the opportunity to handle the animals if you choose, or you can simply enjoy some well-deserved self-care time observing and learning interesting facts about the exotic animals. Tea, coffee and light refreshments will be provided before and after the session as well as a chance to chat and meet other carers.

## Wednesday 8<sup>th</sup> Virtual Activities

**Time: 4 – 4.45pm - Whole Family Approach to Caring**

For carers to feel visible, valued and supported this might start in our own families. How might we involve others. Please do invite along family members who would like to know more. All cuppas are free to attend in Zoom, no need to sign up in advance, just click on the link in the Cuppa Timetable here: [mobiliseonline.co.uk/cuppa-timetable](https://mobiliseonline.co.uk/cuppa-timetable)

## Thursday 9<sup>th</sup> Outdoor Activities

**Time: 10.30am – 1.00pm**

**Royal Air Force Cosford Museum Tour & Refreshments, Albrighton, WV7 3EX**

This exciting opportunity includes a 1-hour tour with a private tour guide. Highlights include Hangar 1 which holds the RAF's most famous Chinook Bravo November and the Harrier in commemoration of the Falklands' War, a Cold War Exhibition – get up close and personal with some of the most iconic RAF aircraft of that time. Following your tour, it's back to a private room for 'Tea and medals' – you'll be introduced to several artefacts and objects that you can handle and discuss with the team. On conclusion of your visit, the museum warmly invite you to remain at the museum, continuing your visit independently and enjoying all the museum has to offer. Event accessible for wheelchair users, a limited number of manual wheelchairs and motor scooters are available for loan on site free of charge (donation welcome).

**Time: 2.00 - 4.00pm**

**Mini Treatments by Gemini Hair ,Beauty & Wig Consultancy, Wem Town Hall, 28-32 High Street, SY4 5DG**

Come and experience a 15-minute relaxing head or hand massage kindly provided free of charge by a trained masseuse from Gemini Hair & Beauty Salon. Refreshments available. Booking essential.

## Thursday 9<sup>th</sup> Virtual Activities

**Time: 11 – 11.45am - Putting our Wellbeing First**

5 simple things you can do right now for your own wellbeing.

All Cuppas are free to attend in Zoom, no need to sign up in advance, just click on the link in the Cuppa Timetable here: [mobiliseonline.co.uk/cuppa-timetable](https://mobiliseonline.co.uk/cuppa-timetable)

**Time: 7pm Start - Quiz**

Join Margarete Davies for a stimulating and enjoyable quiz. The quiz will be via Microsoft Teams, should you need joining instructions, please email

[shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk)

Please [Click here to join the meeting](#)

## Friday 10<sup>th</sup> Outdoor Activities

**Time: 10.00am – 3.00pm**

### **Feel Good Friday Event at Pontesbury Pavilion, SY5 0RF**

All welcome to a day of activities and information, celebrating Carers Week. Try some exercises for strength and stability, hand massage, pompom making, relaxation and techniques in stress management. Join a drumming workshop. Bring a plant to swap. Find information and talk to people from Keep Shropshire Warm, Age UK, Christians against Poverty, Shropshire Council Carers Support Team, Alzheimer's Society, Allcare and Pontesbury and Worthen Medical Practice. Free refreshments available throughout the day. Numbers are limited for taster sessions, there will be sign-up sheets on the day but if you'd like to let us know if there is a particular activity you're interested in, please call us.

**Time: 10.30pm**

### **Alderford Lake Tilstock Road, Whitchurch. SY13 3JQ**

A great opportunity to meet outside, enjoy the space and gather your thoughts around the lake. The lake walk is fairly flat and approx. 1 mile. There are several benches and picnic areas for refreshments around the lake. The entrance is gravel, please wear sturdy shoes. Bring your own picnic. Entrance is free (normally £2).

## Friday 10<sup>th</sup> Virtual Activities

**Time: 4 – 4.45pm - Mobilise Generation Game!**

A fun and relaxed online meet up for carers – join in with the Mobilise version of the Generation Game.

All Cuppas are free to attend in Zoom, no need to sign up in advance, just click on the link in the Cuppa Timetable here: [mobiliseonline.co.uk/cuppa-timetable](https://mobiliseonline.co.uk/cuppa-timetable)

## Sunday 12<sup>th</sup> Outdoor Activities

**Time: 10.30am – 2.30pm**

**Lyneal Trust Canal Trip, Ellesmere SY12 0LQ**

10 free tickets available (2 per carer), no more than two wheelchairs due to available space for Sunday 12<sup>th</sup> June departing from Lyneal Quay at 10.30am returning 2.30pm (times are approximate), hot and cold drinks, biscuits and cakes provided, please just bring a sandwich!

# **Week 2**

## Monday 13<sup>th</sup> Outdoor Activities

**Time: 10.30am – 4.00pm**

**Oakgate Nursery & Garden Centre with Tea Room, Ellerdine TF6 6RL**

Come and join us on at Oakgate Nursery, Garden Centre, and Tearoom. This garden centre is nestled in the beautiful countryside north of Shrewsbury. There are delightful landscaped gardens to wander around, outdoor spaces to sit in the sunshine or shade, delicious homemade cakes and refreshments on offer. A selection of refreshments will be Free for Carers when prebooked. We are looking forward to seeing you there.

## Tuesday 14<sup>th</sup> Outdoor Activities

**Time: 10.30am**

**Heulwen Trust Canal Trip, depart from Gungrog Farm, Gungrog, Welshpool SY21 9HW**

10 free tickets available (2 per carer), no more than two wheelchairs due to available space for Tuesday 7<sup>th</sup> and Tuesday 14<sup>th</sup> June departing from Heulwen Wharf at 10.30am returning 2.30pm (times are approximate), hot and cold drinks, biscuits and cakes provided, please just bring a sandwich! The Heulwen trust is a charity and offers lovely scenic canal boat trips through some of the most beautiful Welsh countryside. These trips are free, but donations are very welcome. Toilet suitable for all users.

## Tuesday 14<sup>th</sup> Virtual Activities

**Time: 6pm – 7pm - Carers Surgery**

Phone in with questions and for advice. Call Margarete Davies on **01743 255776**. Advice sessions will be up to 15 minutes on a first come first serve basis.

## Wednesday 15<sup>th</sup> Outdoor Activities

**Time: 10.30am - 12.30pm**

**Babbinswood Farm Trail, Archery and Axe throwing, Berghill Lane, Oswestry SY11 4PF**

Join us for a guided, accessible walk of the farm or perhaps you would like to try your hand at axe throwing or archery. Hot drink and cake provided on arrival. Sturdy shoes advisable, toilets and parking on site.

**Time: 11.00am – 5.00pm**

**Hodnet Hall Gardens, Hodnet TF9 3NN.**

Over 60 acres of brilliantly coloured flowers, magnificent forest trees, sweeping lawns and a chain of ornamental pools which run tranquilly along the cultivated garden valley to provide a natural habitat for waterfowl and other wildlife. No matter what the season, visitors will always find something fresh and interesting to ensure an enjoyable day's outing. 10 free tickets are available.

## Thursday 16<sup>th</sup> Outdoor Activities

**Time: 10.30am – 3.00pm**

**Craft & Chat Session/Hand Massage, Oswestry Library, SY11 1JN**

Come and join us for a lovely get together in the library for an opportunity to try crafting activities. Pop in and have a go at creating a greeting card, bookmark, fridge magnet, stress relieving fumble circle - made from beautiful wool using needle felting techniques. All materials provided free of charge. No experience required. Opportunities for you to paint pebbles using acrylic paints with your own designs. Or choose to make a simple material scented sachet. A warm welcome awaits you, and a chance to sit and natter in a relaxing environment. All are welcome – carers and those cared for.

Or why not enjoy a free 15 hand or shoulder massage by 2 masseuses from Gemini Hair, Beauty & Wig Consultancy.

## Saturday 18<sup>th</sup> Outdoor Activities

**Time: 10.30am - 2.30pm**

**Get Crafty with Celia and Meg, Shrewsbury Museum, The Square, Shrewsbury Town Centre, SY1 1LH**

Pop in and have a go at creating a greeting card, bookmark, fridge magnet, stress relieving fumble circle - made from beautiful wool using needle felting techniques.

All materials provided free of charge. No experience required. Opportunities for you to paint pebbles using acrylic paints with your own designs.

Or choose to make a simple material scented sachet. A warm welcome awaits you, and a chance to sit and natter in a relaxing environment. All are welcome – carers and those cared for. Drop in for a period of time or stay as long you like! Please let us know if you'd like to attend to ensure we have enough materials for all.

## Saturday 18<sup>th</sup> Virtual Activities

**Time: 7pm Start - Quiz**

Join Margarete Davies for a stimulating and enjoyable quiz. The quiz will be via Microsoft Teams, should you need joining instructions, please email

[shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk)

Please [Click here to join the meeting](#)





<https://www.shropshiremuseums.org.uk/smag/>

*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 -  
very much appreciated!*



[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)



Percy Throwers Garden Centre,  
[www.bluediamond.gg](http://www.bluediamond.gg)

