



Shropshire Health and Wellbeing e-Newsflash

Welcome to this Shropshire Health & Wellbeing e-Newsflash. This e-Newsflash is for everyone interested in health and wellbeing in the county.

To contact us, please click [here](#)

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Remember, you can find information about Health and Wellbeing events across Shropshire on our website, [click here](#) to find out more.



Children's Trust Area Forum for Early Years, GPs & Schools

Wednesday 13th January 2016

6.30pm-8.30pm

Community Hall 2, The Lantern, Shrewsbury, SY1 4NG

Shropshire Children's Trust are holding an evening forum **for professionals**. If you **work within Early Years settings (childminder, pre-school or nursery), schools or a GP practice then come along to this free event.**

You are invited to a discussion forum focussing on **Strengthening Families through Early Help.**

Please email Shropshire Together at ShropshireTogether@shropshire.gov.uk or call 01743 253972 to book your place on the forum:

The forum will discuss:-

'Strengthening Families through Early Help – From Strategy to Reality'

- Compass updates
- Pathway to Early Help
- Locality working for children's social work
- CAMHS Joint Transformation Plan
- Discussion and questions around: information sharing, processes and planning, locality working



Warmer Marches Fuel Poverty Project – Marches Energy Agency

Marches Energy Agency (MEA) have recently secured funding from the Scottish Power Energy People's Trust to deliver a new fuel poverty project across the Marches.

Marches Energy Agency (MEA) was founded in 1998 and is a registered charity and social enterprise. They specialise in the delivery of practical, effective and creative ways of promoting and enabling energy reduction and work with numerous partners to help tackle fuel poverty.

The project, Warmer Marches, will begin on the 18th January 2015 and will run for a 12 month period. The project will aim to support fuel poor households (or those at risk of fuel poverty) by working with a range of partners.

[Click here](#) to find out more information.



DRY JANUARY

**CAN YOU STAY OFF THE
BOOZE FOR 31 DAYS?**



Dry January blogs

It's Day 11 of Dry January. If you're taking part, how are you finding it? Easier than you expected? Or harder than anticipated?

You can catch up with some blogs from Shropshire residents describing how they're getting on. Take a look at [Shropshire Newsroom](#) and have a read!

futurefit
Shaping healthcare together

NHS Future Fit Events

NHS Future Fit are holding a series of 'pop-up' events over January and February. You can find out the dates here: www.nhsfuturefit.org/events

NHS Future Fit said:

"Over the coming months, people in Shropshire, Telford & Wrekin, and mid-Wales will have an opportunity to have their say about the way healthcare is delivered for the next 20 years.

We want local people to help shape the future of those services. You can share your views and tell us where you think healthcare services should be located by attending one of our pop up stands across the region.

These workshops are part of an on-going conversation with local people, to help deliver the necessary changes to give patients the healthcare they need for the future."

Visit www.nhsfuturefit.org to find out more



Met Office forecasts colder weather: guidance issued for West Midlands

As colder weather sweeps across much of the country The Met Office has today (Monday 11 January 2016) issued a Level 2 cold weather alert for the West Midlands. Read the full article and guidance on Shropshire Newsroom

here: www.shropshire.gov.uk/news

Shropshire Council has also produced some advice and guidance to help people **keep safe and well this winter**. You can read more

here: www.shropshire.gov.uk/news



Chief Medical Officer announces new alcohol guidelines

Earlier in January, the Chief Medical Officer produced new guidelines for alcohol consumption. [Click here](#) to read about the new guidelines and advice around limits and units.

You can read a summary of the guidelines [here](#).

The brain goes through a period of development in the teenage years.

If you would like to know more about your teenager's brain and how this might affect their behaviour, please come along to a 2 hour workshop.

Understanding YOUR

TEEN

Venue: Rock Spring Centre, Ludlow

Date/Time: 21st January 2016 3.45-5.45pm
Please note this course is for parents/ carers

Booking Details: Ring 07896 812233 (Ludlow School Nurses) to book a place.

Updates from our partners:



[Click here](#) to read the latest newsletter from the Shropshire Voluntary and Community Sector Assembly. With details of events, updates on the Big Conversation and recent news stories from across the county.



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 253972.

Health and Wellbeing Board - Next Meeting:

The next public Health and Wellbeing Board meeting will be held on **Friday 22nd January 2016**, starting at **9.30am** 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](#)



Are you part of the big conversation in Shropshire?
Click here to find out more...

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