

Shropshire Carers support team Summer 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. We run a number of carer groups across Shropshire in the following locations;

- ✓ Bridgnorth (Severn Centre) – Last Monday of Each month
- ✓ Church Stretton (Mayfair community centre) – 3rd Thursday of each month
- ✓ Ludlow (Clive Arms Hotel) – 1st Thursday of month
- ✓ Market Drayton (Fire Station) – 1st Friday of each month
- ✓ Much Wenlock (Priory Hall) – 1st Thursday of each month
- ✓ Oswestry (Avalon Day Centre) – 3rd Wednesday 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

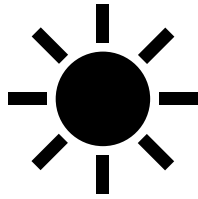
Further Details of Carer groups being can be found at [Carer peer support groups | Shropshire Council](#), or contact the carers team on 01743 341995 or email shropshire.carers@shropshire.gov.uk.

Carers Week 2025



Carers week takes place between 9th and 16th June, the theme for this year's carers week is caring with equality.

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



Summer Wellness Update



During Summer months the heat runs a risk of adversely affecting anyone, but some are more vulnerable. Below are tips to beat the heat.

Keep your house cool

- Cover or shade windows exposed to direct sunlight and keep them closed during the day. Take care with metal blinds and dark curtains, these can absorb heat.
- Open windows at night if cooler and it's safe to do so.
- Turn off lights and electrical equipment that are not in use.
- Turn off central heating, get air flowing through by opening windows when it is cooler.

Practice sun safety

- Stay out of the sun and try to keep indoors between 11 am – 3 pm, the hottest part of the day.
- Wear sun cream, wear a hat, stay in shadier areas as much as possible
- Drink plenty of fluids. If you struggle to drink, try drinking small sips at a time and gradually drink more.

Medication

- Don't forget to pack and take your regular medication with you when going away. Remember to request prescription refills in plenty of time.
- If you're unable to access your GP, emergency supplies of most prescription medicines are available from local pharmacy to tide you over.
- A pharmacist will help with signs of dehydration and be able to recommend appropriate solutions and advice. Click [Find a pharmacy](#).

Look out for heat related illness such as heat exhaustion or heatstroke. For NHS information on how to notice the signs and where to get help, please click [Here](#).

For information on Beat the Heat click [UKHSA website](#)

Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



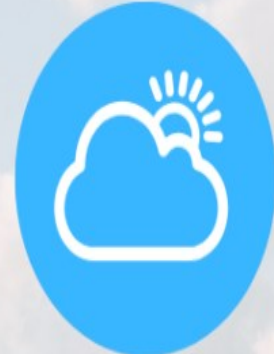
Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather

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	