

**Groups Directory
Winter 2017**



**Supporting Local Groups who Support People
with Disabilities**

NEW for Winter 2017

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

Active Buddies + Volunteers	
Contact Name:	Susie Hancock
Telephone Number	01743 342160
Email Address	Susie.hancock@shropshire-rcc.org.uk
Website	www.shropshire-rcc.org.uk
Details	<p>Would you like to be more active? Would you like an Active Buddy to accompany you? The Active Buddies programme matches volunteers to older people in the Oswestry area, who would like to be more physically active but are not sure how to start. The Buddy will accompany you to your chosen activity for the first few weeks, until you have made friends and feel comfortable going on your own. The Buddy will also be able to suggest activities such as gentle exercise classes or Walks for Health.</p> <p>We are looking for volunteers in the Oswestry area to become Active Buddies. After essential training, the volunteer will be matched with an older person, who would like to be more active but may be nervous to start on their own. The Buddy will accompany them to e.g. a nearby, gentle exercise class or Walk for Health, for the first few weeks, until they have the confidence to continue on their own.</p>

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

Age UK Shropshire Telford & Wrekin Diamond Drop In	
Contact Name:	Neil Brookes or Jenny Smith
Telephone Number	01743 233123 ext 252
Email Address	neil.brookes@ageukstw.org.uk or jenny.smith@ageukstw.org.uk
Website	www.ageukshropshireandtelford.org.uk
Details	Diamond Drop in Centres in Oswestry, Shrewsbury, Telford and Pontesbury A twice monthly get together for people living with dementia and memory difficulties, their families, carers and friends. Providing emotional support and information in a safe and welcoming environment. Neil and Jenny, our Dementia Support Workers, will be delighted to book your place or answer any questions. There is a small charge.

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

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

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

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

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

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

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

Designs in Mind	
Contact Name:	Catherine Wilks
Telephone Number	01691 655140
Email Address	catherine@designsinmind.co.uk
Website	http://www.designsinmind.co.uk
Details	Designs in Mind is a studio designing and making products for retail and public art commissions. All of the makers are adults referred through mental health services. This referral process is usually initiated by a mental health professional following an initial exploratory visit. New members usually start on a Wednesday morning to settle in, meet the team and learn the skills needed. They can then move on to Tuesday or Thursday all day sessions. Anybody interested should talk to their doctor or mental health worker and ask them to call us.

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

Epilepsy Action North Shropshire	
Contact Name:	Maxwell Bussey
Telephone Number	01691 623919 07812 771946
Email Address	maxwell.bussey@gmail.com
Website	www.epilepsy.org.uk
Details	A local group for people and their families to come and have a coffee, chat and some peer support. The group will meet on the first Tuesday of each month at 11 – 1 at The Wynnstay Hotel, Oswestry. Our Epilepsy Action contact is: Will Butterworth on 07770 837 970

Friends of Parkies	
Contact Name:	Ian Bunting
Text / messaging service	07562 167171
Email Address	friends.of.parkies@gmail.com
Website	friendsofparkies.btck.co.uk Facebook: friendsofparkies
Details	We are a growing group of friends who either have or care for someone living with Parkinson's. If you are in the North East Wales area you are more than welcome to join us at our monthly meetings at Morton Garden Centre near Chirk on the advertised dates (usually the second Wednesday of each month).

Friends of Victoria Centre	
Contact Name:	Betty Nicholls
Telephone Number	01691 656362
Email Address	
Website	
Details	Provide a disco and supper at the Comrades Club in Ellesmere every half term Wednesday. Also a Christmas Party on December 14 th . For other social events, please contact Betty for details

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

Healthwatch Shropshire	
Contact Name:	Brian Rapson
Telephone Number	01743 342184
Email Address	enquiries@healthwatchshropshire.co.uk
Website	www.healthwatchshropshire.co.uk
Details	<p>Healthwatch Shropshire is the independent consumer champion for health and social care in Shropshire. It works to help people get the best out of their local health and social care services with the aim of ensuring that patients and the public are at the heart of decisions about service delivery, improvement and change.</p> <p>It gathers the views and experiences of patients, service users, carers, and the general public about services including hospitals, GPs, mental health services, community health services, pharmacists, opticians, residential care and children's services. These experiences are fed back anonymously and are enormously important in helping to make positive change.</p>

Hope Church activities for those with learning difficulties	
Contact Name:	Janneke Johnson
Telephone Number	01691 657370
Email Address	
Website	
Details	<p><i>Prospects</i> – 1st Thursday of each month. 7.00-9.00pm at St John's in Weston Rhyn. Activities are centred around interactive and creative Bible readings. They do songs using Makaton signs, drama, crafts, discussion and have occasional outings</p> <p><i>Allsorts</i> – on the last Friday of alternate months. 7.00-9.00pm Cost £2, carers free. A programme can be obtained from Janneke. These are Social evenings with different activities like barn dance, talent show, treasure hunt, visit of the "animal man"</p> <p>There will be a <i>Christingle Service</i> for people with learning difficulties in December. Date to be confirmed yet.</p>

Kimberly Care for those with learning difficulties	
Contact Name:	Hilary Howell
Telephone Number	01691 680732
Email Address	
Website	
Details	Day Centre at Gatacre Pavilion. Monday and Friday 10.30am-3.30pm. £30 per session Disco on 1 st Monday of each month at Cross Keys St Martin's. 7.00-9.00pm. £3.50 to include sausage and chips supper Cinema Group. Last Saturday of each month for matinee performance and trip to McDonalds Theatre Trip. Panto at Severn Theatre, on 1 st Sunday in December

Laughter Yoga	
Contact Name:	Wes Floyd
Telephone Number	07870 693 865
Email Address	info@laughtertime.co.uk
Website	www.laughtertime.co.uk
Details	Laughter Yoga is a simple, gentle and healthy exercise that suits all ages and abilities. It is suitable for combating stress and helps happiness, health and wellbeing. The group meets on the first Tuesday of each month from 6-7pm at The Quaker Meeting House, Oak Street, Oswestry, SY11 1LJ. It costs £5 or a donation if that is preferable.

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

Living with Diabetes	
Contact Name:	Sara Cox
Telephone Number	07708 244162
Email Address	livingwithdiabetes@btinternet.com
Website	
Details	<p>We are a support group for diabetics, run by diabetics. All diabetics are welcome along with their families and also pre-diabetics. You may be new to diabetes and need someone to talk to or you may have had diabetes for a long time so have tips, ideas or experiences you can share with others.</p> <p>Contact Sara for details</p>

Local Support Swap	
Contact Name:	Margarete Davies
Telephone Number	01743 255776
Email Address	Margarete.Davies@Shropshire.gov.uk
Website	www.people2peoplecic.org.uk
Details	<p>People 2 People's Local Support Swap project aims to identify flexible ways of supporting unpaid carers in their localities and to facilitate and support initiatives that communities and carers wish to develop to do this. This may be building on something that already exists or creating something new.</p> <p>Please contact Margarete Davies for more information about Local Support Swap and to share your ideas.</p>

Macmillan Cancer Support	
Contact Name:	Kate Garbett, Macmillan Cancer Information & Support Service
Telephone Number	01743 261000 ext 1957
Email Address	kate.garbett@sath.nhs.uk
Contact:	Macmillan Welfare Rights Team, based at Royal Shrewsbury Hospital, 01743 492405
Website	www.macmillan.org.uk
Details	<p>The Macmillan Cancer Information and Support Service in Shrewsbury and Telford. We offer people affected by cancer access to high-quality, comprehensive and appropriate information and support – for all stages of the cancer journey. You may have cancer yourself, care for a friend or relative, work as a health professional, or simply want to know more about cancer.</p> <p>Shropshire Macmillan Welfare Rights Service offer a free, confidential and impartial benefits advice service to people living with cancer, their carers and relatives.</p>

Macular Society Oswestry Support Group	
Contact name	Malcolm Johnson
Telephone	01691 655545 (office hours) - Mob: 07710 800548
E-mail address	mj@imi-uk.net
Website	www.macularsociety.org
Details	<p>Meets every 3rd Friday of the month at The Qube, Oswald Rd, Oswestry, from 2pm - 4pm. No one need face macular degeneration alone. The local groups offer practical and emotional support throughout central vision loss. They help people to further understand the condition, come to terms with sight loss, share information about treatment and ultimately stay independent. In Oswestry, for 2017, in addition to guest speakers, there will be social events, outings and trips, as well as fund raising and campaigns to raise the awareness of macular disease.</p>

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

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

Oswestry and District Access Group	
Contact Name:	Margaret Chamberlain
Telephone Number	07891 325026 (text only) or 01691 650917- landline
Email Address	Margarechamberlain1967@gmail.com
Website	Oswestry and District Access Group Facebook Page
Details	The group started in 1989 with the aim of getting disabled people involved in access issues in Oswestry. It is open to anyone interested in improving the town for whatever reason. Membership covers a wide range of disabilities. The group meets on the second Tuesday of each month (except August) at 10.30-12 midday in Guild Hall. Bailey Head, Oswestry.

Oswestry and District MS Society	
Contact Name:	Tina Sheppard
Telephone Number	07896 970 954
Email Address	sheppard.tina@hotmail.co.uk
Website	
Details	We welcome all those affected by MS and their families. We meet every other month for lunches and also a Christmas lunch for members, their families and carers. We do fundraising, i.e. at Tesco and also street collections in Oswestry, and have also done the biggest zip-wire in the EU (!) Please contact Tina for more details.

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

Oswestry and District Tenants Working Group	
Contact Name:	Mrs Margaret Smith
Telephone Number	01691 657711
Email Address	
Website	
Details	This group is there for all tenants to have a voice. They meet at Llwyn Fields Centre on the last Thursday of every month, 7.00 – 9.00. Everybody is welcome.

Oswestry Dementia Cafe	
Contact Name:	Lisa Hopwood – Dementia Support Worker
Telephone Number	01952 250392
Email Address	shropshire@alzheimers.org.uk
Website	www.alzheimers.org.uk
Details	<p>Dementia Cafés provide an opportunity to meet regularly and talk about living with dementia in an informal social environment. They provide opportunities for people with dementia, families and carers to ask questions of professionals and learn from the experiences of others. A Dementia Café will provide information about dementia and practical tips about coping with dementia. Light refreshments are provided.</p> <p>We meet on the last Tuesday of the month from 10.30 – 12.30, at the Whole Life Christian Centre, Cabin Lane, Oswestry, SY11 2LQ</p>

Oswestry Guide Dog Fundraising Branch	
Contact Name:	Lin Stapley
Telephone Number	01691 662644
Email Address	linstapley@gmail.com
Website	
Details	<p>We raise funds to provide Guide Dogs (approximately £50,000 per dog) and other services for Visually Impaired adults and children. We also promote the work and services that Guide Dogs do by giving information at events plus Free talks to groups, schools and organisations.</p>

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

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

People2People	
Contact Name:	
Telephone Number	03456 789044 (First Point of Contact)
Email Address	
Website	www.people2peoplecic.org.uk
Details	People2People is a not for profit social enterprise, that provides social work and occupational therapy advice and information, Care Act assessment and support planning for older people, and adults who have disabilities and their carers living in Shropshire.

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

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

Shine - Spina bifida & Hydrocephalus	
Contact Name:	Elizabeth Miers, Support & Development Worker in Shropshire.
Telephone Number	01490 450360
Email Address	elizabeth.miers@shinecharity.org.uk
Website	www.shinecharity.org.uk
Details	Shine offers information, advice and support to people with spina bifida and / or hydrocephalus, their families, friends, carers and professionals working with them.

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

Shropshire Mind	
Contact Name:	Heather Ireland
Telephone Number	01743 368647
Email Address	admin@shropshiremind.org
Website	www.shropshiremind.org
Details	We won't give up until everyone experiencing a mental health problem gets support and respect. Weekly Monday meeting at The Qube, Oswald Street, Oswestry. 1.30-3.30pm. Informal Adult peer support and conversation with Tea and coffee.

Shropshire RCC Sight and Hearing Loss Support	
Contact Name:	Julie Stedman
Telephone Number	01743 342163
Email Address	shls@shropshire-rcc.org.uk
Website	www.shropshire-rcc.org.uk
Details	<p>Information, advice, support and practical help to all users of NHS hearing aids via our volunteer led Hearing Loss Support Drop In at Oswestry library every 1st Wednesday in the month from 10-12. Drop in for hearing aid tube changing, battery collection and advice on hearing aid care. (In addition, we offer both home visits and visits to residential and care homes if patients are unable to attend the clinic).</p> <p>Shropshire RCC also facilitates a monthly 'Sight Loss Opportunity Group' which takes place at Oswestry library from 10-12 on the 1st Wednesday of every month. New members are always welcome. The group is for people registered blind or visually impaired and includes all kinds of interesting talks, outings and peer support.</p> <p>Membership is free but donations to all our services are always welcomed!</p>

Sight Loss Shropshire	
Contact Name:	Clare Humphreys
Telephone Number	01743 250808
Email Address	sightlossshropshire@shropshire.gov.uk
Website	www.sightlossshropshire.org.uk
Details	<p>Sight Loss Shropshire is a registered charity that helps and supports blind and visually impaired people of all ages living in Shropshire and Telford and Wrekin. Our work includes the following:</p> <ul style="list-style-type: none"> • supporting a network of local social groups for visually impaired people in Shropshire, Telford & Wrekin; • operating and maintaining the 'See Hear Van' that visits all parts of our area, with information, advice and support to assist people with sight or hearing loss; • providing grants to help visually impaired people to acquire specialist aids and equipment; • organising and providing major social events for visually impaired people; • provide advice and information about other support services for visually impaired people; • acting as the local agent for the British Wireless for the Blind Fund. <p>The majority of our services are free; some of our social groups make a nominal charge towards the cost of venue hire and refreshments.</p>

Signal	
Contact Name:	Catriona Nicholls
Telephone Number	01743 358 356
Email Address	info@signal.org.uk
Website	www.signal.org.uk
Details	<p>Signal is a Shropshire based charity working with people with hearing loss to build deaf friendly communities in the UK and in Africa. They provide a 'buddy' service to help those with challenges caused by deafness and hearing loss.</p>

Special Olympics	
Contact Name:	Brian and Janneke Johnson
Telephone Number	01691 657370, or Caroline Chenery 01691 610401
Email Address	
Website	
Details	<p>Every Monday during term time at Oswestry Leisure Centre. 5.00pm – 7.30pm. Badminton, table tennis and swimming. £3, to include training for up to three sports</p> <p>Every Wednesday during term time Boccia at The Venue. 5.30pm- 6.30pm. £1</p> <p>Basketball and athletics at Morton Hall Sports Hall. 7.00- 8.00pm. £1</p>

TNS Foundation	
Contact Name:	Naomi Stocker
Telephone Number	01691 684840
Email Address	naomi@gotothevenue.com
Website	www.tnsfc.com/foundation
Details	<p>TNS Foundation is the charitable arm of The New Saints Football Club. We work closely with our local community to help provide physical activity through sport, and different initiatives, to all ages and abilities. From pre-school to classes for the elderly and those with additional needs, we work in partnership with local community groups to ensure activity is attainable for everyone. We work in schools providing afterschool activity, as well as provide in-house sessions. The foundation are also no strangers to the care home setting, our instructor provides seated exercise and falls prevention. We also have a great exercise referral program using exercise to combat and treat various health ailments.</p>

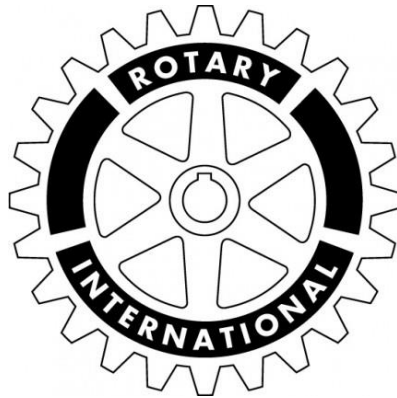
Transhouse (Oswestry) Ltd	
Contact Name:	Fae Dromgool, Manager
Telephone Number	01691 404359
Email Address	info@transhouse.info
Website	
Details	Transhouse provides short term transitional accommodation and advocacy support in three specially adapted bungalows for people with spinal cord injuries and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

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

Walking for Health	
Contact Name:	Liz Evans
Telephone Number	01743 255068
Email Address	Liz.Evans@shropshire.gov.uk
Website	Walkingforhealth.org.uk
Details	We organise 3 walks a week. The 2 walks on a Tuesday will last about 1.5 hours and go out onto fields. The Tuesday morning walk starts at 10am from the Cambrian Railway Building and the afternoon one at 2pm from Gatacre Avenue Sports Pavilion. The Thursday walk lasts 45 minutes to an hour, and is just a walk around the town. It starts at 10.30am from Avalon day centre. All walks finish at a local café for a chance to sit and have a drink.

THANK YOU

We would like to thank Borderland Rotary Club for their very generous donation which has made the regular production of this Directory possible.



Disability Oswestry

We can **DO**

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

This directory is regularly updated and produced in both paper and electronic form.

We meet at 10.30 am at Hope Church, Laburnum Drive, Oswestry, SY11 2QR on the fourth Wednesday of every month to network, swap ideas and support one another. This includes a short talk by one of our groups. Our next meetings will be on January 24th and February 28th 2018. Everybody is very welcome.

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

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

e-mail disabilityoswestry161@gmail.com