



Therapeutic massage assists relaxation and promotes a sense of wellbeing

Support at home services available in Telford and Wrekin

The Red Cross helps local people to remain independent in their own homes by:

- > Supporting people as they settle back into a routine in their homes following an illness, accident or stay in hospital.
- > Loaning medical equipment such as wheelchairs and commodes.
- > Helping people to get out of the house, to appointments, to the shops or to see friends.
- > Assisting in pain and stress relief by providing gentle hand, neck and shoulder massage.
- > Teaching people how to disguise skin disfigurements from illness or accident.

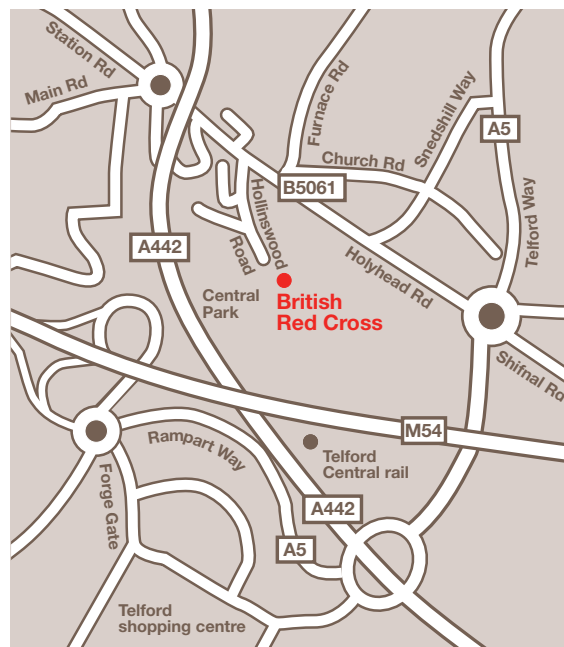


PICTURES: JONATHAN FULLER-POWELL

Medical equipment loans help people return to their own homes after illness or surgery, enable them to go on holiday with friends or family, and promote independence



How to find us



British Red Cross

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The stay well at home service is funded through NHS Telford and Wrekin

Printed on FSC paper

04/10

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220949) and Scotland (SCO37738).

Let the Red Cross help you to
stay well at home



PICTURE: JONATHAN FULLER-POWELL

Are you feeling unwell?
Want to avoid a hospital stay?
Need a bit of extra help at home?

What is 'stay well at home'?

Sometimes there are occasions when it is necessary to go into hospital in order to receive specialised medical care, which cannot be avoided. However, there are times when a little additional care and support at home would make hospital admission unnecessary.

Stay well at home have a team of trained volunteers who complement the care provided by the social and community health workers. They provide the sort of support you might offer a friend or family member. This could be social, such as popping in for a cup of tea and a chat, or practical such as shopping, collecting prescriptions and helping you get to appointments.

We are totally committed to giving care without discrimination. Our response is centred around the client and their individual needs, and our aim is to reinstate independence.

We actively seek feedback from clients about the service they receive.

“The cheerful response I had gave me the feeling that I was not being a nuisance – thank you for the wonderful help.”



PICTURE: JONATHAN FULLER-ROWELL

“I was very pleased the Red Cross was there to help me when I couldn't help myself.”

Who is eligible?

If you live in Telford and Wrekin the service is available to any adult patient who needs that extra little bit of help in order to manage during a period of incapacity or ill health. Your GP, district nurse, or any community health or social worker can make a referral. The service is a short term intervention for normally up to six weeks. Upon receipt of a referral the service co-ordinator will arrange to visit and discuss the necessary arrangements.

Please note: stay well at home does **not** provide nursing care.

“I would have had huge difficulty in maintaining my independence without my wonderful Red Cross helper. Whatever the circumstances she always had a smile and a kind word helping me to regain my confidence.”

Be part of our team!

Volunteers are the lifeblood of the Red Cross. All the good work we do is only made possible because every year, thousands of volunteers give their time to help others.

Join us in helping others. If you are caring, enjoy meeting people and have an hour or two to spare, we would love to hear from you.

Volunteering is a great way to learn new skills, find new friends and make a real difference to people's lives.

To find out more, call 01905 450415, or email infohsw@redcross.org.uk.

PICTURE: ANTHONY UPTON

