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Health & Wellbeing E-News



Building a Stronger Future Together in Shropshire

Shropshire Health and Wellbeing Newsflash

This newsflash provides brief updates on health and wellbeing topics from across Shropshire.

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Read on for updates:

- Future Fit - Rural Urgent Care Workshops - Ludlow, Bridgnorth, Oswestry
- Drop-in 'Let's Talk Local' sessions
- Low awareness of non-lump breast cancer in over 70s
- School Nurse drop-in Clinics
- 'Stress Less' sessions for young people aged 12-25
- Update from Freedom Shropshire
- Change4Life Disney Shake-up



What is NHS Future Fit?

[NHS Future Fit](#) is a work programme being delivered by the NHS that aims to improve acute and community hospital services in Shropshire. Clinicians and patients are working together to determine how best to provide healthcare for local people; this includes urgent and emergency care, planned care and community care.

Future Fit - Rural Urgent Care Centre Locality Workshops

Information from the NHS Future Fit team - visit nhsfuturefit.org to find out more

The [NHS Future Fit](#) programme is currently working on the plans on future urgent care services, and how these services will be developed in communities across Shropshire. As part of this work the NHS Future Fit programme are seeking participants to take part in a series of focussed workshops. **Please note places are on a first come first served basis.**

The programme group are keen that the people who come along to these workshops have a basic

knowledge of [NHS Future Fit](#), as this is a focussed piece of work and is not a public meeting on the programme as a whole. Proposals on the number of rural urgent care centres need to be developed by mid-September for approval by the Clinical Commissioning Group (CCG) Boards in early October 2015. Through these locality workshops they hope to gather the views and aspirations of local people, including health and care professionals, to help inform the decision on what urgent care in our rural communities will be.

In response to feedback from the first round of workshops during June, the second round of locality workshops will include slightly larger numbers of patients and staff to try to gather a wider range of views. The programme group are asking that attendees only sign up to **one** workshop as spaces are limited.

Please sign up quickly to avoid disappointment using the web link below, which includes venue details.

Workshops have already taken place in Whitchurch and Bishop's Castle earlier in July.

The programme group are asking that you indicate whether you are a member of the public / patient representative or health and social care clinician or manager in order to ensure that we have a balance of representation at each meeting.

Each workshop will open at 5.45pm for refreshments, start at 6.15pm and finish no later than 8.30pm.

Reports from both first and second round workshops will be available via the NHS Future Fit website.

Please use the links below to reserve your free place:

Ludlow - Thursday 6th August 2015

Ludlow Mascall Centre - <https://eventbrite.co.uk/event/17583616069/>

Bridgnorth - Monday 10th August 2015

The Old Vicarage - <https://eventbrite.co.uk/event/17583626099/>

Oswestry - Thursday 13th August 2015

The Marches School - <https://eventbrite.co.uk/event/17583637132/>



Drop in to 'Let's Talk Local' sessions in Shrewsbury, Oswestry and Ludlow

Oswestry and Ludlow

Information from [Shropshire Newsroom](#). [Click here](#) to read the full article.

Shropshire Council and [People2People](#) are inviting people and their carers to drop into their Let's Talk Local hub session for the latest advice and information.

These drop-in sessions, taking place in Shrewsbury, Oswestry and Ludlow, are part of a new pilot which aims to help people to get to know their options for the future, particularly those who fund their own care.

Sessions will be running:

Shrewsbury - every Tuesday - 1.30pm-3.00pm

Unit 1 Radbrook Professional Centre, Bank Farm Road, Radbrook, SY3 6DU

Oswestry - every Wednesday - 1.30pm-3.00pm

The Centre (off Oak Street Car Park), Oswestry, SY11 1LW

Ludlow - every other Monday - 1.30pm-3.30pm (upcoming dates: 3rd August, 17th August, 31st August)

Helena Lane House, 20 Hamlet Road, Ludlow, SY8 2NP

As well as offering people the opportunity to speak with [People2People](#), the hubs enable them to access information from a range of local organisations including: housing support, Age UK, occupational therapy, social work, benefits advice, assistive technology and Independent Advocacy Services.

Read the full article here and find out more about pilot work with GP practices in Shifnal, Oswestry, Shrewsbury and Ludlow.



Low awareness of non-lump breast cancer symptoms putting West Midlands over 70s' health at risk

Information from [Shropshire Newsroom](#). [Click here](#) to read the full article.

Public Health England have launched a “**Be Clear on Cancer**” campaign aimed at **women aged 70 and over**, to drive awareness of the **risk of breast cancer** among this age group and to increase their knowledge of lesser-known breast cancer symptoms.

What are the facts?

- **Latest Be Clear on Cancer in the West Midlands campaign urges women over 70 to be aware of breast cancer symptoms**
- **Approximately 30% of women diagnosed with breast cancer report a symptom other than a lump**
- However, when asked to name symptoms of breast cancer, only half of women aged 70 and over (48%) could name a symptom aside from a lump

- **One in three women** diagnosed with breast cancer each year are **aged 70 and over**
- Around **600 women aged 70 and over die from breast cancer** in the West Midlands region every year

Despite older women being at an increased risk of breast cancer, they are also **more likely to delay going to their GP** with breast cancer symptoms. This year's campaign activity will reinforce the message "**don't assume you're past it**", urging older women to visit their doctor straightaway if they notice any unusual or persistent changes to their breasts such as a lump, or a change to a nipple or to the skin or the shape of a breast.

For more information on the signs and symptoms of breast cancer please visit [nhs.uk/breastcancer70](https://www.nhs.uk/breastcancer70)

Please read the [full Shropshire Newsroom article](#) to find out more.

Shropshire Community Health NHS Trust

School Nurse Parent/Carer and Young Person's clinic 5-18yrs
Sure Start Children's Centre, Church Stretton, SY6 6EX

SLEEP ISSUES

HEALTHY EATING

EMOTIONAL WELLBEING

HEALTH ADVICE

TOILETING ISSUES

2-4pm Appointments 01743 277675
 4pm-6pm Drop in

All Welcome
 For further information @SCHTSchoolNurse,
www.shropscommunityhealth.nhs.uk

Clinic dates and Themes:
 Monday 21st Sept 15, Enuresis
 Monday 19th Oct 15, Physical activity
 Monday 16th Nov 15, Workshop Understanding your child, delivered by the parenting team
 Monday 21st Dec 15, Healthy eating

School Nurse Parent/Carer Clinics in Church Stretton and Ludlow

School Nurses in Church Stretton and Ludlow are running a series of clinics for parents and carers around children and young people's health (5-18 years).

Clinics will have particular themes around topics such as physical activity and healthy eating, but School Nurses will also be able to answer other child health-related questions that you might have.

See image above for details of clinics in **Church Stretton**. The image below has details of clinics in **Ludlow**.

Church Stretton Clinics

Sure Start Children's Centre, Church Stretton, SY6 6EX

For appointments call: 01743 277675

Appointments: 2-4pm, Drop-in: 4-6pm

Monday 21st September - Enuresis

Monday 19th October - Physical activity

Monday 14th October - Physical activity
Monday 16th November - Workshop: 'Understanding your child'
Monday 21st December - Healthy eating

Ludlow Clinics

Sure Start Children's Centre, Rock Spring, Ludlow, SY8 1SX
For appointments call: 07896 812233

Appointments: 2-4pm, Drop-in: 4-6pm

Thursday 17th September - Enuresis
Thursday 15th October - Workshop: 'Understanding your child'
Thursday 19th November - Physical activity
Thursday 17th December - Healthy eating

Shropshire Community Health **NHS**
NHS Trust



SLEEP ISSUES

**SCHOOL NURSE PARENT/CARER AND
YOUNG PERSON'S CLINIC 5-18YRS**

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HEALTHY EATING

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Healthy eating

TOILETING ISSUES





Stress Less this summer holiday

"Are you feeling anxious, worried or low? Even about just little things?"

"Are you suffering from depression, an eating disorder or mental health issues?"

"Dreading the summer holidays?"

Learn to **STRESS-LESS**

FREE sessions are being run for **young people aged 12-25** at Shirehall, Shrewsbury over the summer holidays.

Sessions include **free lunch** and are run by really friendly staff.

What's on offer?

Art, music, complimentary therapy, 'Sleep Well', 'The Outside World', 'Coping with Stress'

When?

28th and 29th July

3rd, 11th, 18th and 25th August

all **10am-2pm**

Where?

Shirehall, Shrewsbury, SY2 6ND

How do I find out more?

Contact Lorraine Warrender to book your place

Call: 07990 087001

Email: Lorraine.Warrender@shropshire.gov.uk

News from our partners:



Freedom Shropshire's July Newsletter is published

[Click here](#) to read the newsletter

Topics include: Upcoming events and forums, 'Professionals in Focus': Jo Berry, Domestic Violence Prevention Co-ordinator, updates from Axis Counselling and much more!

[Click here](#) to go to the Freedom Shropshire website.



from **change 4 life**



Kids – get your shake on with Disney this summer

Children aged 5 to 11 are being invited to shake it up with their favourite Disney characters as part of a new campaign launched to get kids more active during the summer holidays.

The Change4Life with Disney 10-Minute Shake Up campaign is being supported by ip&e's [Help2Change](#) team, and aims to help children achieve their **recommended 60 minutes** of moderate to vigorous physical activity every day.

Moderate physical activity is beneficial for a child's physical, social and mental well-being. As well as the obvious physical advantages, children who are more physically active are likely to have increased social skills, self-esteem, confidence and academic achievement.

To find out more, read the [full Shropshire Newsroom article here](#)

Families who sign up for a '10-Minute Shake Up' will receive a free pack containing a fantastic team wristband with timer*, activity cards, a wild card for children to invent their own Shake Ups, a team poster and stickers. There will also be loads of great content online to keep children inspired and moving over the summer.

To sign up and register for your free pack visit <https://www.nhs.uk/10-minute-shake-up>.



Got some news to share?

If you have a topic or article that you would like to feature in this newsletter, please contact us by email: shropshiretogether@shropshire.gov.uk or telephone: 01743 253937.

Health and Wellbeing Board - Next Meeting:

The next public Health and Wellbeing Board meeting will be held on **Friday 31st July 2015**, with an earlier start time of **9am** at **Shirehall** in **Shrewsbury**.

The agenda and relevant papers will become available on the Health and Wellbeing webpage prior to the meeting. Please see the attached link below to access previous meeting agendas:

[Health and Wellbeing Board](#)

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