



Shropshire Carers support team Winter Update 2025

Shropshire Carers Support Team are a dedicated team providing information, advice and support to carers over the age of 18 who support someone over 18.

Our vision is to enable carers to live their best lives.

Find out more: [Shropshire Choices - I care for someone else](#)

With enrolment to the Carer register, you will receive a carers ID card/emergency card, an emergency plan template and support to complete them.

You can sign up to the carer register by completing our form [Carers Register form](#)

If you sign up with Mobilise online, you can also receive a free 5-part email course delivered by Mobilise providing online support for carers.

You can de-register at any time by notifying Shropshire Carers.

To find out how the carers team can support you, contact **Shropshire Carers Support Team** on **01743 341995**. Support line is available Mon-Fri 9 am-5pm and Tues until 7:30pm, Sat 9:30 am-midday.

or email: shropshire.carers@shropshire.gov.uk



Carers Groups

All carer groups are safe spaces for anyone undertaking a caring role in an unpaid capacity. They provide an opportunity to chat, share experiences, build friendships and support networks. There are a number of carer groups across Shropshire the team facilitate in the following locations.

- ✓ Bridgnorth (Severn Centre) – Last Monday of Each month
- ✓ Church Stretton (Mayfair community centre) – 3rd Thursday of each month
- ✓ Ludlow (Helena Lane) – 1st Thursday of month
- ✓ Market Drayton (Fire Station) – 1st Wednesday of each month
- ✓ Oswestry (Oswestry Library) – 3rd Wednesday of each month
- ✓ Quatt Carer connect (Quatt Village Hall) – 4th Thursday of each month
- ✓ Pontesbury and Rea Valley Carers group (Pontesbury Pavilion) – The last Friday of Every month.
- ✓ Shrewsbury, Dementia Carers group (St. Giles Church) – 1st Tuesday of the month
- ✓ Shrewsbury Still Caring (Various) – 1st Friday of each month
- ✓ Wem (Wem Town Hall) – 2nd Thursday of each month
- ✓ Whitchurch (Archibald Worthington Club) – 1st Monday of each month

Further Details of Carer groups being can be found at [Carer peer support groups | Shropshire Council](#), or contact the carers team on 01743 341995 or email shropshire.carers@shropshire.gov.uk.

Carers Rights Day 2025



Carer rights day is a day to raise awareness of the rights and entitlements for unpaid carers. It is also a day to recognise the contributions of carers to society and advocate improving support systems for carers.



The carers support team are planning several events and details will be released shortly, please feel free to contact the team.



Winter Wellness Update

Keeping Safe and Well



It's the time of year again when the colder weather creeps in and the winter months may start to feel a bit gloomy. Energy levels and motivation can drop and many of our activities and habits can start to dwindle away, so time to prepare for when the cold weather hits us by making sure it does not harm us and those around us.

Winter Vaccinations

Flu & Covid

The flu vaccine is estimated to have prevented around 100,000 people from being hospitalised in England last winter by helping protect those at risk from getting seriously ill, particularly during the colder months when people gather indoors and viruses spread.



The NHS National Booking System also opens for all eligible individuals to book their winter flu and COVID-19 vaccinations, with appointments starting from Wednesday 1 October. Those eligible can book quickly and easily on the [NHS website](#), NHS App or by calling 119.

If Covid symptoms are having an impact on your life, contact your GP who may give you advice on how to manage and monitor your symptoms at home or refer you for some tests such as a blood test.

For more information on long COVID, visit [Long-term effects of COVID](#)

RSV

RSV is a leading cause of infant mortality around the world, is a common cause of coughs and colds but can lead to severe lung infections like pneumonia and infant bronchiolitis, which are highly dangerous to older people and young children

Find out about the new vaccination program launching this autumn to help thousands of children & older adults: [RSV vaccine - NHS \(www.nhs.uk\)](#) or speak to your GP.



Be Winter Ready

Our top 10 tips

To help you stay safe and well this winter



Eat a balanced diet and stay hydrated

Good nutrition is vital to help keep us healthy and well. Eat meals with a mix of protein, dairy, carbohydrates, fruit and **vegetables**. Drink lots of **water** (and **warm drinks** or **soup** in cold weather) and try not to exceed recommended alcohol limits.



Keep a well-stocked medicine cabinet

You can buy useful remedies for lots of minor illnesses from your **local pharmacist** or supermarket, often at very little cost. Own-brand versions are often cheaper but just as



Boost your vitamin levels

Get outside in the **sunshine** for **15-20 minutes** a day and take a **vitamin D** supplement to avoid vitamin D deficiency.



Stay active

30 minutes a day,

including strengthening exercises, can help you to stay strong and independent.

Shropshire's health walks are a free, fun and sociable way to be active. You can search for local walks at [Walking for Health](#)



Sleep well

Establish a **bedtime**

routine and use relaxation exercises to improve sleep. Tips at: [Sleep Foundation](#)

Keep warm



Heat your home to at least **18 degrees** – if you can't heat the whole house, heat the room you are in. Help to carry out energy efficiency improvements may be available. Visit: [Energy Savings Trust](#)



Keep your home

safe Check your home for trip hazards or electrical concerns and ensure you have a **working smoke alarm** - a free **Safe and Well** visit can help with this (see page 4 for details).



Be prepared

Keep your **car** **Winter read'** with an emergency kit in the boot. Keep a few extra store cupboard items i.e., **tins/long-life milk** at home,

Prevent falls



Move around regularly and use

gentle exercises to stay strong and supple. Wear **slip-resistant shoes** with good grip and replace worn slippers. **Secure rugs and mats** and move obstacles. There's lots of information to help prevent falls at: [Falls Therapy Service](#)



Stay connected

Keep in touch with people, keep a list of useful contacts in or by your phone in case of emergencies and please **look out for friends and neighbours**. There are good neighbour schemes across the

Further information and support on these tips are available at
www.shropshire.gov.uk

Areas of Support

NHS

You can call 111 or visit 111.nhs.uk to be triaged (via a series of questions), based on your answers, you will be directed to a range of local services

If you're unable to access your GP, emergency supplies of most prescription medicines are available from local pharmacy to tide you over. Click [Find a pharmacy](#).

For NHS information on how to notice the signs of heat exhaustion and where to get help, please click [Here](#)

In an emergency always call 999

NHS 111

Mental Health

Mental Health Services: [Shropshire MHS](#)

Shropshire Council has information to hand, please visit: [Mental Health and wellbeing](#) or contact First Point of Contact on 0345 678 9044.

Resources and advice to help young people manage their emotional wellbeing are available at Shropshire Council, please visit: [Bee U](#)



Financial Advice and Support

Citizens Advice Service: <https://www.cabshropshire.org.uk/> Call free on **0808 278 7894**

National Debt Line 0808 808 4000 www.nationaldebtline.org

Shropshire council advice, advocacy and welfare benefits [Welfare Provision](#)

Shropshire Council [Cost of living help | Shropshire Council](#)

[Worried about money? | Shropshire Council](#)

[Barnabas Money Advice Shrewsbury - Community Money Advice](#)

[Shropshire Larder](#) provides a wide range of information and advice on maximizing income, budgeting, debts, and household bills



Other areas of support

Mobilise Shropshire - [Support for unpaid carers in Shropshire](#)

A friendly ear, the opportunity to get clarity around muddled thoughts, or simply just to connect.



[Community Directory –](#)

Gives information on where you can find help including benefits, groups, community transport and more.



SHOUT - you can talk with SHOUT over text 24/7, it's a free service available to everyone in the UK and it won't show up on your phone bills.

When you text there's a trained volunteer at the other end to talk with you – silently, by text message – until you feel calmer.

Why not look at SHOUT's

[Little Book of Coping Skills](#) booklet with plenty of tips or visit: [Give us a shout](#)



Fire safety for more information on go to [Shropshire Fire and Rescue](#)

Find out more about [Food safety](#) from environmental health at Shropshire council

Domestic abuse for information and advice please call West Mercia Women's Aid on **0800 783 1359**. Further information is available at [Domestic Abuse](#)

* Please print off

EMERGENCY CONTACT LIST	Supplier/Company/Contact	Name & Telephone Number
	First Point of Contact (Shropshire Council)	03456 789044
	Emergency Contact	
	Emergency Contact Gas supplier	
	Gas Supplier	
	Electricity Supplier	
	Water Supplier	
	Plumber	
	Local Pharmacy	
	GP practice	
	NHS 111	