

Carers Week 2022—Great Success!



'Make caring visible, valued and supported'

Shropshire Carers Support Team hosted over 30 activities during Carers Week 2022 and what a great success it's been. Activities were extended over a 2-week period giving carers more of an opportunity to meet others, take time out for some fresh air and enjoy various activities on offer in several locations around the county. Thank you to all the organisations that contributed to make this years Carers Week such a success!

Activities ranged from:

- ♦ Canal trips
- ♦ Scenic gardens
- ♦ Exotic animals
- ♦ Massages
- ♦ Crafting
- ♦ National Trust visits
- ♦ Refreshments and cake!
- ♦ On-line quiz
- ♦ Carers Surgeries



The Team received some really positive feedback from those who participated in Carers Week, and it was clear to see and hear that participants really valued the opportunity to relax and connect with others. A snapshot of feedback can be seen below:

'I wanted you to know how much we enjoyed our visit to Whittingham Castle today. Thank you very much to you and the team for organising such a very pleasant outing. I am sure we will return as it was so interesting and such a good coffee shop too!'

'Shropshire Council thank you so much for taking the time to reply and offer alternatives. I have been really impressed and touched by the care of your staff for carers.'

'Just dropping you a line or two to say how much we enjoyed the Canal trip. We're looking forward to more boat trips in the future...'

'For me as his carer it was wonderful to be in the situation where I could relax for a few hours (a rare thing!) with no worries...

I also went to the Wem Carers get together today and really did enjoy doing a bit of felting in addition to having a head massage.'

'We appreciate the work going in to give us these treats.'

'Excellent day, well looked after, wonderful relaxing experience, friendly, enjoyable' company.' de-stressing.'

'I would just like to say a big Thank You for the lovely welcome I had in Carers week at Fordhall Farm, so enjoyed it and the needle felting'.

You may not view yourself as a carer because you're looking after a family member/ loved one – but you might be. It's so important that you don't miss out on the range of local support that is available to you. Shropshire Carers Support Team is always willing to listen and offer support – please call on **01743 341995** or email: shropshire.carers@shropshire.gov.uk