

# Shropshire Rural Community Council - Wise & Well Team

Shropshire RCC, 4, The Creative Quarter, Shrewsbury Business Park, Shrewsbury, SY2 6LG

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Opening Hours: 09:00 - 17:00

**The Wise & Well Team promote well being and independence for adults in Shropshire and work to combat isolation and loneliness.**

They support activities such as Bocca (indoor bowling) and Extend exercise classes across the county.

They run Senior Safety and Diabetes Awareness Days.

The team also work with people in their local communities to set up and run Good Neighbour Schemes such as meal share, garden sharing or through popping in to have a chat and a cuppa, share an activity or help out with day to day household tasks.



The Senior Safety Days help people to stay safe and independent at home. These events are supported by the Police, Fire Service and the Falls Prevention Service together with a wide range of local organisations that offer information support and help.

**Diabetes Awareness Days enable people worried about or diagnosed with Diabetes to identify lifestyle changes they need to make which will improve their quality of life and help to control their Diabetes.**

We have information about gentle exercise classes and health walks across the county. These classes are also suitable for people taking their first steps back into fitness.

**Good Neighbours - "Good Neighbour" schemes are groups of volunteers who offer a helping hand to others in their community. If you know someone who could benefit from a 'Good Neighbour', are interested in setting up a scheme or want to know about becoming a volunteer with an existing scheme please get in touch.**

Meal Share is an exciting new initiative where individuals or groups of volunteers within the community cook an extra portion which they take to a neighbour who would not otherwise have a cooked meal. Or...

**...Extra meals made by local lunch clubs, hospitals, schools, community centres etc. & delivered by local volunteers.**

**Meal Share is about more than a home cooked meal and the delivery. Volunteers are actively encouraged to sit, chat and laugh with their neighbour.**