

**Groups Directory
Autumn 2019**



Supporting People with Disabilities

**UPDATED
for Autumn 2019**

MEETINGS 2019

September 25th Guide Dogs

October 23rd 'Practical caring for the disabled'

**All meetings are at 10:30am in the wheelchair accessible back room at
Hope Church, Laburnum Drive, Oswestry, SY11 2QR**

**Please note that the information in this directory is only as accurate as
submitted by the groups.**

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Ace Drama for those with learning difficulties	
Contact Name:	Jessie Miller
Telephone Number	07968 820222
Email Address	
Website	
Details	Every Tuesday in term time at North Shropshire College. 7.00-9.00pm. The group practices weekly towards two performances per year. Friendship, teamwork and fun form a big part in this successful group.

Active Buddies	
Contact Name:	Susie Hancock
Telephone Number	01743 342160
Email Address	Susie.hancock@shropshire-rcc.org.uk
Website	www.shropshire-rcc.org.uk
Details	Would you like to be more active? Would you like an Active Buddy to accompany you? The Active Buddies programme matches volunteers to older people in the Oswestry area, who would like to be more physically active but are not sure how to start. The Buddy will accompany you to your chosen activity for the first few weeks, until you have made friends and feel comfortable going on your own. The Buddy will also be able to suggest activities such as gentle exercise classes or Walks for Health.

Age UK Shropshire Telford & Wrekin Befriending Visitors	
Contact Name:	Rachel Harris
Telephone Number	01743 233123 ext 273
Email Address	rachel.harris@ageukstw.org.uk
Website	www.ageukshropshireandtelford.org.uk
Details	Age UK Shropshire Telford & Wrekin have a team of volunteers who provide companionship and support for older people. They will visit older people in their own home, provide a regular telephone call for those that enjoy a friendly chat or accompany them to access social activities in their neighbourhood.

Age UK Shropshire Telford & Wrekin Dementia Support Group	
Contact Name:	Emma Wilde - Day Services Senior Coordinator Gina Bedding - Day Services Support Officer
Telephone Number	01743 233123 ext 252
Email Address	emma.wilde@ageukstw.org.uk or gina.bedding@ageukstw.org.uk
Website	www.ageukshropshireandtelford.org.uk
Details	<p>Dementia Support Groups run within Oswestry, Shrewsbury, Telford and Pontesbury.</p> <p>A twice monthly get together for people living with dementia and memory difficulties, their families, carers and friends. Providing emotional support and information in a safe and welcoming environment. Activities and refreshments are provided, and there is a small charge per person.</p> <p>Emma and Gina from our Day Services team will be delighted to book your place or answer any questions about our dementia services.</p>

Age UK Shropshire Telford & Wrekin Help at Home	
Contact Name:	Help at Home team
Telephone Number	01743 233788
Email Address	helpathome@ageukstw.org.uk
Website	www.ageukshropshireandtelford.org.uk
Details	<p>Through a team of Home Support Workers this service provides older people with practical support in their home. This could be cleaning, gardening or shopping. There is a charge for this service.</p>

Age UK Shropshire Telford & Wrekin OPEL Centres	
Contact Name:	Rachel Hurford
Telephone Number	01743 233123 ext 223
Email Address	rachel.hurford@ageukstw.org.uk
Website	www.ageukshropshireandtelford.org.uk
Details	<p>There are 39 OPEL (Older People Enjoying Life) centres in Shropshire, including Oswestry, St. Martins, Ellesmere, Wem, Whitchurch and Market Drayton. They offer a friendly day out, a hot meal and activities for older people who cannot easily get about. All OPEL centres are run by volunteers and supported by Rachel Hurford at Age UK Shropshire Telford & Wrekin.</p> <p>There is a small charge.</p>

Autism West Midlands	
Contact Name:	
Telephone Number	01743 250962
Email Address	Shropshire@autismwestmidlands.org.uk
Website	http://www.autismwestmidlands.org.uk/events
Details	<p>In Shropshire, we have a dedicated small team offering a range of services to individuals with autism (children and adults) and their families. These services operate across Shropshire with groups/sessions held in Oswestry.</p> <p>Our services include: Information, advice, training and support for families of children 0-18 with autism and autistic traits, training and consultancy support for professionals working with children, short break opportunities for children with autism and their siblings, information, advice and signposting to adults and family carers using the Adult Autism Hub and outreach support for individuals to develop independent living and to access the community.</p>

Carers Trust 4all	
Contact Name:	Julie Apted
Telephone Number	01743 341995
Email Address	shropshire@carerstrust4all.org.uk
Website	http://www.carerstrust4all.org.uk/shropshire
Details	<p>Carers Trust4all provide support to unpaid carers in Shropshire, including Young Carers. This includes support from a named Carer Advisor, a support line for carers, producing a quarterly newsletter, facilitating carers groups and running training workshops and social events for carers throughout the county. The Carers Support Service facilitate a carers group in Oswestry Library on the last Thursday of the month between 10.30-11.30am. We also facilitate a group for carers of adults with a learning disability at Avalon Day Opportunities in Oswestry on the third Wednesday of the month from 11.00-12.00pm. For more information on how we support unpaid carers in Shropshire please do give us a call.</p>

Chatter & Natter	
Contact Name:	Louise Taylor-Kennett or Siobhan Shaw
Telephone Number	01743 250351
Email Address	oswestry.library@shropshire.gov.uk
Facebook	@oswestrylibrary
Details	<p>Fortnightly on Thursdays from 10-11 am at Oswestry Library. This is a free drop-in where we have created a space for people to chat, whether it is for 5 minutes or an hour while you enjoy a cuppa and a biscuit. Everyone welcome!</p>

Clwyd Special Riding Centre	
Contact Name:	Jeanette Edwards
Telephone Number	01352 770446
Email Address	info@clwydspecialridingcentre.co.uk
Website	www.clwydspecialridingcentre.co.uk
Details	<p>Clwyd Special Riding Centre is a registered charity that offers a variety of equine experiences for people with additional needs. Set in over 30 acres with 24 horses of all sizes and types, the aim of CSRC is to provide a beneficial experience to all persons through riding, carriage driving, equestrian vaulting, equine learning and therapy and hippotherapy. CSRC also has a fully simulated mechanical horse with interactive screen where riders can experience horse movement whilst riding a dressage test or cantering along a beach. If you would like to visit Clwyd Special Riding Centre to see what activities and facilities we have and to meet our team and horses, then please do not hesitate to contact us.</p>

Connect for Life	
Contact Name:	Alison Humphreys
Telephone Number	07582 207972
Email Address	connectforlife@hotmail.com
Website	https://www.connectforlife.co.uk/
Details	<p>Connect For Life provides Day Support for older people, particularly those with memory difficulties or dementia. It meets from 10.30am to 2.30pm on:</p> <p>Wednesdays and Thursdays at Gatacre Pavilion, Gatacre Ave, Oswestry, SY11 1DR</p> <p>Cost: £10 per session including lunch.</p>

Contact The Elderly	
Contact Name:	Emma McPhilbin or National Office
Telephone Number	0161 669 6232 Freephone 0800 716543
Email Address	info@contact-the-elderly.org.uk
Website	www.contact-the-elderly.org.uk
Details	<p>Contact the Elderly is a national charity that changes the lives of lonely elderly people by organising volunteer-led Sunday afternoon tea parties.</p> <p>Once a month the older guest is collected from their home by a volunteer driver and taken to a volunteer hosts home where they join a small group of about 6 guests for afternoon tea, chat and friendship. The group is warmly welcomed by a different host each month, but the drivers and guests remain the same. There is no charge for the afternoon tea or for the transport costs.</p> <p>Guests, who meet the criteria, can complete an application form themselves or be referred by family, friends or other organisations. For safeguarding purposes references are requested and a DBS check is undertaken for all volunteer drivers and Group Coordinators. Hosts homes need to have no more than 2 or 3 steps, a downstairs toilet and sufficient space to seat 6 – 8 guests and volunteers.</p> <p>There is currently one established group in Oswestry and the charity is looking to develop an additional group in Oswestry and others throughout Shropshire. Volunteer drivers, hosts and Group Coordinators can request more information and an application form.</p>

DEEP	
Contact Name:	George Rook
Telephone Number	01948 710456 or 07976 189641
Email Address	georgerook51@gmail.com
Facebook	DEEP groups in Shropshire
Details	<p>A social peer support group for people living with dementia at early to middle stage. We chat over coffee and cakes, share experiences, help each other. We may even influence change to improve support for people living with dementia. Meet 2nd Wednesday in the month, 11:00 to 12:30. The Cafe, Cabin Lane Community Centre, Oswestry. SY11 2LQ</p> <p>Just come along. Free of course. Buy your own refreshments.</p>

Dementia Support Service	
Contact Name:	David Latcham – Dementia Companion
Telephone Number	01952 250392
Email Address	shropshire@alzheimers.org.uk
Website	www.alzheimers.org.uk
Details	The Dementia support service provides one-to-one support to people with dementia, carers and family members. We support people over the age of 18 who live in Shropshire. The service is unique to your personal circumstances and the information and support you need. The Dementia support service aims to provide you with information, guidance and practical support to help you understand more about dementia and enable you to live well.

Derwen Group Riding for the Disabled	
Contact Name:	Di Poole
Telephone Number	01691 238009
Email Address	derwenrda@gmail.com
Facebook	Derwen Group Riding for the Disabled Facebook Page
Details	Derwen Group RDA meet at Walford Equine Centre, Baschurch. Our activities are specially designed for children and adults with physical and/or learning difficulties to receive physical and psychosocial therapy, enjoyment and a chance to achieve goals. We offer riding sessions on Thursday mornings during term times. Please contact us for availability and enquiries. Volunteers are always welcome to help with the riders

Designs in Mind	
Contact Name:	Catherine Wilks
Telephone Number	01691 655140
Email Address	catherine@designsinmind.co.uk
Website	http://www.designsinmind.co.uk
Details	Designs in Mind is a studio designing and making products for retail and public art commissions. All of the makers are adults referred through mental health services. This referral process is usually initiated by a mental health professional following an initial exploratory visit. New members start on a Wednesday morning, moving to a production day after about 6 weeks. Anybody interested should talk to their doctor or mental health worker and ask them to call us or you can pop in to the JOLT shop, 15 Cross Street, Oswestry for more information.

Drama for those with learning difficulties	
Contact Name:	Donna Farr
Telephone Number	07986 367856
Email Address	
Website	
Details	Every Monday in term time at North Shropshire College. 7.00-9.00pm. The group practices weekly towards two performances per year

Epilepsy Action North Shropshire Oswestry Group	
Contact Name:	Ellie Wilmhurst or Maxwell Bussey
Telephone Number	07533 808 903 (Ellie) or, 07770 837 970 (Will Butterworth, Epilepsy Action contact)
Email Address	ekwilmhurst@hotmail.co.uk or maxwell.bussey@gmail.com
Website	www.epilepsy.org.uk
Details	A group for anyone who suffers with seizures, their family & friends and anyone with an interest. We meet on the last Monday of every month 4:30-6:30 at the Wynnstay Hotel, Oswestry, for coffee and a chat. A comfy way to share concerns, ask questions and make friends. We offer group and one-to-one support. We also plan regular group trips varying from an afternoon in town to visiting local events.

Ethos Group Oswestry	
Contact Name:	Fae Dromgool, Chief Executive
Telephone Number	01691 404359
Email Address	info@ethosgroup.co.uk
Website	
Details	Ethos provides short term transitional accommodation and advocacy support in three specially adapted bungalows for people with spinal cord injuries and other physical disabilities. Our facility frees up valuable hospital or nursing home beds and gives our clients the opportunity to develop their social and independent living skills ready for participation in mainstream society.

Freda's Day Centre for those with learning difficulties and disabilities	
Contact Name:	Freda Parry
Telephone Number	07972 698 008
Email Address	
Website	
Details	Day Centre at The Baptist Church, Cornerstone, Oswestry. Monday and Friday 9.30am-3.30pm. £37.50 per session Disco on 1st Wednesday of each month at the Spring Lamb, Shrewsbury Road, Oswestry. 7.00-9.00pm. £6.00 to include sausage and chips supper Monthly Cinema Group. Please contact Freda. Theatre Trip. Panto at Severn Theatre, on 1st Saturday in December. Also monthly theatre trips - please check with Freda

Friends of Parkies	
Contact Name:	Ian Bunting
Text / messaging service	07840 852 315
Email Address	friends.of.parkies@gmail.com
Website	friendsofparkies.btck.co.uk Facebook: friendsofparkies
Details	We are a growing group of friends who either have or care for someone living with Parkinson's. If you are in the North East Wales area you are more than welcome to join us at our monthly meetings at Henlle Park Golf Club Henlle Lane Gobowen Oswestry Shropshire SY11 3L on the advertised dates (usually the second Wednesday of each month).

Headway Shropshire – The Brain Injury Charity	
Contact Name	Debbie Wilcox - CEO
Telephone Number	01743 365271
Email Address	admin@headwayshropshire.org.uk
Website	http://www.headwayshropshire.org.uk
Details	Headway Shropshire aims to support people who have survived acquired brain injury, their families, carers and concerned professionals. Headway Shropshire provides services and facilities which assist the rehabilitation and re-ablement of people with acquired brain injuries. Services are provided to people in Shropshire, Telford & Wrekin and surrounding areas.

Healthwatch Shropshire	
Contact Name:	Brian Rapson
Telephone Number	01743 237884
Email Address	enquiries@healthwatchshropshire.co.uk
Website	www.healthwatchshropshire.co.uk
Details	<p>Healthwatch Shropshire is the independent consumer champion for health and social care in Shropshire. It works to help people get the best out of their local health and social care services with the aim of ensuring that patients and the public are at the heart of decisions about service delivery, improvement and change.</p> <p>It gathers the views and experiences of patients, service users, carers, and the general public about services including hospitals, GPs, mental health services, community health services, pharmacists, opticians, residential care and children's services. These experiences are fed back anonymously and are enormously important in helping to make positive change.</p>

Hope Church activities for those with learning difficulties	
Contact Name:	Janneke Johnson
Telephone Number	01691 657370
Email Address	
Website	
Details	<p><i>Prospects</i> – Every First and Third Thursday of the month at Hope Church, 7.30-9 pm We start with refreshments and sharing our news, followed by activities centred around a Biblical topic. We use drama, crafts and discussion to help understand the story. We sing simple worship songs using Makaton signs. We organise occasional outings.</p> <p><i>Allsorts</i> – Second Friday of every month, 7-9 pm. Winter months usually at Hope Church, Summer months different venues outside. We provide a large variety of activities for people with learning difficulties and their carers. Barn Dance, Treasure Hunt, Pamper Evenings, Talent Shows, Table Tennis and Skittles, Sport events etc. Cost £2 pp, carers come free. Refreshments provided.</p>

In The Loop	
Contact Name	Sally Joyner
Telephone Number	07905 955841 Text or voice
Email Address	info@intheloophearing.co.uk
Website	https://www.intheloophearing.co.uk/
Details	<p>Independent lipreading and deaf awareness tutor. Able to do one to one sessions or groups, family and friends. Available for guest speaking sessions too both day and evening. Communication workshops available on request and all are tailored to your needs and requirements. Can work with individuals, groups, and businesses.</p>

Leonard Cheshire Disability Dolywern	
Contact Name:	Laura Dobb (service manager)
Telephone Number	01691 718303
Email Address	Laura.dobb@leonardcheshire.org
Website	www.leonardcheshire.org
Details	We offer residential and nursing care for young adults with physical disability.

Let's Talk Local	
Contact Name:	First Point of Contact
Telephone Number	0345 678 9044
Email Address	N/A
Website	https://www.shropshire.gov.uk/lets-talk-local
Details	<p>'Let's Talk Local' is provided by Shropshire Council and aims to provide an easy and convenient way of accessing information and support related to people's social care needs and priorities. This might include a conversation about how someone could be supported to enjoy improved independence and wellbeing within their own home and local community. Additionally, people who look after someone as an informal carer can be seen to ensure that they are appropriately supported.</p> <p>If someone would like to book an appointment, then this can be scheduled at one of our many hubs located throughout the county. Please see our web page to view where this service is provided and for details of our community-based drop-ins.</p>

Lip Reading Classes	
Contact Name:	Sally Joyner
Telephone Number	07905 955841 Text or voice
Email Address	
Website	
Details	<p>Anybody with an NHS hearing aid can attend free lip-reading classes. Contact Sally who will direct you to the free services. Alternatively, they can either speak to their audiologist at the appointment or they can contact audiology on Tel: 01743 261 482</p>

Macmillan Cancer Support	
Contact Name:	Jessica Brindley, Macmillan Cancer Information & Support Service
Telephone Number	01743 261000 ext 1957
Email Address	jessica.brindley@nhs.net
Contact:	Macmillan Welfare Rights Service Team, based at Royal Shrewsbury Hospital, 01743 492405, Email shropshire.macmillan@wolverhampton.gov.uk Macmillan Support Line (free) on 0808 808 00 00
Website	www.macmillan.org.uk
Details	The Macmillan Cancer Information and Support Service in Shrewsbury and Telford. We offer people affected by cancer access to high-quality, comprehensive and appropriate information and support – for all stages of the cancer journey. You may have cancer yourself, care for a friend or relative, work as a health professional, or simply want to know more about cancer. Shropshire Macmillan Welfare Rights Service offer a free, confidential and impartial benefits advice service to people living with cancer, their carers and relatives.

Macular Society Oswestry Support Group	
Contact name	Malcolm Johnson
Telephone	01691 655545 (office hours) - Mob: 07710 800548
E-mail address	mj@imi-uk.net
Website	www.macularsociety.org
Details	Meets every 3rd Friday of the month at The Qube, Oswald Rd, Oswestry, from 2pm - 4pm. No one need face macular degeneration alone. The local groups offer practical and emotional support throughout central vision loss. They help people to further understand the condition, come to terms with sight loss, share information about treatment and ultimately stay independent. In Oswestry, in addition to guest speakers, there will be social events, outings and trips, as well as fund raising and campaigns to raise the awareness of macular disease.

Marches Riding for the Disabled	
Contact Name:	Natalie Sheehy
Telephone Number	07487711340
Email Address	natsheehy@gmail.com
Website	www.rda.org.uk
Details	The group rides on a Thursday morning 1030 - 1130 school term time only at Penycloed Riding School in Pant.

The Movement Centre	
Contact Name:	Victoria Handbury-Madin
Telephone Number	01691 404248
Email Address	victoria@themovementcentre.co.uk
Website	https://www.the-movement-centre.co.uk/
Details	The Movement Centre is a UK registered charity. We provide a specialist therapy, called Targeted Training, to help children who have disabilities, such as Cerebral Palsy, Down Syndrome, Genetic Disorders or Global Developmental Delay. Targeted Training focuses in on specific areas of weakness and consequently, a course of therapy can help children to gain essential functional skills. Gaining these skills can make a child far more independent. As a result, this can completely change their lives. A course of Targeted Training therapy takes place over 9-12 months. Children attend our centre in Oswestry every eight weeks and take their Targeted Training equipment home with them, where they practise for half an hour or so each day. Although it sounds like homework, it can actually be lots of fun, and children enjoy their therapy.

Oswestry and District Access Group	
Contact Name:	Margaret Chamberlain
Telephone Number	07891 325026 or 01691 650917
Email Address	Margaretechamberlain1967@gmail.com
Website	Oswestry and District Access Group Facebook Page
Details	The group started in 1989 with the aim of getting disabled people involved in access issues in Oswestry. It is open to anyone interested in improving the town for whatever reason. Membership covers a wide range of disabilities. The group meets on the second Tuesday of each month (except January and August) from 10.30 to 12.00 in Guild Hall. Bailey Head, Oswestry.

Oswestry and District MS Society	
Contact Name:	Tina Sheppard
Telephone Number	07896 970 954
Email Address	sheppard.tina@hotmail.co.uk
Website	
Details	We welcome all people affected by MS and their family and friends. Ladies with MS (more women are affected by MS than men) meet monthly at The Highwayman, Oswestry for lunch and we also hold alternate monthly lunches for anyone with MS and their family and friends at The Keys, St. Martins. We collect donations for the MS Society at Tesco's Ellesmere and street collections in Oswestry. Please contact Tina Sheppard on 07896 970 954 if you would like more information.

Oswestry and District Stroke Club	
Contact Name:	Michael Garratt
Telephone Number	01691 238768
Email Address	garratt36@talktalk.net
Website	www.stroke.org.uk/fin.../oswestry-district-stroke-club
Details	We meet at 2pm at the Senior Citizens Club on Lorne Street on the second Thursday of each month. We are a self-help club for people who have suffered a stroke, and their carers. Outings are arranged during the summer months. Membership is £10 per year. Our Co-ordinator is Charlotte Parry, 01691 590452

Oswestry and District Tenants Association	
Contact Name:	Mrs Margaret Smith
Telephone Number	01691 657711
Email Address	
Website	
Details	This group is there for all tenants to have a voice. They meet at Llwyn Fields Centre on the last Friday of every month, 2.00 – 4.00. Everybody is welcome.

Oswestry Dementia Cafe	
Contact Name:	Jacque Pomeroy
Telephone Number	01952 250392
Email Address	shropshire@alzheimers.org.uk
Website	www.alzheimers.org.uk
Details	<p>Dementia Cafés provide an opportunity to meet regularly and talk about living with dementia in an informal social environment. They provide opportunities for people with dementia, families and carers to ask questions of professionals and learn from the experiences of others. A Dementia Café will provide information about dementia and practical tips about coping with dementia. Light refreshments are provided.</p> <p>We meet on the last Tuesday of the month from 10 – 12, at the Whole Life Christian Centre, Cabin Lane, Oswestry, SY11 2LQ.</p>

Oswestry Guide Dog Fundraising Branch	
Contact Name:	Lin Stapley
Telephone Number	01691 662644
Email Address	linstapley@gmail.com
Website	
Details	<p>We raise funds to provide Guide Dogs (approximately £56,000 per dog) and other services for Visually Impaired adults and children. We also promote the work and services that Guide Dogs do by giving information at events plus Free talks to groups, schools and organisations.</p>

Oswestry Rheumatology Association	
Contact Name:	Susan Roberts (secretary)
Telephone Number	07584 659753
Email Address	sroberts36@btinternet.com
Website	
Details	<p>We are a branch of the League of Friends at RJA Orthopaedic Hospital. Our members are mostly people with arthritis, and their families and friends. Our aim is to share friendship, give support and fundraise for arthritis research and necessary equipment at RJA.</p>

Oswestry Talking Newspaper	
Contact Name:	Andrew or Helen on 01691 671766 John on 01691 650388 Bev. or Sandy on 01691 830726
Telephone Number	As above
Address	c/o 18 Longueville Drive, Oswestry, Shropshire, SY11 2YN
Website	www.oswestrytn.org.uk
Details	Talking Newspapers for the Blind provides recorded readings from local newspapers and magazines. Listeners are also informed of any changes in Oswestry Town centre such as building sites or road works that may cause hazards. The memory sticks are distributed weekly and the playing equipment is supplied, free of charge by Oswestry Talking Newspapers. The postage for the sending and returning of the memory sticks is free. The service is available to anyone registered blind or partially sighted by sending in an application. If you are not registered as blind or partially sighted then the application must be signed by an optician, ophthalmologist or doctor.

Oswestry Visually Impaired Group	
Contact Name:	Clare Humphreys
Telephone Number	01743 250808
Email Address	sightlossshropshire@shropshire.gov.uk
Website	www.sightlossshropshire.org.uk
Details	The Oswestry Visually Impaired People group meets in The Walford Davies Suite, at The Guildhall, Oswestry on the third Tuesday of the month from 2pm to 4pm. The group does not meet in January, February or August. The group welcomes anyone with a visual impairment. Meetings comprise visiting speakers on a variety of subjects followed by light refreshments.

Phenzync	
Contact Name:	Bridie Lloyd
Telephone Number	07773 454 157
Email Address	bridiear@hotmail.co.uk
Website	www.phenzync.co.uk
Details	Offering inclusive sword fencing for all ages and abilities. Fencing is a fun and disciplined form that all can enjoy. Great for fitness for the mind and body, both tasters and courses available. Can cater for parties up to twenty, and sessions can be tailored to your requirements.

Place of Welcome	
Contact Name:	Elaine Leek
Telephone Number	01691 778 024
Email Address	leek1@btinternet.com
Website	www.stoswaldoswestry.org.uk
Details	A weekly drop-in for local people on a Tuesday morning, 10:30am to 12:30pm, in the Parish Centre, The Broadwalk, Church Street, Oswestry. All ages welcome. The drop-in aims to help combat loneliness and offers conversation and companionship, with free simple refreshments.

Rainbow Centre	
Contact Name:	Geraldine Vaughan or Nicky Bentley
Telephone Number	01948 830730
Email Address	geraldinev@rainbowcentrepnley.org.uk
Facebook	www.rainbowcentrepnley.org.uk
Details	We deliver Day Opportunities for older people to promote health and wellbeing, whilst providing care and support to promote independent living. We have a lively calendar of entertainment and activities running each day and provide a 2 course meal with afternoon tea and cake. All staff are trained in Social Care, are dementia friends and provide a welcoming and supportive environment for people to socialise and enjoy the day. We also deliver a series of Shared Interest Groups, a Lunch Club, Gardening Project and have pet chickens living on site, as well as a Community Café. 5* Food Hygiene rating. Dementia Friends. Social Services contracts with Shropshire and Wrexham.

Remap, custom-made equipment for people with disabilities	
Contact Name	John Graham
Telephone Number	01743 341626 or 07807 113285
Email Address	shropshire.chairman@remapgroups.org.uk
Website	http://shropshire.remap.org.uk/
Details	<p>Remap is a charity which produces aids and equipment for people with disabilities where there are no suitable alternatives. This service is provided free of charge and is delivered entirely by volunteers. Our volunteers are experienced engineers or craftsmen with a wide variety of skills. Each piece of equipment is tailor-made to suit the specific needs of one individual and is for their personal use only.</p> <p>We usually work with or referred by health professionals like Occupational Therapists to ensure that the equipment meets the needs of each person. The service is free but donations are always welcome to go towards the cost of materials and travel.</p>

Shine - Spina bifida & Hydrocephalus	
Contact Name:	
Telephone Number	01733 555988
Email Address	firstcontact@shinecharity.org.uk
Website	www.shinecharity.org.uk
Details	Shine offers information, advice and support to people with spina bifida and / or hydrocephalus, their families, friends, carers and professionals working with them.

Shropshire B.O.Ts (Bums on Tums)	
Contact Name:	Irene Constable or Carole O’Ryan
Telephone Number	01691 238357 or 01691 671624 respectively
Email Address	ireneconstable@phonecoop.coop
Website	
Details	A support group for those with a stoma. They meet on the 2 nd Thursday of each month at 2pm in Memorial Hall. Meetings provide an opportunity to talk and share practical experience, though medical advice is not offered; a chance to socialise over tea, coffee and biscuits and also to find out about new products. There are also speakers on non-stoma subjects.

Shropshire Choices	
Contact Name:	Shropshire Choices Team
Telephone Number	
Email Address	shropshirechoices@shropshire.gov.uk
Website	www.shropshire.gov.uk/shropshire-choices/
Details	Shropshire Choices is a website helping you to make the right choice to remain independent and stay well. Offering information and advice about Adult Social Care, Housing and Health.

Shropshire Fibromites (Self Help, Support Group)	
Contact Name:	Christine Morris
Telephone Number	07977 818759
Email Address	ncjmeadowoak@outlook.com
Website	
Details	<p>For Sufferers, Families and friends affected by Fibromyalgia and other Chronic Pain Conditions</p> <p>Our Mission: "Raising Awareness, Bringing People Together to Promote Life Beyond Diagnoses"</p> <p>We meet: Every 1st and 3rd Wednesday of the month from 12:30 to 15:00</p> <p>At Bayston Hill Memorial Hall, Lyth Hill Road, Bayston Hill, Shrewsbury SY3 0DR</p> <p>Can drop in between these times. Free parking.</p> <p>As a group we provide support and understanding, we combat the loneliness and isolation that surrounds long term chronic pain conditions.</p> <p>Within sessions we: Chat, Have professional speakers, play games, do craft... its very varied and reflects what the members want... but the most important thing is we laugh and have fun.</p> <p>We are a very positive group.</p>

Shropshire Mind Drop in Group	
Contact Name:	Heather Ireland / Katie Donegan
Telephone Number	01743 368647
Email Address	manager.shropshiremind@gmail.com
Website	shropshiremind.org
Details	<p>People can access the drop-in centre from 11am to 3pm, Monday to Sunday without making an appointment. There is always someone to talk to and new people to meet. It is a non-judgemental and accepting environment where everyone is welcome for person-centred support.</p> <p>The centre is in Observer House. Holywell Street, Shrewsbury, SY2 6BL</p>

Shropshire ME/CFS Peer Group	
Contact Name:	Donna Teague
Telephone Number	07413 529 994
Email Address	dateague@hotmail.co.uk
Website	https://www.shropshiremegroup.org/
Details	<p>We meet at Kinokulture in Oswestry, usually on the third Friday of each month from 1-2. Please check with Donna.</p> <p>There are usually 10 to 12 people in a group. We discuss some aspect relating to ME/CFS over a cuppa in a non-judgmental environment. Recent topics have included anti-inflammatory foods, relaxation methods and diet.</p> <p>We also try to stay positive and upbeat.</p>

Shropshire RCC Hearing Loss Support	
Contact Name:	Julie Stedman
Telephone Number	01743 342168
Email Address	shls@shropshire-rcc.org.uk
Website	www.shropshire-rcc.org.uk
Details	<p>Our highly trained volunteers, 93% of whom are hearing aid wearers themselves, make home visits to people helping them with any challenges they may have and how to make best use of their NHS hearing aids. They provide 1-1 advice and information as well as practical support in re-tubing and servicing the hearing aids. The volunteers help maintain people's independence for longer and help them to feel supported and less isolated.</p> <p>We have monthly Hearing Loss Support Drop-in's throughout Shropshire with Oswestry's held in the Library every 1st Wednesday of the month, 10-12.</p> <p>Throughout Shropshire our half day Effective Hearing Programmes take place in venues all over the county.</p> <p>Everyone in Shropshire who uses a NHS hearing aid is offered a free place on the informal and friendly course, along with their family/friend or carer, a small donation is asked for private hearing aid wearers. Please contact us for more information on booking one at your venue.</p> <p>Membership is free but donations to all our services are always welcomed!</p>

Shropshire RCC Sight Loss Support (SLOG)	
Contact Name:	Julie Stedman
Telephone Number	01743 342168
Email Address	shls@shropshire-rcc.org.uk
Website	www.shropshire-rcc.org.uk
Details	<p>We have a monthly 'Sight Loss Opportunity Group' which takes place at Oswestry library from 10-12 on the 1st Wednesday of every month, unless they are out on a planned activity. The group is for people registered blind or visually impaired and includes all kinds of interesting talks, outings and peer support. New members are always welcome; contact us for our event programme.</p> <p>Membership is free but donations to all our services are always welcomed!</p>

Shropshire Sanctuary @ Shropshire Mind	
Contact Name:	Heather Ireland / Katie Donegan
Telephone Number	01743 368647
Email Address	manager.shropshiremind@gmail.com
Website	shropshiremind.org
Details	<p>The Shropshire Sanctuary is an out of hours service for people in mental health crisis in Shropshire. People must be referred into the Shropshire Sanctuary by the Access Team, The Police, Ambulance or The Crisis Team.</p> <p>There are staff who can help and support the person to try to de-escalate the crisis and to find ways to move forward with further support if necessary, from specific and appropriate services. The Service operates from 5pm till 9am Monday to Thursday, 5pm Friday till 11am Saturday then 3pm Saturday till 11am Sunday, then 3pm Sunday till 9am Monday.</p>

Sight Loss Shropshire	
Contact Name:	Clare Humphreys
Telephone Number	01743 250808
Email Address	sightlossshropshire@shropshire.gov.uk
Website	www.sightlossshropshire.org.uk
Details	<p>Sight Loss Shropshire is a registered charity that helps and supports blind and visually impaired people of all ages living in Shropshire and Telford and Wrekin. Our work includes the following:</p> <ul style="list-style-type: none"> • providing advice and information about other support services for visually impaired people; • supporting a network of local social groups for visually impaired people in Shropshire, Telford & Wrekin; • providing grants to help visually impaired people to acquire specialist aids and equipment; • organising and providing major social events for visually impaired people; • raising awareness of sight loss issues and improving the provision of local sight loss services; • acting as a local champion of visually impaired people who live in Shropshire, Telford & Wrekin by facilitating national and local organisations' fuller understanding of the specific issues and circumstances faced by visually impaired people in our area. <p>The majority of our services are free; some of our social groups make a nominal charge towards the cost of venue hire and refreshments.</p>

Signal Charity	
Contact Name:	Catriona Nicholls
Telephone Number	01743 358 356
Email Address	catriona@signal.org.uk
Website	https://www.signal.org.uk/
Details	<p>Signal are a hearing loss charity based in Shrewsbury offering a range of services including hearing screening, Deaf Awareness Education, Tinnitus drop-in sessions and support for the Deaf community. These services are available across Shropshire, Telford & Wrekin. We are also looking for hearing aid users to help us complete research into Hearing Loops in your local communities across Shropshire, Telford & Wrekin.</p>

Special Olympics	
Contact Name:	Brian and Janneke Johnson
Telephone Number	01691 657370, or Caroline Chenery 01691 610401
Email Address	
Website	
Details	<p>Every Monday during term time at Oswestry Leisure Centre 4.45 pm- 6.45 pm Badminton and Table Tennis. 40 min slots for each athlete. Time slot will be allocated after initial assessment.</p> <p>6-7.30 pm Swimming, 30 min time slot per athlete. Cost £3.50 per athlete, to include training for up to three sports.</p> <p>Wednesdays at Derwen Sports Hall 6.30-7.30 pm Athletics, indoors during winter months, outside during the lighter evenings. 7.30-8.30 Boccia Cost £1 pp per sport</p>

The Day Centre Club	
Contact Name:	Sue Jones
Telephone Number	01691 650513
Email Address	spjones123@hotmail.co.uk
Website	
Details	<p>We deliver Day Care for Older People who Value their Independence in a relaxed and friendly environment, while providing respite and support for those with caring responsibilities.</p> <p>All staff are DBS checked and are trained in Alzheimer's and Dementia care, our client centred approach blends stimulating activities with a qualified activity co-ordinator, with the opportunity to share experiences and socialise.</p> <p>Open Wednesdays and Fridays 9.30am - 4.30pm, with refreshments and a 2 course lunch.</p> <p>We are registered and approved by Shropshire Council Social Services, and we have a 5* Food Hygiene rating</p>

TNS Foundation	
Contact Name:	Naomi Stocker
Telephone Number	01691 889791
Email Address	naomi@tnsfoundation.org.uk
Website	www.tnsfc.com/foundation
Details	<p>TNS Foundation is the charitable arm of The New Saints Football Club. We work closely with our local community to help provide physical activity through sport, and different initiatives, to all ages and abilities. From pre-school to classes for the elderly and those with additional needs, we work in partnership with local community groups to ensure activity is attainable for everyone. We work in schools providing afterschool activity, as well as provide in-house sessions. The foundation are also no strangers to the care home setting, our instructor provides seated exercise and falls prevention.</p> <p>We also have a great exercise referral program using exercise to combat and treat various health ailments.</p>

Trailblazers	
Contact Name:	Lizzie Evans
Telephone Number	01691 655223
Email Address	
Website	
Details	Meets every Friday, 10.00 to 11.30 at The Whole Life Christian Centre, Cabin Lane, Oswestry, SY11 2LQ Peer support group for people living with dementia, especially those with young onset and early stage dementia.

Tuesday Club at Qube	
Contact Name:	Victoria Hughes
Telephone Number	01691 656882
Email Address	v.hughes@qube-oca.org.uk
Website	www.qube-oca.org.uk
Details	This relaxed and friendly group meets at Qube every Tuesday morning from 11.30am – 1.00pm. It is open to anybody looking to make new friends and is entirely free. It provides a wide variety of activities and also refreshments. There are no age restrictions.

Walking for Health	
Contact Name:	Helen Foxall
Telephone Number	01743 255059
Email Address	Helen.Foxall@shropshire.gov.uk
Website	Walkingforhealth.org.uk
Details	Our Walking for Health walk in Oswestry is on a <u>Tuesday</u> morning. The walk leaves at 10am from the Old Railway Station, Cambrian Buildings SY11 1RE. The walks are approx. 1.5 hours long and go out onto fields. ** Please note there is no Walking for Health walk on the first Tuesday of the month. All walks finish at a local café for a chance to sit and have a drink.

Disability Oswestry

We can **DO**

Disability Oswestry supports all local people with disabilities. These include people with physical disabilities (both seen and hidden), learning difficulties and disabilities, dementia and Alzheimer's, and those who have been in contact with mental health services.

This directory lists all the groups supporting people with a disability, and is regularly updated and produced in both paper and electronic form.

We meet from 10.30 – 12 noon on the fourth Wednesday of every month, usually in the wheelchair accessible back room at Hope Church, Laburnum Drive, Oswestry, SY11 2QR. There is a talk by one of our groups, and the chance to network, swap ideas and support one another. Everybody is very welcome, whether they have a disability or not.

We also help set up new groups and sign-post people.

If you would like to get involved, or would like more details, please contact Penny Rice on 01691 680382,
Mobile 07726 328 652

e-mail disabilityoswestry161@gmail.com