

Carers Week Events Schedule 5 – 18 June 2023



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.

Virtual activities can be accessed by clicking on the links provided within the programme.

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 Week 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.



We have a copy of 'The Canny Cook Freezer and Store Cupboard Meals on a Budget' signed by TV chef Phil Vickery to give away to a lucky winner. Competition will be judged by Phil Vickery himself.

To enter the competition:

Simply send us your original 'go to' budget recipe with a photo. Tell us why it's your favourite – is it quick and easy, holds nice memories or simply delicious!

Email your entries by **Sunday 28th May 2023** to shropshire.carers@shropshire.gov.uk

Winners will be announced during Carers Week (5-18th June) 2023.

****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.



Carers Week Programme 5 – 11 June 2023 Indoor, Outdoor Activities



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

Mon 5th	Tues 6th	Wed 7th	Thurs 8th	Fri 9th	Sat 10th	Sun 11th
<p>2.00pm – 4.00pm The Old Rectory - National Garden Scheme TF9 2EP</p> <p>2.00pm – 4.00pm STEPS Community Wellbeing Afternoon Cavalier Centre TF13 6PE</p>	<p>10.30am – 3.00pm Heulwen Trust Canal Trip SY12 9HW</p>	<p>11.00am – 5.00pm Hodnet Hall Gardens TF9 3NN</p> <p>2.00pm – 4.00pm Fordhall Farm Card making with Jayne and Walk with Julie TF9 3PL</p>	<p>11.00am – 12.30pm New Carers Group Ludlow - Launch SY8 2PQ</p> <p>2.00pm - 3.30pm Wem Carers Support Group and Severn Trent Talk Wem Town Hall SY7 5DG</p>	<p>10.00am – 1.30pm OsNosh Community Drop in and Carers Information The Centre Oak St, Oswestry SY11 1LW</p> <p>1.30pm – 3.30pm Music Session Adrian Plant at Shrewsbury Museum SY1 1LH</p> <p>2.00pm - 3.30pm Painting Session Doodle Alley Whitchurch SY13 1BB</p>		



Carers Week Programme 12– 18 June 2023 Indoor, Outdoor Activities



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

Mon 12th	Tues 13th	Wed 14th	Thurs 15th	Fri 16th	Sat 17th	Sun 18th
10.30am -3.00pm Heulwen Trust Canal Trip SY12 9HW	1.45pm - 3.45pm Djembe Drumming Workshop SY3 ODR	11.00am – 5.00pm Lyneal Trust Canal Trip SY12 0LQ	10.30am – 1.00pm RAF Cosford Tour with refreshments WV7 3EX 10.30am - 12.00pm A talk by, and then chat with Solicitor Nicola Hawes from Wace Morgan fbc. Oxbow Manor SY2 6QH	10.00am – 12.30pm OsNosh drop in Gentle Exercise with Lesley SY11 1LW 11.00am - 3.00pm Carer Information Day & Exotic Zoo Bridgnorth Library WV16 4AW	10.00am - 12.00pm Wellbeing Session at Barnabas Church SY3 7DN 1.30pm - 3.30pm Carer information afternoon Fire Prevention SAND Severn Trent And Bingo...! Oswestry Library SY11 1JN	11.00am – 5.00pm Hodnet Hall Gardens TF9 3NN

Monday 5th Face to Face Activities

Time: 2.00pm – 4.00pm

Venue: The Old Rectory Hall, Market Drayton TF9 2EP

Event: National Garden Scheme

Join us for tea and cake at the Old Rectory. The garden (over 3 and a half acres) was created over 45 years by John and Elizabeth Ravenscroft. Formal gardens, a walled garden, large pool with stepping-stones, lawns and wooded areas with collections of azaleas, magnolias, peonies. Cost of £5 per person payable on the day (to include tea and cake) which will be donated to charity as part of the National Gardens Scheme. A Carer Support Practitioner will be there giving you a chance to have a chat too.

Time: 2.00pm – 4.00pm

Venue: The Cavalier Centre, Much Wenlock TF13 6PE

Event: STEPS Carers Community Wellbeing afternoon

Discover more about the Centre and enjoy afternoon tea. Or if you wish join in Relaxation and Mindfulness Activities, have a tour and take a gentle walk around the track to see the horses. Experience the gentle nature of horses and help with grooming. The benefits are two way, both for the horses and us humans. Booking is essential.

Tuesday 6th Face to Face Activities

Time 10.30am

Venue: Depart from Gungrog Farm, Gungrog, Welshpool SY21 9HW

Event: Heulwen Trust Canal Trip

10 free tickets available (2 per carer), no more than 2 wheelchairs due to available space for Tuesday 6th and Tuesday 15th June departing from Heulwen Wharf at 10.30am returning 2.30pm (NB 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 which go to the Trust. The toilet is reasonably accessible for everyone. There are specific instructions on their website – www.heulwentrust.co.uk or please contact us if you cannot access the internet.

Wednesday 7th Face to Face Activities

Time: 11.00am - 5.00pm

Venue: Hodnet Hall Gardens, Hodnet TF9 3NN

Event: Outdoor Activity

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. Names will be put on the gate, if you are unable to attend, please let us know so we can pass on the tickets to another carer – thank you.

Time: 2.00pm – 4.00pm

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

Event: Farm Walk with Julie and Crafting with Jayne

Come and join us for an accompanied walk around Ford hall Organic Farm with Julie. 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 card making with Jayne in the community room, take home your creations! Hot drinks and cake provided. Cost of £5.00 per person, payable on the day for materials for crafting only.

Thursday 8th Face to Face Activities

Time 11am – 12:30

Venue: Ludlow Brewing Co, The Railway Shed, Station Drive, Ludlow, SY8 2PQ

Event: Launch of new monthly carers peer support group

A new carers group will be taking place monthly at Ludlow Brewing Co. Come and meet members of the Shropshire Carers Support Team, have a chat and see what the new group has to offer – take home a free pot of delicious jam. Tea, coffee and light refreshments will be available to buy. On the day, the Brewery are offering discounted tour vouchers, valid for 12 months for just £5! Please book a space so we know you are coming.

Time 2.00 - 3.30pm

Venue: 28-32 High St, Wem, Shrewsbury SY4 5DG

Event: Wem Carers Peer Support Group invites all carers to join them for a talk by Severn Trent Water

Come along and meet other carers in the upstairs meeting room of the Town Hall. The group meets monthly and would love new carers to join. A speaker from Severn Trent will talk about efficient use of water, how to better manage your water bills, help available if needed and how we can all do a little to help the fragile environment. Tea and coffee available for a small donation.

Friday 9th Face to Face Activities

Time: 10.00 am – 1.30 pm

Venue: OsNosh, Centre Northwest, Oswestry SY11 1LW

Event: Community drop in and information stalls

OsNosh community café opens at 10.00 am for drinks, cakes and their fabulous lunch from 12.00 noon. OsNosh believe good food and community should be available to everyone and operate a pay-as-you feel system, asking people to donate what they are able, based on their own circumstances. Suggested donation £3 - £5 for lunch if people are able to. Carers are welcome to drop in at any point and stay all morning if you wish.

The Shropshire Carer Support Team, Severn Trent Water, Mental well-being, Alzheimers Society, call in for refreshments and cake to celebrate Carers Week. Take a walk around the community garden space, a calm green space to learn, grow or simply enjoy. Join in with crafting. We look forward to meeting you.

Time: 1.30 pm - 3.30 pm

Venue: Shrewsbury Museum and Art Gallery, The Square, Shrewsbury Town Centre, SY1 1LH

Event: Sounds Great! An introduction to 'music-care'.

Come and join us for a relaxed and fun session for everyone who enjoys music at any level. Led by Adrian Plant, the session is suitable for all, regardless of musical experience. Adrian is an experienced musician, vocalist, percussionist and musicologist who works with a wide range of people in different settings from community choirs to care homes. The session will focus on including everyone present in participating within a creative and fun atmosphere. Using singing, guitar and percussion the session will feature a selection of the greatest and most popular songs of the 20/21st centuries.

The session is free of charge and open to carers and those they care for. Refreshments will be provided. Please book in advance so we know you are coming.

Time: 2.00 pm - 3.30 pm

Doodle Alley, rear of 44 High Street, Whitchurch, SY13 1BB

Event: Painting activity

Share your creative side!

You can paint a mug or a tile and have it glazed and kiln-fired too! You are welcome to bring the person you are caring for or a friend. Carers are free. There is a charge of £9.95 for your companion if they are participating! You can also upgrade to paint a plate/cereal bowl/figurines (cats/dogs/unicorns) and larger mugs for just £3 more, payable direct to Doodle Alley on the day. Hot and cold drinks can be purchased but please feel free to bring a snack along too.



Monday 12th Face to Face Activities

Time: 10.30 am – 3.00 pm

Venue: 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 6th and Tuesday 15th 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.

There are specific instructions on their website – www.heulwentrust.co.uk or please contact us if you cannot access the internet. Booking in advance essential.

Tuesday 13th Face to Face Activities

Time: 1.45 pm - 3.45 pm

Venue: Bayston Hill Memorial Hall, Lyth Hill Road, SY3 0DR

Event: Djembe Drumming Workshop

Come and join us for a relaxing and fun session, learning to play some African rhythms on the djembe drums! Djembe drumming helps to reduce stress and anxiety and makes you feel happy. It can help improve motor skills and hand-eye coordination. No prior experience needed – just an open mind and willingness to join in. Led by experienced drummers and teachers from English Bridge Drumming Group in Shrewsbury. Session is free of charge and refreshments are included. All welcome. Not suitable for those who dislike noise. Please book your place, so we know that you are coming.

Wednesday 14th Face to Face Activities

Time: 10.30 am – 2.30 pm

Venue: Lyneal Trust Canal Trip, Ellesmere SY12 0LQ

Lyneal Trust is 3 miles from Ellesmere between Ellesmere and Whitchurch on the Llangollen Canal. 10 free tickets available (2 per carer), no more than two wheelchairs due to available space, 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! If you need specific instructions, please contact us or visit their website - www.lyneal-trust.org.uk. Booking in advance is essential.

Thursday 15th Face to Face Activities

Time: 10.30 am - 1.00 pm

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

Arrive between 10.00 - 10.30 am for an exciting tour of the new Bomber Command Exhibition and/or the National Cold War Exhibition. Get up close and personal with some of the most iconic RAF aircraft of that time. Following the tour, it's back to the classroom for refreshments with the opportunity to be introduced to several artefacts and objects that you can handle and discuss with the team from 12.00 - 1.00pm. 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). The event is free with parking passes provided, hence, booking in advance is essential.

Time: 10.30 am - 12.00 pm

Venue: Oxbow Manor Care Home, Oteley Road, Shrewsbury, SY2 6QH

Chat with professional – Nicola (Wace Morgan Solicitors)

Come and join the carers group at Oxbow Manor for a relaxed and informative session with Nicola Hawes, FCILEx. Nicola is a Legal Executive and a specialist in the funding of long-term care and Last Powers of Attorney. She will also speak about best interests decisions and assessing mental capacity under the Mental Capacity Act 2005. There will be an opportunity for question and some discussion. The session is free and refreshments will be provided. Please book as places are limited. The group welcomes new carers and meets on the 3rd Thursday of the month, 10.30 - 12.00pm.

Friday 16th Face to Face Activities

Time: 10.30am – 1.30pm

Venue: OsNosh, The Venue, Oak Street, Oswestry SY11 1LW

Event: Movement and Gentle Exercise with Lesley

Movement sessions for everyone, beginners welcome. Carers and the cared for person are invited to come and explore movement. As well as improving your range of movement it helps with pain control and so helps with extra day to day energy. Cost £5 per session. Please book in advance.

You are very welcome to pop in to OsNosh any Friday (10.00 am – 1.30pm) to their community café. Free of charge, please pay-as- you-feel if you have a drink, snack or lunch.

Time: 1.30pm – 3.00pm

Venue: Bridgnorth Library, 67 Listley St, WV16 4AW

Event: Carer drop in, information and Exotic Zoo Animal Therapy Session

Come along and meet other carers, enjoy a cuppa and cake and find out more about what support is available from the Carer Support Team, Age UK, Alzheimers Society, Fire Service, SAND (Safe Aging No Discrimination) and Severn Trent. Also find out more about what the library has on offer to support you.

Then sit back, relax and enjoy an hour of the Exotic Zoo. Getting up close and personal with their specially selected and trained animals, or watching from a distance, if you prefer can be of immense benefit your health and wellbeing. You will also learn interesting facts about the exotic animals. Bookings, if possible, for the Exotic Zoo but otherwise just pop in to see us!

Saturday 17th Face to Face Activities

Time: 10.00am - 12.00pm

Venue: Barnabas Church, Longden Coleham, Shrewsbury SY3 7DN

Event: Wellbeing Session

You are warmly invited to join us for coffee and cake and a chance to meet and chat with other carers and share information and experience in a friendly and relaxed space. The morning will include an opportunity to participate in some relaxing exercises to help relieve some of the week's stresses as well the chance to be pampered by one of our volunteers offering hand massages and facials. This coffee morning is open to anyone who has caring responsibilities for another person and will offer a safe space to talk, encourage and support one another and time for you to enjoy some relaxation and pampering. Refreshments and all activities are free of charge. Wheelchair accessible.

Time: 1.30pm - 3.30pm

Venue: Oswestry Library, SY11 1JN

Event: Carers drop in, information afternoon and Bingo!

Come along during the afternoon to meet with the Shropshire Carer Support Team, other carers, enjoy a cuppa, a piece of Hartshorn delicious cake and perhaps play a game of bingo! Find out more about what the library has to offer, including the community space, as well as books, courses, events and much more.

There will also be information available from the Shropshire Carer Support Team, Fire Prevention, SAND (Safe Ageing No Discrimination), Severn Trent.

It would be helpful if you can book but please do feel free to just drop in.

Sunday 18th Face to Face Activities

Time: 11.00 am – 5.00 pm

Venue: Hodnet Hall Gardens, Hodnet TF9 3NN

Event: Outdoor Activity

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 or weather, visitors will always find something fresh and interesting for an enjoyable day's outing. 10 free tickets are available. Names will be put on the gate. If you are unable to attend, please let us know so we can pass on the tickets to another carer – thank you.



**Alzheimer's
Society**

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



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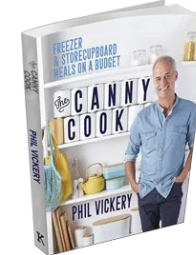
<https://exoticzoo.co.uk/>



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



<https://ngs.org.uk/>



<https://barnabascommunitychurch.com/>



<https://osnosh.co.uk/>



<https://www.stwater.co.uk/>



<https://www.wace-morgan.co.uk/>

Hartshorns Homemade Cakes

<https://www.hartscakes.co.uk/>



www.mobiliseonline.co.uk/



www.hodnethallgardens.org/



<https://svr.co.uk/>



<https://www.rotary.org/en>



**LUDLOW
Farmshop**

ludlowfarmshop.co.uk/



<http://www.festivaldraytoncentre.com/>



HEULWENT TRUST

<https://www.heulwenttrust.co.uk/>



<https://theludlowbrewingcompany.co.uk/>



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



<https://www.bookabookshop.co.uk/>



<https://doodlealley.co.uk/>



Cavalier Centre
<https://cavaliercentre.org/>



<https://www.lyneal-trust.org.uk/>

*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!*

**Fordhall
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<https://www.lgbtsand.com/>

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