



Happy New Year

**LAWLEY COMMUNITY
VIRTUAL NOTICEBOARD**

YOUR NEWS

- RECENT EVENTS AND PROJECTS
- UPCOMING EVENTS
- YOUTH OPPORTUNITIES
- VOLUNTEERING OPPORTUNITIES
- COMMUNITY GROUPS
- FUNDING NEWS
- FUTURE OPPORTUNITIES
- COMMUNITY NEWS AND EVENTS

**MONTH
JAN 2025**
THIS MONTH FEATURES CARERS,
SEND & OUTREACH SERVICES

HERE FOR YOU!

RESIDENTS
COMMUNITY GROUPS
CHARITIES
ORGANISATIONS
LOCAL SERVICES
BUSINESSES

TELL US THE OPPORTUNITIES
AND SUPPORT THAT YOU
WOULD LIKE TO SEE IN LAWLEY

**WANT YOUR EVENT, PROJECT
OR GROUP FEATURED?**
EMAIL: LIN POWELL FROM BVT
lindseypowell@bvt.org.uk

Many thanks for all your work in our community. Please get in touch if you want to know more.

Kind regards, Lin Powell LindseyPowell@bvt.org.uk

Community Development & Partnerships Officer, Bournville Village Trust

All information is correct at the time of publishing, please check with groups and event organisers for details. To unsubscribe please email us with your request. We welcome your feedback on our noticeboard to help us improve this community resource.

Recent Events



Dec - Lawley Christmas Fayre



Dec - Lawley Christmas Fayre



Dec - Lawley Christmas Fayre



Special thanks to Lawley Primary School for the venue, to all partners involved in organising the event and all visitors who braved the weather!

Upcoming Events



We are searching for new community volunteers to join the Bournville Village Trust (BVT) Sounding Group to consult on Estates and Stewardship services in Lawley.

Date	Location	General Theme of Meeting
Tues 21st Jan 2025 6-7pm	Lawley Community Hub, TF3 5BZ	Communications for Community Charges
Tues 8th April 2025 6-7pm	Lawley Community Hub, TF3 5BZ	BVT website audit
Tues 15th July 2025 6-7pm	Lawley Community Hub, TF3 5BZ	Grounds Maintenance service and communications review
Tues 14th Oct 2025 6-7pm	Lawley Community Hub, TF3 5BZ	LMC Elections process review and future planning

Could you:

- ✓ Represent residents who pay BVT's community charge
- ✓ Help with consultations and feedback on BVT services and activities
- ✓ Attend an evening quarterly meeting to share your views

Email us at: lawleystewardship@bvt.org.uk

Upcoming Events



QUIZ NIGHT

RETURNS

THURSDAY
JAN 30TH

FROM 7:30PM
Grazing Cow, Gresham Drive Lawley TF35ES

BOOK YOUR TABLE NOW
www.grazingcowpublawley.co.uk



INCLUSIVE Party Night

80's

THURSDAY 23rd JANUARY

Live "80's Show" & DJ Entertainment

Tickets £12 inc Basket Meal Doors 6pm-10pm
www.caseysvenues.co.uk/product/pods



Free Creative Workshop!

Join us at the Wellbeing Café in Madeley for a creative workshop where we'll craft a local folklore themed wall hanging - together!

What to Expect:

- Collaborate with your community
- Learn new creative techniques
- Create a unique artwork together

No experience? No problem!
Bring your enthusiasm, and we'll provide the materials and guidance.

Date: 29.01.25 Time: 2pm ~ 4.00pm
@ 32 High street TF7 5AW

Contact Roz to book a place:
07720852026 / roz@pneuma-affinity.co.uk



FAMILY QUIZ NIGHT

Join us at
Hazeldine House
for a joint services Quiz night.

THURSDAY, 23RD JANUARY
6PM - 8PM

ADULTS £3.00
CHILDREN £2.00
INCLUDES A LIGHT BUFFET
PAY ON THE DAY

Volunteering
Opportunities



COMMUNITY VOLUNTEER GROUP

Register now to find opportunities in
Lawley and surrounding areas.

It is quick and easy to sign up to our online
portal and search for local opportunities!



Give a little time & gain a lot of community value
Email: getinvolved@communityvolunteers.uk

To sign up or for details scan or visit:
www.communityvolunteers.uk

Volunteering Opportunities



WE'RE RECRUITING CFRs

NHS West Midlands Ambulance Service University NHS Foundation Trust

Shropshire

Black Country

Birmingham

Worcestershire

Staffordshire

Herefordshire

Coventry & Warwickshire

COMMUN
FIRST RESP



BE AMAZING

BE A HOME-START VOLUNTEER!

Create a positive impact on local families

HOME START

Next volunteer training course starting soon

For more information contact us on:
01952 872280

Volunteers are required to undergo a DBS check

Do you have the time and skills to volunteer here with us at Stay?

At Stay we aim to prevent homelessness and empower our tenants to live independently and successfully.

We ask volunteers to share their knowledge and skills with our tenants to maximise their opportunities.

Please join us for an informal group chat to discuss volunteering opportunities on:
Friday 17th January at 10am.
Located at CHEC, Madeley, Telford TF7 5AR
Email: leannedeakin@staytelford.co.uk
Phone: 07483 156903



Desirable skills

Life Skills.

- Meal preparation/cooking
- Budgeting/understanding finances
- Gardening or maintenance work

Wellbeing Support.

- Emotional/listening support
- Meditation/relaxation
- Music
- Games
- Art
- Walking and talking groups.

18+

Don't worry if you don't see your specific skill listed, we welcome all volunteers with a passion to help.

Older Residents

RAMBLERS WELLBEING WALKS
Telford and Wrekin

NEW FOR JANUARY 2025

WELLBEING WALKS IN ADMASTON EVERY WEDNESDAY 10AM-11AM

NEW YEAR OFFER
Free Homemade Soup and Roll after the walk
Everyone Welcome Just Come Along

COMMENCING WEDNESDAY 8TH JANUARY 2025
Start and Finish at The Chatterly Cafe Admaston House, TF1 0BN

Walk Leader Dr Caroline Freeman
Contact: sasawellbeinghub@gmail.com

Join Us SHAWBIRCH CARERS

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

Join Us:-

- Come along for a chat
- Enjoy some "time out" with a coffee and sweet treat
- Meet other carers, you are not alone
- Feel more connected
- Share information and get tips

This Month's Speaker:-
Citizens Advice - Join us to find out what services are available regarding disability benefits and form filling as well as valuable energy advice

Also Cuppa & Catch-up

Due to your caring commitments, planning in advance can sometimes be difficult and you may need to cancel on the day. Please don't hesitate to sign up for our activities in the worry of not being able to attend, we completely understand this. Your wellbeing and that of your cared for is very important.

WEDNESDAY 15TH JANUARY 2025 2.00-3.30PM
BOOKING PREFERRED BUT NOT ESSENTIAL

Venue:- Room 16 Shawbirch Medical Centre Brandon Road Admaston TFS 0DU

To Book Your Place Please Contact Lorna on 01952 240209 or email lorna.troon@tandwcvcs.org.uk

Protect, care and invest to create a better borough

Telford online

FREE DIGITAL DROP IN SUPPORT

Support with your digital needs
Such as navigating and using your device, using WhatsApp, how to use email, how to use council services, online shopping and more!

Tuesday 09.30am - 11.30am	Holy Trinity Church Wrockwardine Wood, Church Road, TF2 7AH	Thursday 9.30am - 11.30am	Wrekin Housing Group Hub Unit 2 Storchley Rd, Telford TF3 1ET
Tuesday 12.30pm - 2.30pm	Donnington and Muxton Community Library Turrell Avenue, Donnington Telford, TF2 8HG	Thursday 1.30pm - 3.30pm	Wellington Library Wellington Civic and Leisure Centre, Larkin Way Wellington, Telford TF1 1LX
Wednesday 10am - 12noon	Southwater Library Southwater Square, Telford Town Centre, TF3 4JG		
Wednesday 12.45pm - 2.45pm	Lawley Bank Court Martingale Way, Lawley Bank, Telford TF4 2PP		

For more information www.telford.gov.uk/telfordonline or call 01952 382915

All ages welcome

LAWLEY AND OVERDALE PARISH COUNCIL

Come and join us at the **OVERDALE HUB** For Tea, Toast and Talk

JUST TURN UP AND JOIN THE FUN!!!

FOOD . HOT DRINKS . ACTIVITIES

EVERY FRIDAY 9.30AM - 11.30AM

Breastfeeding Support



the Breastfeeding network

Shropshire, Telford & Wrekin

Get support and companionship at any stage of your feeding journey

How can we help you?



Breastfeeding support



If you have pain or soreness while feeding



A drink and a biscuit



Meet other local parents



A friendly face and listening ear



Transitioning on from breastfeeding

For more information about our drop in sessions



Book your place on our free antenatal infant feeding workshops

Tuesdays

Dawley Town Hall
New Street,
Telford, TF4 3JR
10am - 12pm

Wednesday

Newport Rugby Club
Forton Road
Newport, TF10 8BU
10am - 12pm

Thursdays

Sunflower House,
Shrewsbury, SY1 4ES
10am - 12pm

Walnut Family Hub
Park Lane Centre
Woodside
Telford, TF7 5QZ
9:30am - 12pm Term time only

Regular groups also held in Ludlow and Oswestry

Follow us on social media

@BreastfeedingNetworkShropshire or email shropshire@breastfeedingnetwork.org.uk

Learning Opportunities



learn telford
Adult learning starts here

Funded by UK Government

SKILLS FOR LIFE MULTIPLY

Speaking English: Essential for Everyday Life

Start Date: Tuesday 14th January 2025
End Date: Tuesday 11th February 2025
Time: 12:45 - 3pm
Duration: 5 weeks
Location: Hub on the Hill, Sutton Hill, TF7 4HG

This **FREE** course is for adults who have English as an additional language. During this course, you will improve your confidence in speaking in English and this will help with day to day situations involving numbers, for example shopping and paying with British money and talking about bills, banks and statements.

This course provides an opportunity to help you progress onto an ESOL course that offers a qualification

SCAN ME

Eligibility: Adults aged 19+.

Ofsted Good Provider

To register your interest, please call/text 07528 979376 or visit www.learntelford.ac.uk

Telford & Wrekin Cooperative Council

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learn telford

Funded by UK Government

SKILLS FOR LIFE MULTIPLY

Speaking English: Essential for everyday life (FREE online course)

Start Date: Monday 13th January 2025
End Date: Monday 10th February 2025
Time: 9:30 - 11:30am
Duration: 5 weeks

This **FREE** online course is for adults who already speak some English as a second language. During this course, you will improve your confidence in speaking in English and this will help with day to day situations, for example shopping and paying with British money and talking about your health. On this course you will need internet access, a laptop, smartphone or tablet and the Microsoft Teams app to join.

SCAN ME

Eligibility: Adults aged 19+.

Ofsted Good Provider

To register your interest, please call 01952 382888 or visit www.learntelford.ac.uk

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SKILLS FOR LIFE MULTIPLY

Nurture & Wellbeing for Children

Start date: Wednesday, 29.01.2025
End date: Wednesday, 12.02.2025
Time: 3 weeks
Duration: 9:30-11:30am
Venue: The Wakes, TF2 6EP

FREE COURSE

Come along to this friendly new course to understand how to nurture and encourage simple wellbeing habits for children. The course will explore simple tips and ideas you can try at home or when out and about with children to help encourage positive behaviour. The course is taught in an informal and friendly environment with an experienced tutor.

scan to register

Eligibility: Adults aged 19+.

Ofsted Good Provider

To register your interest, please text/call 07866 619328 or visit www.learntelford.ac.uk

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FREE

Maths Functional skills

All levels starting in February 2025

Multiple locations to choose from:

- Hadley Community Centre
- Donnington Community Hub
- Dawley Social Club
- The Wakes (Oakengates)
- Park Lane Centre (Woodside)

BENEFITS OF GAINING FUNCTIONAL SKILLS QUALIFICATIONS

- Help with maths anxiety
- Improve Health & Wellbeing
- Enable to progress to further & higher education
- Unlock job opportunities & lead to high wages
- Gain skills you need in everyday life and at work
- Boost confidence

Ofsted Good Provider

For more information & to register please ring 01952 382888 or visit our website: www.learntelford.ac.uk

Learning Opportunities



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Funded by UK Government

SKILLS FOR LIFE
MULTIPLY

WELLBEING ACTIVITIES FOR CHILDREN

Start date: Tuesday, 28 January 2025
End date: Tuesday, 11 February 2025
Time: 3 weeks
Duration: 9:15-11:15am
Venue: Brookside Central Community Centre, TF3 1LP

Come along to this friendly new course to create playful activities and understand how simple ideas can help to support wellbeing for children. The course will include creating a fun worry monster toy, a colourful gratitude jar and personalised kindness spinner to use at home or when out and about with children to help encourage positive behaviour. All materials will be provided on the course.


Eligibility: Adults aged 19+

To register your interest, please text/call 07976 710840 or visit www.learntelford.ac.uk

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SKILLS FOR LIFE
MULTIPLY

Multiply: Coffee, Cake and Cribbage

FREE COURSE

Date: Tuesday | 21st Jan 2025
Duration: 1 Day
Time: 10:00am-1pm
Location: Dawley Social Club, TF4 2AG

Coffee, Cakes and Cribbage is a new course aimed at boosting your everyday maths skills and confidence with counting, whilst learning how to play cribbage, in a relaxed and friendly environment. At the end of the session, you will take away a FREE deck of cards and cribbage set, to continue playing games with family and friends at home.



Eligibility: Adults aged 19+

Ofsted Good Provider

To register your interest, please call / text 07528 979376 or visit www.learntelford.ac.uk

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adult learning starts here

City & Guilds

Customer Service Entry 3 Award

Come and join our NEW course, Entry Award for Introduction to Customer Service. During this course you'll cover the basic elements of how to deliver an excellent customer experience. By successfully completing this course, and by completing a portfolio of work, you will achieve a City and Guilds Entry 3 Award in Introduction to Customer Service.

Eligibility: Adults aged 19+. Course fee may apply.

Start Date: Tuesday, 21.01.2025
End date: Tuesday, 08.04.2025
Time: 9.30am-12:30pm
Duration: 10 weeks
location: Bishton Court, Telford, TF3 4JE

scan to register

To register your interest, please ring 07976 710840 or visit www.learntelford.ac.uk

Ofsted Good Provider

Telford & Wrekin Cooperative Council

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Telford & Wrekin Cooperative Council

Protect, care and invest to create a better borough

learn telford
adult learning starts here

FREE

English

Functional skills

All levels starting in February 2025

Multiple locations to choose from:

- Hadley Community Centre
- Donnington Community Hub
- Dawley Social Club
- The Wakes (Oakengates)
- Park Lane Centre (Woodside)
- Online

BENEFITS OF GAINING FUNCTIONAL SKILLS QUALIFICATIONS

- Improve Health & Wellbeing
- Enable to progress to further & higher education
- Unlock job opportunities & lead to high wages
- Gain skills you need in everyday life and at work
- Boost confidence

For more information & to register please ring 01952 382888 or visit our website: www.learntelford.ac.uk

Ofsted Good Provider

Outreach at Lawley Community Hub



**telford
antenatal classes**

expert midwives preparing
you from pregnancy to
parenting & beyond



expecting
expectingclasses.co.uk

**LAWLEY
COMMUNITY HUB**
(VILLAGE SQUARE, LAWLEY)

SEND IASS
TELFORD & WREKIN

**FREE PARKING AT
MORRISONS**

Find out about:
Graduated Response - Assess, Plan, Do, Review
School SEND offer
Local offer
EHCP
Sen Support and more...

Tuesday 21st January 2025, 12pm-3pm
Drop in and bookable appointments

Thursday 27th February 2025, 9am-11.30am
SEN Bitesize Session
(pre bookable only)

For further advice, information or support
please call us 01952 457176
or
email info@iass.org.uk



Lawley Partnership Board
NHS Shropshire, Telford and Wrekin
Integrated Care System

Listening Hub

Drop in for free tea /
coffee and biscuits.

**Hosted by The Methodist
Church in Telford**

Friday 13th December 2024
Friday 10th January 2025
Friday 7th February 2025
10.30am to 12pm



Lawley Community Hub,
In the Square
(Unit 3 Birchfield Way, TF3 5BZ)



Parking on the community carpark by Morrisons Lawley

**Telford & the Wrekin
Citizens Advice at
Lawley Community Hub**

Available here every 2nd
Wednesday of the Month
by appointment only

To book an appointment in
Lawley call us on
0808 278 7988
or scan the QR code for our
contact us form

**citizens
advice** Telford &
the Wrekin



Coming
Soon!



The Buildwas Players present.....



Thursday 6th - Saturday 8th February 2025

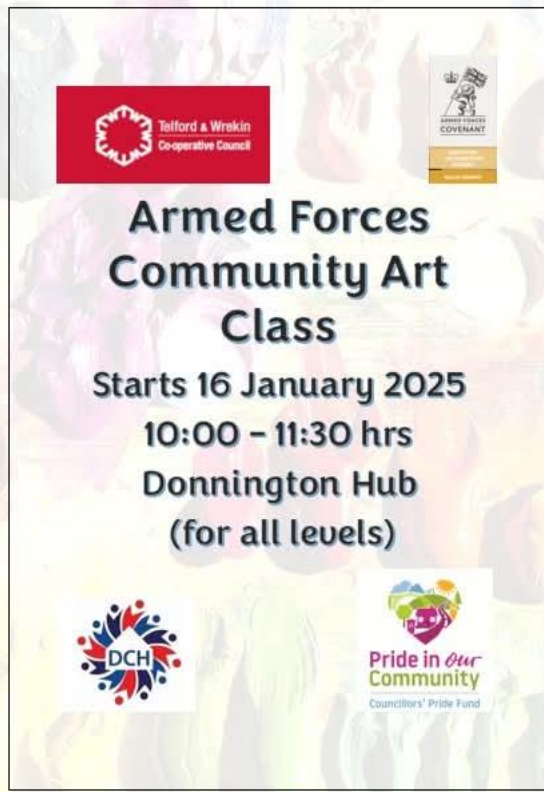
in Buildwas Village Hall

Set sail for a swashbuckling adventure! Join the mischievous Long John Silver, his feather-brained parrot Claude, and their band of bloodthirsty pirates as they hunt for hidden treasure. But can young Jim Hawkins and the daring Jane Trelawney outwit them and save the day? Packed with toe-tapping songs, spooky pirate skeletons, and non-stop laughter, this panto is a treasure chest of fun for the whole family! Raising funds for the Motor Neuron Disease Association (MND).

Tickets on sale now - £10 adults, £5 children

For more details and to book, visit trybooking.com/uk/70427

Armed Forces



Telford & Wrekin Co-operative Council

Armed Forces Community Art Class

Starts 16 January 2025
10:00 - 11:30 hrs
Donnington Hub
(for all levels)

DCH

Pride in Our Community
Councilors' Pride Fund



Woodland Sessions for Veterans

A Small Woods project enabling veterans to find a new sense of belonging and purpose

VETERANS LOTTERY

SmallWoods

<p>Saturday 4th January STEVE BEST</p> 	<p>Saturday 11th January JOE MARTIN MAL COOTE</p> 	<p>Saturday 18th January JOE MARTIN give this new artist a warm welcome</p> 
<p>Saturday 25th January MARTIN ROSS</p> 	<p>Saturday 1st February LEE "SUTTY" SUTTON</p> 	<p>Newport Open Mic KEEPING MUSIC ALIVE</p> <p>EVERY TUESDAY Open Mic Admission £1 per person Bar open at 7p.m. music starts at 8p.m. Enquiries to Jude Paton 07949 793738</p>

SATURDAY NIGHT
BAR OPENS AT 7P.M.
ENTERTAINER 8.30P.M - 11.30P.M
£3 PER PERSON, PAY ON THE DOOR.
NON-MEMBERS ALWAYS WELCOME
NO ADMITTANCE TO CHILDREN UNDER 11 YEARS
ALL UNDER 18'S TO LEAVE CLUB PREMISES BY 9P.M.
TO ENABLE US TO COMPLY WITH LICENSING LAWS ON CLUB PREMISES

Donations of unwanted Christmas presents for raffle prizes always gratefully accepted.

Saturday 11th January
VETERANS BREAKFAST CLUB
10a.m till Noon

Newport Navy Club Breakfast Club for veterans, and all armed forces personnel, past and present, and emergency service workers.
2nd Saturday of every month

PIC-COLLAGE

militarywives Choirs®



join us

Cosford Military Wives Choir is looking for a Musical Director

- Are you committed to using the power of music to bring women in the military community together to sing, share and support each other?
- Are you a skilled teacher and inspiring leader who enjoys meeting new people and building good working relationships?
- Can you facilitate and inspire a choir as they develop as an ensemble, whilst upholding the reputation of an established brand?

Time commitment: Weekly rehearsals every Tuesday night, 7.30 - 9.30pm, The Chaplaincy
RAF Cosford, Albrighton, Wolverhampton WV7 3EX
Leading regular events across the local area

To apply, send your CV and cover letter (two sides of A4) to Cosford@militarywiveschoirs.org by 28th February 2025

[f](https://www.facebook.com/militarywiveschoirs) [y](https://www.youtube.com/militarywiveschoirs) [i](https://www.instagram.com/militarywiveschoirs) [t](https://www.tiktok.com/militarywiveschoirs) [in](https://www.linkedin.com/militarywiveschoirs) [p](https://www.pinterest.com/militarywiveschoirs) [yt](https://www.youtube.com/militarywiveschoirs) [ig](https://www.instagram.com/militarywiveschoirs) [tiktok](https://www.tiktok.com/militarywiveschoirs) [in](https://www.linkedin.com/militarywiveschoirs) [p](https://www.pinterest.com/militarywiveschoirs)

Part of the Military Wives Choirs, registered charity in England and Wales (1148302) & Scotland (SC045217).

Group of
the Month

FREE

Workshop

No
experience?
No problem!
Bring your
enthusiasm,
& we'll
provide the
materials &
guidance!

Join us at the Wellbeing Café in
Madeley for a creative workshop
where we'll craft a local folklore
themed wall hanging - together!

Date:
29.01.25

Time:
2pm ~ 4.00pm
32 High Street
TF7 5AW

What to Expect:
Collaborate with your community
Learn new creative techniques
Create a unique artwork together

Contact Roz to book a place:
07720852026 / roz@pneuma-affinity.co.uk

Green & Keen

Join Climate Action Hub Telford
for our 2025
Sustainable Saturdays
10.30am - 2.30pm
Belmont Hall, Wellington, TFI 1LU

5th April: Sustainable Gardening
7th June: Sustainable Fashion
2nd August: Summer Festival
4th October: Energy in the home
6th December: Sustainable Christmas

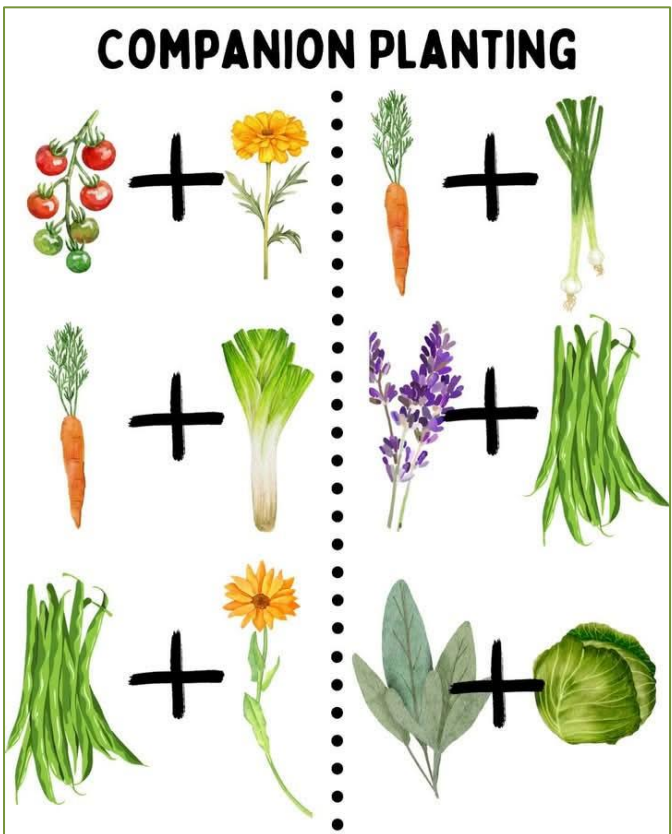
PLANT BASED ZERO WASTE REUSE - RECYCLE

See our website for details:
Scan the QR code or go to
www.climateactionhub.org.uk
Email: telfordcec@gmail.com

Follow us  



COMPANION PLANTING



Telford Repair Café Come along to our
Repair Café event

If it's broken, don't bin it! Bring it to us and let us try to fix it
Saturday 25th January 10am-2pm
Arleston Community Centre,
St Giles Close, Wellington, Telford, TFI 2AB
(Please bring any repairs before 12pm)



Telford Repair Café Fix: soft toys, clothing, home furnishings, ornaments, household & electrical items.


Please, for safety, no petrol powered items.



 Pop-up collection point for Terracycle Telford.
See our Facebook page for details


Our events are held on the last Saturday of the month at various locations, except December

Follow us all on   or scan the QR code above for more information.



Accepted items:

- Aqua Optima water filters (no other brands)
- Laundry/dishwasher tablet plastic pouches
- Babybel cheese packaging (no other brands)
- Make-up/personal care items including: eye shadows, mascaras, lip balms, body cream tubes and face wipe packaging (no baby wipes, shampoo, shower gel or deodorants)
- Cheese bags
- Ferrero Rocher and Kinder chocolate packaging
- Flash wipe/pads packaging and Flash mop pads (please bag for hygiene)
- Old lunchboxes and reusable water bottles, travel cups and baby bottles (no takeaway boxes)
- Lavazza Coffee Eco Caps
- Marigold gloves
- Toothbrushes, tooth picks and flossers (no toothpaste tubes)
- Biscuit, cake & cracker wrappers (flexible plastic only)
- Pringles tubes (no other brands)
- Large/bulk buy tea bag packets; all loose tea and coffee pouch packets
- All plastic bread/bakery packets, including crumpets, wraps etc) (no paper or mixed materials)
- Warburtons wax wrappers (no other brands)
- Branded printer ink cartridges (no refills or compatibles)
- Used postage stamps
- Expired plastic bank/gift/ membership cards
- Unwanted jewellery and watches of any type/condition
- Any old/unwanted currency
- Mobile phones, cameras, sat navs, games/consoles, ipads & tablets



What's on in January?

Natural Flood Management to Stage Zero - Whitchurch Branch
Wednesday 8th | 7:30pm - 9:00am | Bargated Hall, Whitchurch

New Year Social Night - Ellesmere Branch
Thursday 9th | 7:30pm - 9:30pm | Ellesmere Town Hall, Ellesmere

The Special Habitats of the Elan Valley - Strettons Branch
Monday 13th | 7:00pm - 8:30pm | Mayfair Community Centre

Doorstep Discoveries and Other Adventures - Newport Branch
Tuesday 14th | 7:30pm - 9:15pm | St Andrew's Church Hall, Newport

 **Shropshire Wildlife Trust**

More information on our website



Lawley Village Green Group

Are you interested in wildlife, the environment or gardening?

Why not join our group for projects and planting in the community?

Join our meetings and events.
Email: lawleystewardship@bvt.org.uk




A Charitable Incorporated Organisation registered in England charity number 1202453

*If it's broken, don't bin it!
Bring it to us and let us try to fix it
and save it going to waste!*




Our next two Repair Cafes will be on:

- Saturday 25th January 2025**
Arleston Community Centre
22 St Giles Close,
Telford, TF1 2AB
- Saturday 22nd February 2025**
Randlay Community Centre,
Randlay Avenue,
Telford, TF3 2LH




Shropshire Ornithological Society (SOS)

'Guide in the Hide'
Venus Pool Reserve (main public hide)



Do you want to get more engaged with, and knowledgeable about your local nature?
Want to improve your bird ID skills?
Would you enjoy chatting to someone about birds and nature?




Monday 30th December (10-12)
John Martin, County Bird Recorder


Sunday 5th January (10-12)
Claire Mulvey, Kate Long and Rachel Jones, SOS and Shropshire Women Birders

Saturday 11th January (10-12)
Martin George, BTO

Sunday 19th January (11-1)
Sue Brealey, SOS



Directions: Venus Pool is just south of the A458 Shrewsbury to Much Wenlock road between Cross Houses and Cressage at NGR SJ548062.
Google maps: <https://maps.app.goo.gl/9jKedAft83SQEddH7>



For more information, or if you are a birder or photographer that would like to take part in leading further sessions please contact Claire Mulvey, SOS clairemulvey@hotmail.co.uk

Non-members welcome but to join and support us click here: <https://www.shropshirebirds.com/index/the-society/join-us/>

Youth Opportunities



U13 TEAM STRIKERS WANTED

STRIKER NEEDED

School year 8 if you are interested or would like more information please contact Keiron.

MESSAGE: KEIRON 07460234693



Rising Stars is BACK

Rising Stars are back Fridays

Age group 4-7 years old £2 per session

Stirchley rec, Stirchley Avenue, Telford TF3 1ET sports hall 6 till 7

for more info contact Rhys - 07816050149



U13 ROCKETS LOOKING FOR PLAYERS

Our U13 team are looking for players

Training is 5 till 6 @ Langley Telford school

for more information WhatsApp Carl

WhatsApp Carl: 07306007751

UPCOMING EVENTS

- Adult Nail Technology Taster -
14th January 5:15pm - 8:15pm
- University Level Short Course Enrolment -
14th January 4:00pm-7:30pm
- Open Event -
22nd January 5:00pm-7:30pm
- Yr11 Twilight Tasters -
29th January 5:00pm-6:00pm

TELFORD COLLEGE



Home Education Workshop

Join us for an interactive, outdoor session with our Prevention Team for children aged 7 to 11 about water safety, hazards in the home, home fire safety, working together and keeping safe with the Police



Dates available:

Tuesday 4 February 2025 10 am till 11:30 am

Market Drayton Fire Station - (This session is for children in the Market Drayton area)

This is an educational session rather than a station tour, fire crews may not be at the station on the day you visit.

Numbers are limited. For further information or to book, email:

 safeandwell@shropshirefire.gov.uk

More dates coming soon!

Youth Opportunities

Youth Club

Wednesday 4.45 - 6.30pm
Suite 12 & 15 Hazledine House, Telford Centre, TF3 4JL

LOCAL Young Carers HEROES
Telford and Wrekin
CVS
carers centre

IN JANUARY 2025

8 th	PRIMARY Sports with Declan Boxing Arts & Crafts / Create your carers passport Food - Minced beef pasta bake, garlic bread, crudites - Shortbread
15 th	SECONDARY Sports with Declan Boxing Arts & Crafts / Create your carers passport Food - Minced beef pasta bake, garlic bread, crudites - Shortbread
22 nd	PRIMARY Sports with Declan Boxing Arts & Crafts / Create your carers passport Food - Chicken Fajitas, wraps, Crudites - Rice pudding
29 th	SECONDARY Sports with Declan Boxing Arts & Crafts / Create your carers passport Food - Chicken Fajitas, wraps, Crudites - Rice pudding

To Request A Place Text 07817 090054 & Please Wait For Confirmation

You must receive a confirmation text as places are limited. Unfortunately if your child attends without a booking being confirmed, we will not be able to accommodate them due to staff ratios and for your child's safety.

TELFD CHILDREN'S AUTISM HUB
TELFD AUTISM HUB

DUGOUT

1st Thursday of the month (Term Time)
5.00pm - 6.30pm

11 TO 18'S

TABLE FOOTBALL, POOL TABLE, CARD & BOARD GAMES, CREATIVE ARTS & REFRESHMENTS IN A SAFE & FAMILY FRIENDLY ENVIRONMENT

Email the Hub to book your place
childrensautism@tandwcv.org.uk

Integrated Care System
Telford & Wrekin

Inspire Dance Company Telford

Enrolling Now
Weekly Classes On A Wednesday

Location: Lawley Village Primary Academy

Time	Style	Age
6.20-7pm	Musical Theatre Jazz & Performance	4+ Years
7-7.30pm	Junior Jazz /Street Dance	7-11 Years
7.30-8pm	Contemporary	10+ Years
8-8.30pm	Senior Street Commercial	12+ Years

Further information
Prices
1 class - £5
2 classes - £8
3 classes - £10
4 classes - £12

This is based on doing this many classes per evening

Payment is made prior to the start of the half term in half term blocks. For more information visit our website inspiredancecompany.co.uk

What do we offer?

A Fun, friendly and feel good environment that focuses on performing, improving and having a good time.

Local and affordable for all, anyone is welcome to come along

For enquires or to book on email enquires.inspiredancecompany@yahoo.com

HOMESCHOOLING?

Our Offer for Homeschooled Young Carers

Our aim is to provide a space for them to meet others who also receive homeschooling, and to dedicate time for them to focus on their wellbeing.

NEXT SESSION - TUESDAY 14th JANUARY
10:30AM - 11:30AM

What to expect:

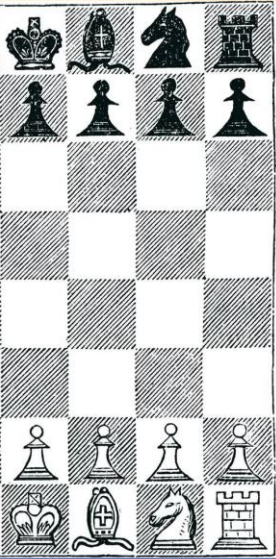
- Games and puzzles
- Discussion around what you would like in these sessions moving forward.

IF YOUR CHILD WOULD LIKE TO ATTEND, PLEASE TEXT US FOR CONFIRMATION. THANK YOU

Youth Activities

Telford Autism Hub

Telford Children's Autism Hub



ALL AGES QUIET CHESS CLUB

MONDAY'S

6th January
20th January
3rd February
17th February
3rd March
17th March
31st March

4pm - 5pm &
5.15pm - 6.30pm

Email to book your place
childrensautism@tandwcvcs.org.uk

NHS Shropshire, Telford and Wrekin | **Integrated Care System** Shropshire, Telford and Wrekin

ARMY BE THE BEST Army Welfare Service Community Support

AWS Donnington Youth Club

NEW YOUTH CLUB FOR YOUNG PEOPLE AGED 10-16 WHO'S PARENTS ARE IN THE MILITARY OR HAVE PREVIOUSLY BEEN IN THE MILITARY

Venning Barracks, Donnington
5.30-7.00pm

22nd Jan
5th Feb
26th Feb
12th March
2nd April

Please use QR code to register



£1 per session

For more information please contact
sian.makin105@mod.gov.uk



The Lightmoor Village 'Speak Up, Speak Out' Youth Forum presents...

STOP The Clock!

Residents of Bournville House are invited to attend a variety of FREE activity sessions with the young people of Lightmoor Village. Pause, take a break and meet new people, bridge the gap between old and young and find common interests.

TUESDAY 26TH NOVEMBER 2024, 5PM - 6:30PM
Come along for a cuppa to meet everyone and find out more about the project

TUESDAY 3RD DECEMBER 2024, 6PM - 8PM
Get into the Christmas Spirit with our Festive Singing Workshop

TUESDAY 21ST JANUARY 2025, 5PM - 7PM
Enjoy Pool, Darts, Curling, Card and Board Games

TUESDAY 11TH FEBRUARY 2025, 5PM - 7PM
Come along to our film night with popcorn!

TUESDAY 25TH MARCH 2025, 5PM - 7PM
Join us for our last session of Prize Bingo and a raffle

All activities will take place at Bournville House
Refreshments provided

This project has been funded by Telford & Wrekin Council 'Make a Change' funding

SYA ALL ABOUT YOUTH | **Bournville Village Trust**

For more info please contact Emma Brown:
07710 095798 emma.b@sya.org.uk
Facebook: @LightmoorVillageYouthProject



SEND Support

From £3 per person

PODS ACTIVITY SESSIONS



Thursday 9th January	4-5pm	PODS Hub	Trains & construction
Saturday 18th January	10-11	PODS Hub	Crafts
Friday 24th January	5-6	Ice Rink	Ice skating
Monday 27th January	5-6	PODS Hub	Games & Tech

SCAN ME












SEND IASS BITE SIZE SESSIONS



Come and join in one of our sessions to build your knowledge and understanding of the special educational needs processes in early years, schools & post 16

DATE:

WEDNESDAY 15TH JANUARY 5-6.30PM (MS TEAMS)

THURSDAY 30TH JANUARY 10AM-12PM (HAZLEDINE HOUSE)

TO FIND OUT MORE INFORMATION & TO BOOK A PLACE PLEASE CALL 01952 457176 OR EMAIL INFO@IASS.ORG.UK

THE SESSION WILL COVER THE FOLLOWING:

GRADUATED RESPONSE - ASSESS, PLAN, DO, REVIEW

SCHOOL SEND OFFER

LOCAL OFFER

THERE WILL BE AN OPPORTUNITY FOR YOU TO ASK ANY QUESTIONS







TELFORD CHILDREN'S AUTISM HUB



Girls Social Group

All Ages (5 and above)

Join our girls' social group for fun and friendship.



PUTT PUTT NOODLE

Take on 9 Holes of epic Pan Asian themed Crazy Golf!

28th January - 5.30pm - 6.30pm

Enjoy a special discount on advertised charges. Parents/Carers with a carers card play for free.

To secure your spot, please ensure that payment is made in advance.

Email our team at childrensautism@tandwevs.org.uk to reserve your place.








Do you know someone who struggles to read?

Read Easy provides free and confidential one-to-one reading coaching for adults.

People can learn to read or improve their reading skills at their own pace and without pressure. It's friendly, flexible and fun!

To find out more, please contact:

07941 515 220

readeasy.org.uk

© Read Easy UK. All Read Easy groups are legally and financially independent local organisations, affiliated to Read Easy UK (Registered Charity: 1151388)

SEND Support

SOUTHWATER LIBRARY

SENDIASS
Telford & Wrekin

TELFORD CHILDREN'S AUTISM HUB

Telford & Wrekin **FAMILY HUBS**

Drop in at Southwater Library.
Provided by Strengthening Families and Dandelion Peer Parent support

Wednesday 15th January 2025
Wednesday 12th February 2025
Wednesday 12th March 2025
9.30am-11am

SENDIASS and Telford Children's Autism Hub are joining the Drop in on the above dates.. Please drop by to get information, advice and support

SEND, NHS Shropshire, Telford and Wrekin, Integrated Care System

LADYGROVE PRIMARY SCHOOL

SEND AFTERNOON TEA

WITH SENDIASS AND TELFORD AUTISM HUB

JOIN US IN THE PASTORAL POD AT LADYGROVE FOR TEA, CAKE AND INFORMATION FROM SENDIASS AND THE AUTISM HUB!

JANUARY 14TH AT 2PM

EVERYONE WELCOME

SENDIASS, Telford Autism Hub

MADELEY COMMUNITY LIBRARY AT THE ANSTICE

DROP IN information event

Come and meet with SENDIASS in a relaxed space

Wednesday 22nd January 2025
Wednesday 19th February 2025
Wednesday 12th March 2025
10am-1pm

SENDIASS is a free, confidential service that offers impartial information, advice and support to families of children and young people with special educational needs or disabilities and young people themselves.

Let's talk... **LIVE WELL**

Coming up at the **Let's Talk Live Well Community Hub**

SEND, NHS, Integrated Care System

Nurture & Grow

Care in the community by the community

Nurture and Grow provides specialist PA support for children and young people aged 0-25 with disabilities and additional needs.

We are now accepting applications for support from individuals who are self funding or using direct payments. Please follow the QR code to apply.

Fully trained support workers providing 1:1 and 2:1 care.

Nurture@podstelford.org
PODS Hub, 1 Hawksworth Road, Central Park, Telford TF2 9TU

Early Years & Families



Blossom & Bloom

Blossom & Bloom is a stay and play session for infants and pre-schoolers with SEND aged 0-5. Fun activities every Week, come have a coffee, meet other parents in our welcoming and inclusive environment.

Every Tuesday during term-time 10-11.30 at PODS Hub, 1 Hawksworth Road, Central Park, Telford TF29TU

Logos: PARENTS OPENING DOORS, PODS BEFRIENDING SCHEME, Telford and Wrekin FAMILY HUB CHERRY BLOSSOM



RISE
Resilience · Inspiration · Support · Empowerment

Join us for peer support, wellness activities, parent-carer social events, and information sessions to connect and receive support.

January 2025

13th January - 9.30am - 11.00am
Novello Lounge in Southwater



30th January - 5.00pm - 6.30pm
Novello Lounge in Southwater

Please note that participants are responsible for purchasing their own food and drinks

If you would like to find out more contact our team on 01952 262062 or drop us an email at childrensautism@tandwevs.org.uk

Logos: Telford Children's Autism Hub, Telford Autism Hub, NHS Shropshire, Telford and Wrekin, Integrated Care System, Telford & Wrekin Community Council

Early Years

ACTIVITIES



Wellbeing
MADELEY COMMUNITY CAFE

OPEN

MONDAY - FRIDAY
9am - 4pm

FROM MONDAY 13TH JANUARY
WE WILL NOW BE OPEN UNTILL
4PM

KEEP A LOOK OUT
FOR OUR AFTER SCHOOL
MEAL DEALS!

CVS logo



MINI ATHLETICS **Telford**

Friday
Admaston House CC

9:45am - Teenies
10:30 - Didees/Littles

Sunday
Lawley Village Academy

9:30am - Minis
10:20am - Littles
11:10am - Didees

T - Teeny (walking - 2) / D - Didee (2 - 3.5) / L - Little (3.5 - 5) / M - Mini (5 - 7)

Early Years & Families



SEND & PLAY AGES 0-25

FEBRUARY HALF TERM FAMILY SESSION

TUESDAY
18TH FEBRUARY
10AM-12PM

REFRESHMENTS ARTS AND CRAFTS




TELFORD AND WREKIN CVS, SUITE
12 & 15 HAZLEDINE HOUSE,
CENTRAL SQUARE, TELFORD
CENTRE.
TF34JL

Book your place: SENDIASS
info@iass.org.uk
01952457176

DO YOU HAVE ANY QUESTIONS RELATING TO:

Transition
Graduated Approach
Educational Health and Care Plan
Early Years
Post 16
SEN Support




**** Children are the responsibility of parents at all times****

Parents & Carers of 0-4 year olds...
Please join us at

Donnington Little Munchkins

Wednesdays Term time 10-11.30am

Community Centre
Venning Barracks

Friendly chat, themed activities,
messy play, crafts, sensory play,
songs, stories and more

£1.50 per child- includes snack and a hot drink for the adults

For more information please contact
sian.makin105@mod.gov.uk or 07966734979



MOD Donnington Community Centre

BUMP TO BABY CLUB

Open to all parents of little ones aged 1 and under.
Join us for a special weaning workshop led by Jaki Taylor.

 Hadley Learning Community
 Monday 13th January 2025
 1.00pm - 2.30pm




HOME START
Telford and Wrekin

 01952 872280
 info@homestartandw.org.uk

Telford and Wrekin FAMILY HUBS
Right help at the right time

Family
Support

B B C BITESIZE

SATS 2025 Key Dates

Monday 12 May

English grammar,
punctuation and
spelling papers 1 & 2

Tuesday 13 May

English reading

Wednesday 14 May

Maths papers 1 & 2

Thursday 15 May

Maths paper 3

Carers Support






Join Us HADLEY CARERS

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

SELF CARE

Join Us:-

- Come along for a chat
- Enjoy some "time out" with a coffee and sweet treat
- Meet other carers, you are not alone
- Feel more connected
- Share information and get tips

This Month's Speaker:- Citizens Advice - Join us to find out what services are available regarding disability benefits and form filling as well as valuable energy advice




Arts & Crafts will also be available along with refreshments

Due to your caring commitments, planning in advance can sometimes be difficult and you may need to cancel on the day. Please don't hesitate to sign up for our activities in the worry of not being able to attend, we completely understand this. Your wellbeing and that of your cared for is very important.

**THURSDAY
9TH JANUARY 2025
10.00 - 12.00
BOOKING PREFERRED
BUT NOT ESSENTIAL**

Venue:- The Bar
Hadley Community Centre
30 High Street
Hadley
TF1 5NL

To Book Your Place
Please Contact Lorna on
01952 240209
or email lorna.troon@tandwcvcs.org.uk

CARERS ACTIVITIES

THE INDEPENDENT LIVING CENTRE
3A HAZELDINE HOUSE,
TELFORD TOWN CENTRE,
TELFORD, TF3 4JL

**EVERY FRIDAY
BETWEEN
10.30 - 12.30 OR 1.30 - 3.30**

☎ 01952 240209

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+
You are welcome to bring the person you are caring for to this session too
Sessions are free and all materials are supplied

WHAT'S ON IN JANUARY 2025

Friday 3rd January 10.30 - 12.30
12 Days of Gratitude Challenge - Time to reflect and take positive action for the year ahead

Friday 10th January 10.30 - 12.30
Rock Photo Holders - Try your hand at rock painting and make something to hold a photograph

Friday 17th January 10.30 - 12.30
Citizens Advice - Join us to find out what services are available regarding disability benefits and form filling as well as valuable energy advice

Friday 24th January 10.30 - 12.30
Tissue Paper Flowers - Brighten up your day and create some flowers

Friday 31st January 1.30 - 3.30
Game time - Take time to relax and take part in a selection of board games

Come and join us
Enjoy some "time out" with a coffee and sweet treat
Meet other carers, you are not alone!
Feel more connected
Share information and get tips
The option to join in with an activity

telfordcarers.org.uk



Maples Carers Wellbeing Group

Dates For Your Diary 2025

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

Come along for a chat, share information and experiences and discover what there is across your community to help you feel more connected!

The group will be held on the 1st Tuesday of every month (January being the exception)
10.30- 12.30

The Maples,
Randlay Avenue,
Telford, TF3 2LH

For more information please call us on
01952 240209
or email
admin@telfordcarers.org.uk
For latest updates follow our page:
<https://www.facebook.com/telfordcarerscentre/>

- 14th January 2025
- 4th February 2025
- 4th March 2025
- 1st April 2025
- 6th May 2025
- 3rd June 2025
- 1st July 2025
- 5th August 2025
- 2nd September 2025
- 7th October 2025
- 4th November 2025
- 2nd December 2025











Newport Carers Wellbeing Group

Dates For Your Diary 2025

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

Come along for a chat, share information and experiences and discover what there is across your community to help you feel more connected!

The group will be held on the 4th Thursday of every month (December being the exception)
10.30- 12.30

Newport Community Library
53 - 55 High Street
Newport
TF10 7AT

For more information please call us on
01952 240209
or email
admin@telfordcarers.org.uk
For latest updates follow our page:
<https://www.facebook.com/telfordcarerscentre/>

- 23rd January 2025
- 27th February 2025
- 27th March 2025
- 24th April 2025
- 22nd May 2025
- 26th June 2025
- 24th July 2025
- 28th August 2025
- 25th September 2025
- 23rd October 2025
- 27th November 2025
- 18th December 2025










Cost of Living Support



Winter Swap Shop!

Drop-in open from Wednesday 4th December 2024 - 31st January 2025
10.00-15:00pm

EXTENDED!

'Swap' by bringing an item to donate and grab a different item in return! Various items from adults and children's clothing, gifts, gadgets and everything in between! Call into the main reception and a member of staff will take you to the swap room to peruse the items available. If you do not wish to swap but have donations, then you can hand over to a staff member in reception!

Please note: we understand the hardships around this time of year, you are still welcome to come and choose an item/s to take home, without donating or swapping. We simply ask that you are sensible and do not take advantage of this lovely offer.

Available to anyone who accesses ANY TWCVS services!

Telford and Wrekin CVS,
 Suite 12 & 15 Hazledine House,
 Central Square, Town Centre, Telford, TF3 4JL

TCS STATS 2024

- 232,000 meals
- 252 new born baby packs
- 14,200 people
- Food for 1990 pets
- 7600+ hygiene products
- 3980 items of homeware, cookware, bedding, small kitchen appliances,
- 12,250 items of clothing, including, coats, shoes, sports kit, school uniform
- home energy vouchers, baby safety packs, children's beds, cot-beds, cots, white goods kitchen, flooring, furniture, winter warm packs

and more, much more!

Stats for the calendar year 2024. At the time of publication final numbers are still being collated for final figures.



Worrying about money? Struggling to make ends meet?

TCS are holding drop-in sessions in Stirchley for the next 4 weeks.
 14th, 21st, 28th Jan, and the 4th of Feb.
 10 am to 12 noon
 No appointment necessary.
 All welcome.

**Wrekin Housing Group Hub
 Stirchley, TF3 1ET**

Our friendly Link Worker can provide information and advice about support options available to you in Telford & Wrekin, and make referrals on your behalf.

TCS are an independent charity, all information and advice are provided free, and in the strictest confidence.

Dear

Bournville Village Trust has joined an exciting research project organised by Shelter and would like to invite you to participate.

Shelter, the housing and homelessness charity, is researching the value of living in a social home. The findings will be used to campaign for change in England, including more investment in good quality, genuinely affordable social housing. Shelter is working with HACT, the Housing Association Charitable Trust, to deliver this project.

Shelter is inviting new residents like you to help us understand your experience of moving into a new social home. The survey should take no longer than 20 minutes to complete.

As a thank you for taking part, you can enter an IKEA voucher prize draw after completing the survey (£100, £50 or £25 voucher).

You can complete the survey on any digital device by going to <https://hacthousing.typeform.com/Sheltersurvey1>

Or by scanning the QR code to the left with your smart phone.

Your response will be kept anonymous. Social landlords are helping Shelter and HACT to get in touch with new residents, but HACT will receive your response.

If you have any questions about the research project, please contact info@hact.org.uk and include the reference 'HACT - Shelter research project.'

Kind regards

Arthur Tsang
 Director of Communities

UK Health Security Agency **NHS**

Help stop infections from spreading by

- **Staying at home** if you feel unwell
- **Washing your hands** regularly
- **Catching coughs and sneezes** in a tissue
- **Opening a window** when meeting others indoors
- If you need to go out, **consider wearing a mask**

WAYS TO PROMOTE WELLBEING OVER WINTER

Maximise Daylight

Lack of sunlight over winter can really affect our mood, try maximising daylight hours by sitting by a window or getting outside for 5/10 minutes at home, or on breaks at work

Prioritise Sleep Routine

Longer nights can make keeping a sleep routine difficult, try to seek out gentle activities and reduce screen time before bed

If your devices help you to wind down try reducing the brightness and have an alarm set for when you want to put your device away

Engage in Activities

Over winter it's important to keep engaging in the personal activities you enjoy, to promote positive emotions, increase feelings of productivity and help stay connected with others in a season where you might not be getting out as much

Seek Support

Many people find wintertime hard to manage, you don't have to struggle alone, please talk to others and ask for support

Contact Samaritans on 116 123 or email jo@samaritans.org

Staffordshire Residents can contact Brighter Futures FREE mental health helpline on 0808 800 2234

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (100g) contains

Energy	Fat	Saturated	Sugars	Salt
1060kJ 256kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g 667kJ/167kcal

Choose foods lower in fat, salt and sugars

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Fruit and vegetables
Eat at least 5 portions of a variety of fruit and vegetables every day

Potatoes, bread, rice, pasta and other starchy carbohydrates
Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options

Oil & spreads
Choose unsaturated oils and use in small amounts

Sauces, crisps, biscuits, chocolate
Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Happier January 2025

MONDAY



6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside

TUESDAY



7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently

WEDNESDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

THURSDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

FRIDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

SATURDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down

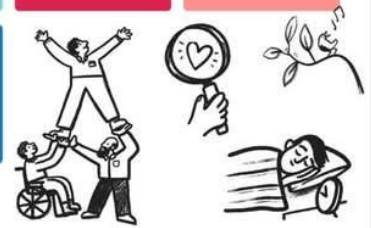
SUNDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today



ACTION FOR HAPPINESS

Happier · Kinder · Together



HOW to HAVE the BEST YEAR

@POSITIVELYPRESENT

- CUT TIES WITH NEGATIVE PEOPLE
- SPEND SO MUCH TIME DOING WHAT YOU LOVE
- BELIEVE THE BEST YEAR IS POSSIBLE
- KEEP LEARNING NEW THINGS
- SEEK MAGIC IN EACH SEASON
- Prioritize REST AND SELF-CARE
- FOCUS ON YOUR FRIENDSHIPS
- PRACTICE GRATITUDE RELENTLESSLY
- MAKE TIME FOR HOBBIES YOU ENJOY
- LET YOURSELF FEEL YOUR FEELINGS
- MOVE YOUR BODY (DANCE IF YOU CAN!)
- LISTEN TO MUSIC THAT YOU LOVE
- FIND JOY IN THE JOURNEY

LITTLE LENDING LIBRARY

READ IT, LOVE IT, SWAP IT!

Lawley Community Hub
Please feel free to take the books home to borrow.

COMMUNITY COFFEE MORNINGS

Could you volunteer an hour a week to help others make connections in our community?

You will:

- Welcome visitors and chat to people
- Show people where to make drinks
- Welcome outreach workers for drop-ins

Contact Us
lawleystewardship@bvt.org.uk

Community Support



FREE

FRIENDLY SPACE Breakfast Drop-In

For children upto age 16yrs
Drop in to the Hub on the Hill
between 7:45 - 8:30am Tuesday -
Friday for Toast, Cereal & Fruit



**Under 11 years to be accompanied by an adult*



Midlands Partnership University
NHS Foundation Trust

Shropshire, Telford and Wrekin LGBTQ Wellbeing Group

Do you identify as Lesbian, Gay, Bisexual or as a sexual minority, and are you looking for some help with anxiety, low mood or stress?

Then you might find the LGBTQ Wellbeing Group helpful.

We aim to make this a friendly space to learn coping strategies for anxiety, low mood and stress. The additional stresses that LGBTQ people can face will be another focus of the course.



We are offering an 8 week interactive course, with a mixture of online and in person sessions. In person group sessions will take place in Shrewsbury.

The course starts on 16 May and each session will last 1.5 hours. You just need to be registered with a GP within Shropshire or Telford and Wrekin.

To find out more or apply for the course email stwt@mpft.nhs.uk or call 0300 123 6020







GREAT DAWLEY TOWN COUNCIL PRESENTS
GREAT DAWLEY DINNER
EVERY FRIDAY 1230PM
TICKETS £5.00
COOKED DINNER AND DESSERT
COMPLIMENTARY TEA & COFFEE

DAWLEY HOUSE - 22 BURTON STREET - DAWLEY - TF4 2ES

 facebook.com/GreatDawleyTownCouncil  instagram.com/greatdawleytc  greatdawley.org

 x.com/GreatDawley  01952 567 910

Want your events or group featured here? It's easy! Send your flyers or posters over to us at BVT.

Contact:
Lin Powell
LindseyPowell@bvt.org.uk

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about JUSTALK KIDS

WHAT ARE THE RISKS?

JustTalk Kids is a child's version of the JusTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JusTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JustTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a chat, exclusive stickers, a badge denoting them as a premium subscriber and exclusive ringtones and themes.

RESISTANCE TO CONTROLS

JustTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JusTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JustTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JustTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which contacts can be viewed and who children can add as a contact; this then allows children to chat with friends in a controlled environment. However, prescriptive controls don't have to know a specific username; in theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JustTalk and JustTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 82% increase in children's screen time between 2020 and 2022 – as well as finding that 39% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JustTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and cut out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JustTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

Meet Our Expert

Dr Chloe Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/justtalk-kids>

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Useful Information



If you would like help or advice about community development activities and projects, please contact BVT's Lin Powell Community Development and Partnerships Officer.

LindseyPowell@bvt.org.uk



EILEEN HEWER COMMUNITY FUND



SUPPORT AVAILABLE

- Advice and support completing application forms and bid writing
- Can be used to fund equipment/projects/events

GRANT FUNDING

- Up to £2000 per year per group
- Links to other grant providers/funds
- Voted for approval by a resident panel

GROUPS WE HAVE HELPED INCLUDE:

- Lawley Scout Group
- Lawley Village Line Dancing
- Lawley Lightmoor Comets
- Lawley Primary PTFA
- Telford Steam Railway
- Lawley Guide Group
- Lawley Running Club
- Lawley Community Association
- Lawley Village Yout Club
- Community Volunteer Group
- Lawley Walkers
- Ironbridge Lions

CONTACT US

Scan or search:

<https://bvtlawleyvillage.org.uk/your-village/eileen-hewer-community-fund>



Email BVT for more info: lawleystewardship@bvt.org.uk

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LOOKING FOR A PLACE TO HOLD A

Party?

Visit <https://lawleyoverdale-pc.gov.uk/community/lawley-community-centre/> or scan the QR code for more information



SAMARITANS

It's your call
No judgement,
no pressure



We won't judge you or tell you what to do, we'll listen.

Call free day or night on

116 123

Email jo@samaritans.org

samaritans.org
A registered charity

Seasonal
information

DON'T TEST THE ICE



Never go onto ice



Keep a safe
distance from the
edge



Check for safety
signage near ice



Supervise children
and keep dogs on
leads around ice



In an emergency,
call 999



COLD WEATHER

Very cold weather is forecast

Don't get stranded in cold weather

Look out for UKHSA Weather Health Alerts and Met Office National Severe Weather Warnings **so you can take informed action in time.**

UK Health Security Agency

COLD WEATHER

Look out for others as temperature drops

Cold weather can have serious consequences for health. Older people, young children and those with certain long-term health conditions may be particularly at risk.

Stay
Informed

Follow us!

If you'd like to keep up to date with information about community activities, events or service information you can by:

Signing up to our bi-monthly online newsletter:

<https://www.bvt.org.uk/publications/register-for-online-newsletter/>

Visiting our website:

www.bvtlawleyvillage.org.uk

Following us on social media:

<https://www.facebook.com/BVTLawleyVillage/>

https://twitter.com/BVT_Lawley

Would you like us to share details of your events, groups and activities?
Email: lindseypowell@bvt.org.uk



Looking for a way to help the local community?
Join our volunteer network now!
Email: Lawleystewardship@bvt.org.uk

INFORMATION & WEBSITE



Check out
our new
website!

<https://bvtlawleyvillage.org.uk>

Scan the QR for details of BVT estates services, key information and event details in Lawley



Visit Lawley Community Hub to find out about using this space for community activities. Drop in to hear more about local events, activities and opportunities.

Lawley Community Hub, Unit 3 Birchfield Way, Lawley Square, Telford, TF3 5BZ



If you're looking for a room to hire for meetings, a space for a community group or simply looking for a change from working from home, the new Lawley Community Hub located in the village square has a space for you.

Lawley Community Hub has a private meeting room to hire as well as a larger open space. Discounts are available for Lawley charge paying residents, charities, community groups and local authorities.

The hub could be used for:

- **Business meetings.**
- **121 wellbeing/counselling sessions.**
- **Local community groups.**
- **Local charities.**
- **Professional groups/meetings.**
- **Parent and baby classes.**
- **Knit and natter groups.**
- **Book club.**
- **Community meetings.**
- **Desk space.**



For more information about hiring the hub or using a hot desk, click on the QR code, pop in or call the number below.

