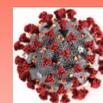


Sheriffhales Parish Magazine



Special No.2 April 2020



Dear Readers, we hope you are all well. This is an unprecedented edition in that we are sending it 'snail mail' to every registered household in the Parish.

The reason for this is to connect with perhaps our most vulnerable parishioners who are not connected to the internet but who may need our help.

They may have fallen through the net on the mail shot from the 'Support Sheriffhales' group (see next page) and need to know there is help if required!

Indeed, it's also worth signing up to help just for the amusing chat and videos sent in!

If you do not need shopping, prescriptions etc., but would just like to chat to someone, this can also be arranged.

We will not cascade to our readers in this way again. If you do not normally receive the magazine and would like to receive it in future then please call **Caroline on 01952 460541.**

If you just need help please call the following numbers;-

Pippa on 01952 460474 or 07811 143195

Anne-Marie on 07506 792209

Ali on 07581 506781



This is an illustration of how the world has changed in Sheriffhales and Shifnal. While collecting prescriptions Jill took this picture of people adhering to the two-metre distance rule as they wait to get into Boots the Chemist on the Parade in Shifnal

In this edition we are delighted to welcome back Paul Thexton and also thank our regular contributors, Rev Chris Thorpe, Richard and Robert from Lilleshall Nurseries for their important gardening advice and Elly, who is not only our fantastic book club lead, but is rapidly becoming the expert in digital technology and virtual group meetings on Skype. (First try of the Community Choir this week!) Future editions will be published sooner than our usual monthly editions if we have new information from the Parish council.

Please can we encourage anyone who currently receives the magazine by paper, but could receive it electronically, to let us know at sheriffparishmag@gmail.com so that we can reduce the risk of contamination to our deliverers.

What's in this month

- Support Group
- Managing Covid-19
- SaCREC funded Taxi Service
- Social distancing
- Church message
- Book Club
- Quiz answers
- Book Swap
- Hobby Farming
- Around the Village
- Garden notes
- Parish Council
- Useful groups

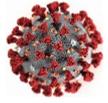
Finally, to make this a community magazine, why not let us know what you are up to???

Hints, tips, recipes, books you've read, best stocked supermarkets for loo rolls!

email to sheriffparishmag@gmail.com or send them to Sheene House, Church Lane (Tel 460541),

or put them in the Parish post box next to the notice board

Sheriffhales COVID-19 Support Group and Volunteers - some interesting facts



- Out of just over **264 Households**, we have **55 volunteers** in the Sheriffhales Support Group.
- Since **17th March**, we have had **27 requests**, some for groceries, some for prescriptions and other doctor related things, some for a vets medication collection.
- We have had more than that in calls, but they were offers of help, calls of thanks and calls for some reassurance.
- We have volunteers on standby for dog walking, dog sitting should someone need to go into hospital, grocery collection, prescription collection and drop off and we have people available for just a friendly phone call to reassure, support and give those on their own that contact.

Hello Sheriffhales!

If you're **self-isolating** because of Corona virus (due to vulnerability or due to symptoms) then **we can help** (for free)!

You can contact us (call or message) on any of these numbers:

Pippa **07811 143195** or **01952 460474**

Anne-Marie **07506 792209**

Ali **07581 506781**

We'll listen to what you need and then get one of our lovely team members to help as best we can.

We can help with things like fetching essential supplies or medicines, posting mail, dropping off reading books, walking well behaved dogs or just keeping in touch with a friendly phone call.

Please be assured we are taking every precaution to ensure we are spreading only kindness, and for everyone's benefit our volunteers will wash their hands, leave items on your doorstep and avoid physical contact (minimum of 2m distance) with anyone requesting help. Of course, we ask that you do the same in return, so that we can look after everyone.

If you'd like to join our growing team of helpers, please call or message

Pippa on 07811 143195 or 01952 460474

and we can add you to the team. Everyone does what they want to do, no pressure to do any more (you might be staying home yourself, but happy to offer friendly phone calls for example). We'll keep in touch by phone and WhatsApp (no meetings).

Subsidised Taxi journeys during the Covid-19 outbreak through SaCREC

SaCREC are pleased to announce that we will be opening up the STEPS programme of subsidised Taxi journeys to all Parishioners of 60 and older and resident in the Parish of Sheriffhales.

SaCREC will cover the total cost of a Taxi Service through our STEPS programme partner **Ultimate Taxis**.

Would those wishing to avail of this programme please register for the service by contacting Ultimate Taxis and answering a few questions to qualify for the service. **Tel 01952 81 36 36**

Essential journeys for collecting medicines, delivery of food and other journeys will be covered both ways. Ultimate have a process in place where they are offering these services whilst adhering to Government guidance on distancing and personal protection.

Please note that this programme will continue until further notice. SaCREC have a budget to cover the costs but this is obviously limited and the STEPS programme may have to halt once funds are depleted.

There will be further funds available to SaCREC from the Solar Project for the STEPS other social and business programmes associated with the COVID 19 emergency. We will advise of the details just as soon as we possibly can.

Please stay safe and adhere to Government advice. Thank you, SaCREC



COVID-19

2 0 2 0

Seconds Hand Washing Meters Distance Excuses



MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



Staying well when social distancing

We've created some top tips to support those who are undertaking social distancing to get through the next few weeks.

The government has now advised that if you have an underlying health condition(s) or if you are aged 70 or older, you should be social distancing for up to 12 weeks. To some people this can seem quite daunting. Not being able to go about your daily routine or undertake the activities you normally do, after a while, could become quite stressful.

We know that during this period it's really important that you look after your mental and emotional wellbeing as well as your physical health.

- 1 Establish a daily routine.** Routines provide structure and purpose.
- 2 Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
- 3 Think about which regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
- 4 Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?
- 5 Identify the triggers that make you feel low** and look for ways to reduce or manage them.
- 6 Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
- 7 Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels. For more information see the [BDA website](#).
- 8 Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
- 9 Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
- 10 Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence. [Age UK](#) and [Silverline](#) have people to speak to.



Church News at a Glance April

How to keep in touch

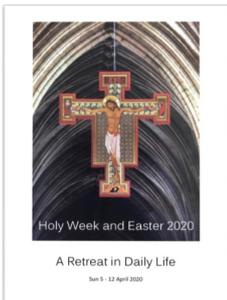
If you would like to watch and join in with the service on a Sunday, click onto our link to the YouTube Channel - <https://www.youtube.com/channel/UClml-zjbFRp8A6VcAyp5mXA>

Give Revd Mike a phone call on 07850914494 or email him on mwshawco@btinternet.com

How will we be different?

The speed with which this worldwide crisis has come upon us has taken us all by surprise. Our world seemed so certain and so ordered. But in two short weeks we have had to adapt quickly to a new way of living. The coronavirus has changed everything! We can't hug or shake hands any more; we can't come close to people for fear of becoming infected. I find it so hard when people are hurting and in tears, not to be able to reach out. It feels so inadequate to have to stand at a distance or talk down the phone. Children have to stay at home, people can't go to work, or to the pub, or to football. So many of the things we have taken for granted have gone – for the moment. I am seeing a lot of people grieving, and not quite recognising why. *We are grieving for so much that has been taken from us.*

But I wonder if you have been noticing any changes for the better. The biggest one for me has been the enormous wave of community spirit that has welled up. In Sheriffhales the network of help that has been organised, with errands and phone calls of support, has been fantastic. In the nation, half a million people volunteering for the NHS has been amazing. I have noticed that people are stopping to talk in the street, 2 metres apart, to check on each other. There are more greetings and smiles between strangers. An unlooked-for effect seems to be that the atmosphere is improving and carbon levels are dropping.



Easter message

Even in the darkest situation there are glimmers of light. That is at the heart of the Easter message. Jesus was the human face of God's longing for the human race.

He came to teach us how to reach out, to be compassionate, to support one another. He came to break down barriers, to make enemies into friends, strangers into companions.

But on that first Good Friday the glimmer of light, the flicker of hope was quenched, as Jesus was nailed to a tree and killed. But at the heart of the Easter story is a miracle! Death was not the end! Jesus was raised to life to show, once and for all, that

"Goodness is stronger than evil, Love is stronger than hate; Light is stronger than darkness, life is stronger than death" (Desmond Tutu)

So...

How will we be different after the virus?

How can we hang on to some of the community spirit that has emerged in this crisis?

How can we hold on to some of the clarity in our lives about what really matters to us when push comes to shove?

How can we maintain some of the improvements in our climate and environment, so that we don't roll from one crisis into another?

Rather than looking back at what we had, let's look forward to what we can build together in the future. I look forward to being able to come close, shake hands, share a hug!

What are you looking forward to?



SHERIFFHALES LADIES BOOK CLUB - the blurb

Last month, I referred to Storms Ciara & Dennis and now... I'm going to refrain from mentioning the 'c' word! Troubled times indeed but all the more reason to turn to a good book in order to get away from it all and indulge in a bit of harmless escapism. I cannot stress enough to members of our lovely community to look after your mental health over the next few months, as we have to implement 'social distancing' and may have to 'self isolate'. If you are finding it all a bit overwhelming, remember, it will not hurt to just switch off from the news & media for a day and curl up with a good book (preferably with a glass of wine & a bit of chocolate I find works well). Go on, treat yourselves and maybe you can get the whole family involved encouraging that reading habit.

This month, the nominated Book Club read was: 'Where the Crawdads Sing' by Delia Owens. It provided a first, in that it was universally highly acclaimed, with all members scoring it either a 9 or 10 out of 10. We are a tough crowd in our critiques, so this is praise indeed! Billed as a murder mystery but perhaps, more poignantly, it is also a story of love, resilience and survival. Set on the coast of North Carolina, between 1952 and 1970, the central character is Kya, locally referred to as 'The Marsh Girl'. Kya has fended for herself for years alone in the coastal inlets and swamps but her greatest challenge comes when she is accused of the murder of local 'tomcat', Chase Andrews. Normally a non-fiction wildlife author, this is Delia Owens' first novel and will be a hard act to follow. The descriptions of the marshes are evocative and beautiful, the characters strong and engaging, and the plot well-paced, with no 'loose ends' left to ponder and hence a few great twists! A noteworthy recommendation.

Following on from this review, if you are looking for a book to read in the next few months, here are 5 titles that come highly recommended from the Book Club:

- 1.) 'Where the Crawdads Sing' by Delia Owens
- 2.) 'The Salt Path' by Raynor Winn
- 3.) 'The Wall' by John Lanchester
- 4.) 'The Book Thief' by Markus Zusak
- 5.) 'The Errant Hours' by Kate Innes (local author and Book Club friend)

Finally, here with an offer and a suggestion...

For those unable to get out and not up-to-speed with on-line shopping, if you would like a book ordering, let me know and I will deliver within 24 to 48 hours. If you are finding it hard to concentrate on reading, try listening instead. The BBC 'Sounds' app is fantastic for podcasts and even has some free audiobooks. Scroll down to 'Categories' - 'View All' - 'Audiobooks' - select a book - 'See more episodes' to start from 'Chapter One'. Give it a go!

The next Book Club gathering will still go ahead as planned on **Wednesday 22nd April starting at 7:30 p.m. BUT will be conducted as a Skype video-conference!**

For any Book Club enquiries, please contact Elly Edmondson on 07792 323130. Happy reading and stay safe & well

Something to Ponder - Quiz answers

- | | | | | |
|-----------------|---------|----------------|--------|--|
| 1. 1895 | | | | 6. Broth without any bread |
| 2. 69 | | | | 7. Katharine Hepburn |
| 3. 5 and 9 | | | | 8. Elizabeth (Liz) Warden; Emmet Hawsworth |
| 4. Matt Hancock | | | | 9. 152 |
| 5. Telford | 148,487 | Bridgnorth | 12,098 | 10. Queen Elizabeth II - 21s April 1926 |
| Shrewsbury | 72,589 | Market Drayton | 11,878 | |
| Wellington | 25,987 | Newport | 11,458 | |
| Madeley | 17,894 | Dawley | 11,389 | |
| Oswestry | 17,458 | Ludlow | 10,245 | |

SHERIFFHALES BOOK SWAP

PLEASE **HELP YOURSELF** TO ANY BOOKS

PLEASE **RETURN THE BOOKS** ONCE YOU HAVE READ THEM

PLEASE **DONATE ANY BOOKS** YOU HAVE TO HELP MAKE THIS A GENUINE BOOK SWAP WITH SOME GOOD READS!

PLEASE MAKE SURE YOU **OPEN THE BOX WITH GLOVES ON** AND **REPLACE THE LID**
TO MAKE SURE THEY DO NOT GET WET

ONCE YOU HAVE TAKEN THE BOOKS AWAY PLEASE **PUT THE BOOK(S) TO ONE SIDE FOR 72 HOURS**
BEFORE HANDLING OR STARTING TO READ TO ENSURE THE VIRUS IS NO LONGER A THREAT TO YOU

IF YOU ARE NOT ABLE TO GET TO THE BOOKS:-

PLEASE CONTACT ME AND I WILL LET YOU KNOW WHAT IS IN THE BOX

YOU MAKE YOUR CHOICE

I WILL DELIVER TO YOUR DOORSTEP

IF YOU WANT TO EXCHANGE YOUR BOOKS PLEASE CONTACT ME

MOST OF ALL **ENJOY!**

THE BOX WILL BE PUT OUT EVERY MORNING AND TAKEN INSIDE AT DUSK

Sue/Simon – 01952 463627 or 07970408986

**Book swap is located on the track next to
The Firs
Kettlemore Drive
(Bungalow with the roundabout in the garden)**



CODSALL & WERGS GARDEN CENTRE



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NEW RESIDENT OF SHERIFFHALES
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SHERIFFHALES
PLANTS, COMPOST, TOOLS, FERTILIZER, FUEL, FURNITURE
& MUCH MORE

CALL 01902 842461 TO ORDER



Looking forward to socialising again?

Join us on our friendly cycle tour of
some local churches!

All abilities welcome.

Saturday 12th September 2020
(subject to end of social distancing measures)

If you enjoy riding your bike, as well as
visiting local Shropshire churches, and
would like to help raise money for St
Mary's, Sheriffhales alongside 'Shropshire
Historic Churches Trust', then please get in
touch.

Jo Matthews- 07841286915

'Friends of St Mary's Church' are looking to
get a group of local people together who
will be sponsored to take part in this one
day national event, raising vital funds and
having great fun!

Hobby Farming by Paul Thexton

It's 1st of April, or fools day or my birthday!!

They are one and the same, as I get out of bed I avoid a lifetime tradition of turning the radio on, taking the ostrich approach to the current situation, the birds are at their absolute best, singing their hearts out as it just turns daybreak. As I walk out the door the morning is dry although a bit chilly, and what is noticeable at the moment is the silence, not the usual drum of the A41 as people make their way to work...



This year's lamb

...and also there is the unmistakable bleat of a ewe which is about to lamb or has just lambed and is trying to encourage its new born to its feed. As it happens it's the latter, there it is a little black Herdwick lamb, it's all wet and steaming as its mum licks at it dry, at first all seems well with the little fella, so back to the house for a cuppa, then back to see it in about half an hour, plenty of time for it to be up and suckling, that first suck is one of, if not the most important thing of its life, colostrum (the first milk) contains energy and antibodies covering a multitude of diseases, the quicker they get some of this into them the better. Anyway as I approach mother and lamb all does not seem right, the ewe is nudging its lamb with its nose and the lamb is trying to stand but looks like it's had a good night down the pub with its legs all going in different directions, so I get to it and as I hold it up by hand, three legs seem fine but the front left appears to have a life of its own, all the time I'm trying to decide what the problem is and whether it's fixable.

Meanwhile the old ewe sees me as the problem and starts stamping her foot on the ground, then she steps back a couple of paces, I've been in this position plenty of times to know what's coming next, its time to get off my knees and away a little before she knocks me over, 80kg of fast moving mutton can do serious damage to an old man!! Next move is to get hold of the ewe, tip her over and see if I can get the lamb to suck lying down, which it did with great enthusiasm, which is a very good start, this repeated every 90mins or so and things are starting to look a little brighter.

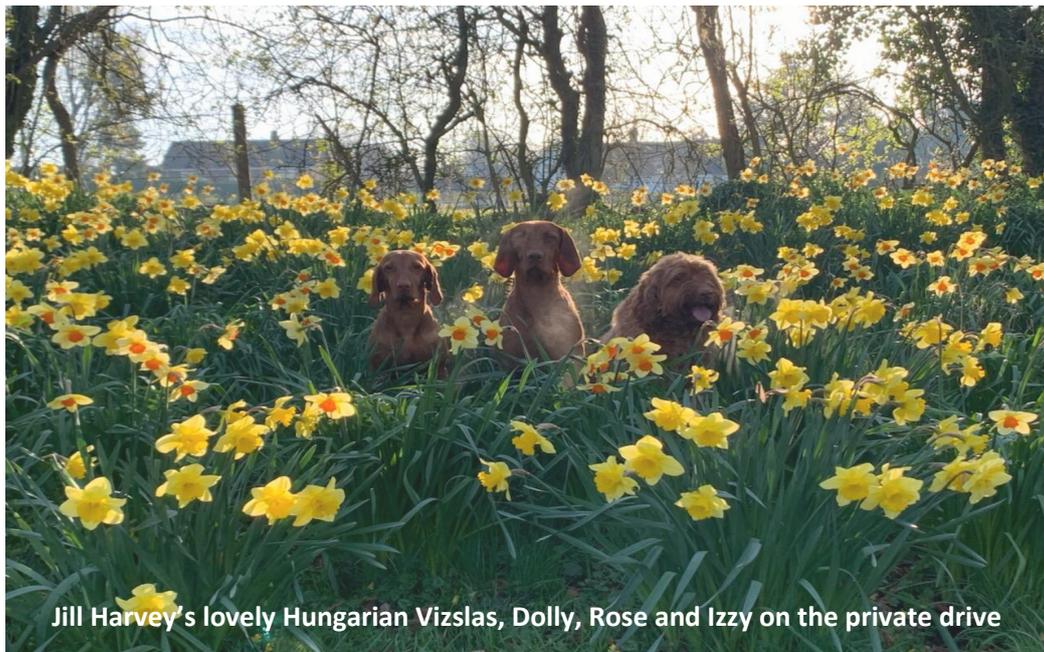


Last year's lambs enjoying play equipment

While I'm writing this and getting hassled by the editor to get it completed (!), I can see them out of the window and little lamb has managed to get to its feet and suck for itself, although the one leg looks double jointed and is at a strange angle, we'll just after see what happens.

Around the Village

People put their lights on throughout the parish on the 28/3 and came onto their doorsteps to clap the NHS - this act by all raised spirits and caused workers to feel emotional
Stay Home, Save the NHS, Save Lives!



Peter Ward would like to say a 'thank you' to our community friendly farmer, Michael Bubb, for his creative management of the daffodil embankment on the road into Sheriffhales, which is such a feature of the village that we appreciate.

Marjorie Dutton would like to thank everyone for their support on December 2nd 2019 when a fundraising 'Lunch for Cancer Research' was held in the Village Hall. Ann Foster (Jim's sister) wishes to let all those who attended know that **£1,500** was raised and given to Macmillan Cancer Research in memory of James Dutton.



GARDEN NOTES FROM LILYHURST PLANT CENTRE FOR APRIL 2020

Many of our customers ask for an easy maintenance garden and for this we always advise a shrub garden, this avoids the necessity of planting lots of annuals, and herbaceous, although both can have their place in any overall garden design.

The garden at Lilyhurst is often praised for its colour all year around. This is achieved not by filling the area with high maintenance flowers, but by simply planting a few flowering shrubs throughout the garden. This means that the plant with flowers will be the feature at that time and can then fade into the background for the rest of the year. Accompany this with a large percentage of evergreens, preferably with coloured leaves, and this will soon give you an all year-round garden. The flowering mix must be spread out and this is, therefore, when time must be taken. When you start a garden, the temptation is to rush out and simply buy everything that is in flower at the first opportunity, usually around Easter time, as this is treated as the start of the garden season. At all costs resist this temptation or you will finish up with the, all too regularly seen result, a spring garden, only of interest early in the year, and with no room for later flowers or even winter interest.

When buying shrubs always ask questions like ***does it do anything else? Has it a second period of interest?***

Recently I saw an article on flowering cherries saying they were the ultimate spring flower, however this only tells part of their story, many of them also have a second period of interest, often in the autumn, giving a blast of colour as their leaves turn, or as with *prunus kojo nomai*, winter interest with its zig zag growth. We are quite used to seeing customers come every month throughout the year buying, on each visit, just one or two plants, which are in flower at that time, as they create a garden with interest all year around,



Probably the most overlooked spring flowers are the deciduous azaleas. These have many benefits firstly most of them have flowers very similar to rhododendrons and are not nearly as fussy about conditions, secondly, they are often fragrant, and thirdly in the autumn they usually give a rich fiery display with their foliage. The mention of azaleas tends to elicit the response, "you mean those funny plants which need special soil, I think I will avoid them thanks". This is not true, deciduous azaleas will grow on most soils they will even tolerate chalky soils the only special treatment is the need for a mulch each year.



Always remember we are here to help or provide advice on your gardening problems and all our plants are grown on the nursery to suit the conditions found in the area.

As gardening may well be one of the only outdoor activities we can participate in during the coming months, Richard and Robert are wondering whether our readers have any questions you would like them to answer or specific issues you wish to be covered. They will be pleased to answer these in future magazines.

Please send any ideas/questions to the magazine email or drop a note in the Parish post box

* The editors think this is a good idea and that a 'gardening question time' would enhance the magazine

Richard and Robert can be visited at the Lilyhurst Plant Centre, Lilyhurst House, Lilyhurst, TF11 8RL www.lilyhurst.co.uk

Magazine edited and produced by Caroline MacWhannell and Barbara Barlow, this edition printed by Sheriffhales PC

Disclaimer— All the views expressed in this publication are those of the individual authors of articles and not of the editors of the magazine, nor the collective views of the village of Sheriffhales.

PARISH COUNCIL NEWS FOR MARCH - Alan MacWhannell

The Parish Council report in this edition of the Parish Magazine will be fairly short. The council is still dealing with Planning applications and the routine work of our team by using mostly electronic communication rather than face-to-face meetings. Planning application detail is also available on the SC planning portal.

We have been waiting for some further detailed responses from Shropshire Council about how things might be put in place to support our community, however while we are waiting for that, it is clear our community has rather wonderfully got its act together and is being very neighbourly.

This edition of the Parish Magazine is being put together with support from your Council so that a paper copy can be sent to all electoral roll registered households in the Parish. Hopefully this will reach most people.

We are aware that some will feel isolated and some don't have the internet so the Mag will provide information on what support is currently available to all our community. Once again it's difficult, with events evolving so fast and requiring changes in actions, to be absolutely up to date.

Council Services

Shropshire Council is following advice from Public Health England and the Government on actions to restrict spread of the virus.

Face-to-face library services have been cancelled, but there are no plans to reduce the services provided for waste disposal and collection by Shropshire Council.

Parish Council

Locally we have, as you will probably know, chosen to restrict access to the Playing Field area and will use this period of closure to do some playground maintenance and hopefully some further ground work unless the rules change again.

At our last council meeting we agreed a schedule for our Playing field refresh and as a first step to go ahead with the proposal for a community orchard, although this may need to be postponed for obvious reasons.

We did also agree to have our annual parish meeting as previously scheduled but we are also reviewing this legal requirement.



Alan Edwards - profile

I am delighted to have been elected to the Parish Council and hope that I will be able to make a positive contribution to the community for many years to come.

Nicola and I moved to Sheriffhales in February 2019; it had been a longstanding ambition of Nicola to move back to the village where she attended school as a young girl.

My career has been spent working in utilities and education, joining the former MEB in 1973, having left Wednesfield Grammar School the previous year.

MEB was a remarkable organisation to work for providing, career opportunities for progression and support with gaining professional qualifications.

The senior management team were also encouraged to give time to outside organisations and I think this is where my interests expanded to include positions within; education, housing, policing and Round Table. This broader experience is what may be useful to the Parish Council.

Presently, I am involved on a part time basis in the development of small electricity generation and battery storage projects throughout the UK.

Our interests are mainly travel, gardening, sport and classic cars.



Useful Contacts - Some contacts you might find helpful to support you and your family over the coming weeks

Food banks

Bridgnorth

Bridgnorth Foodbank
Number Seven
West Castle Street
Bridgnorth
Shropshire
WV16 4AB
Telephone: 07960 285520
contactus@bridgnorthfoodbank.co.uk

Market Drayton

Market Drayton Foodbank
The Parish Rooms
Church Street
Market Drayton
TF9 1AF
01630 654007
<http://marketdrayton.foodbank.org.uk>

Shrewsbury

Foodbank Plus
Barnabas Community Projects
Longden Coleham
Shrewsbury
SY3 7DN
01743 343336
<https://www.barnabascommunityprojects.org/shrewsburyfoodbank>

Foodbank

Hope Church

Grafton Mews
Harlescott Grange
Shrewsbury
SY1 3PU
01743 272465
<https://www.barnabascommunityprojects.org/shrewsburyfoodbank>

Early Help Hubs

Early Help Hub
Raven House
TF9 3AH
0345 678 9021

Early Help Hub
Youth Centre,
Innage Lane,
WV16 4Hs
0345 678 9021

Early Help Hub
Shrewsbury North
Sunflower House,
Kendal Road,
SY1 4ES
0345 678 9021

Early Help Hub
Shrewsbury South
c/o Crowmoor School
Crowmere Road,
0345 678 9021

Useful websites for parents and young people:

Young Minds - Advice and support on children and young people's mental health and wellbeing

<https://youngminds.org.uk/>

Kooth –Online counselling service for young people

<https://www.kooth.com/>

Childline - <https://www.childline.org.uk/>

Grapevine - details for a wide range of family services you might find helpful - <https://thefamilygrapevine.co.uk/shrewsbury-telford/see-a-copy/>

BBC Bitesize –

Free educational resources
<https://www.bbc.co.uk/bitesize>

Khan Academy –

Free educational Resources
<https://www.khanacademy.org/>
It is an American Website; this link gives the year group equivalent to grades
<https://www.acs-schools.com/hillingdon/admissions/year-grade-placement>

Corbett Maths – Free maths resources - <https://corbettmaths.com/>

Twinkl – primary educational resources - <https://www.twinkl.co.uk/resources/covid19-school-closures>

Parenting Team – Advice on all matters parenting including managing difficult behaviour and suggestions for activities with children
01743 250950 or email
parenting.team@shropshire.gov.uk

Autism West Midlands

Advice and support for parents and children and young people with Autism
shropshire@autismwestmidlands.org.uk

Mon, Tue, Weds

Wendy Cowton
07900784186
Weds, Thu, Fri

Emma Hegenbarth
07881109480

Woodlands Outreach

Advice for parents on supporting and educating children and young people with Special Educational Needs.

Kat Edmonds 07964 379783 or
katherine.edmonds@woodlandscentre.org

Rachel Butterfield
rachelbutterfield@woodlandscentre.org

Citizen's Advice (see also next page)

Telford and Wrekin Citizens Advice Bureaux

40 Tan Bank
Wellington
Telford
Shropshire
TF1 1HW
Tel 01952 459268

Shrewsbury
0344 499 1100
SY2 5JJ

