



# Good Neighbours A Wise and Well Event

Thursday 9th November  
9:30 am – 2:00 pm

Central Baptist Church,  
Claremont Street,  
Shrewsbury, SY11QG

Essential information for anyone working or volunteering within our local communities to prevent the isolation of others.

Lunch with the High Sheriff— *Charles Lillis*.

### Talks to include:

- A “Shifting not Lifting” workshop.
- Affordable Warmth.
- The Fire Services— Safe & Well visits.
- Healthwatch Shropshire— Who we are & what we do.
- Compassionate Communities—CoCo



To book, contact Lisa Darkin on 01743-342162  
Or email [Lisa.Darkin@shropshire-rcc.org.uk](mailto:Lisa.Darkin@shropshire-rcc.org.uk)

Supported by



Facilitated by Shropshire RCC Wise & Well Team

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## Programme

**9:30am** Arrival and Coffee

**10:00am** Welcome

**10:10am** **Andrea Williams**

“Shifting not Lifting” Workshop

**11:10am** **Lizzy Thain**

Affordable Warmth!

**11:30am** **Break**

**11:50am** **Del Kelly**

The fire services “Safe & Well” visits—It’s not just fire alarms!!

**12:10pm** **Lynn Cawley**

Healthwatch Shropshire

**12:40 pm** **Paul Cronin**

Compassionate Communities —  
Co-Co

**1:00pm** **Lunch** with Charles Lillis

**2:00pm** **Close**

## Presentations

**Andrea Williams.** 'Make a difference to someone's mobility' - a discussion and practical demonstration on how to help someone move e.g. standing up from a chair to walk.

**Lizzie Thain.** Tackling the problem of increased fuel prices, lower incomes and increasing awareness of being energy efficient.

**Del Kelly.** Safe & Well is a sign posting service that aims to reduce falls, social isolation, fuel poverty and increase healthy lifestyles.

**Lynn Cawley.** Healthwatch Shropshire is the health and social care champion for people and local communities in Shropshire. We are here to help make sure everyone gets the best from their health and social care services.

**Paul Cronin.** Social isolation and loneliness makes people sick and sick people sicker. A Co-Co is where ordinary people support their frail and vulnerable neighbours to remain active members of their community.