



NEWSLETTER

SASA Wellbeing Hub

What busy months April and May have been! Not only did we launch our first Family Spring Fayre but we also received some good news on funding for an exciting project!

CHAT CAFE COMING SOON

We are excited to announce that we have received some funding from the Welcoming Spaces Grant, so that we can launch a brand new chat-cafe at Admaston House. Details shall be released soon about the exciting launch along with dates and times.



SKIN CANCER AWARENESS MONTH

Did you know that May is Skin Cancer Awareness Month?

Over 16,000 new cases of melanoma skin cancer are diagnosed each year. Take a look at the ABC guidelines by Melanoma UK for an easy overview on signs to look out for.

If you want more information on the ABC guidelines shown here please visit www.melanomauk.org.uk/the-abcde-rule. More information can also be found at Cancer Research UK.



Asymmetry

An asymmetrical mole should be shown to your doctor.



Border

A mole with uneven border should be shown to your doctor.



Colour

Moles with two or more colours should be shown to your doctor.



Diameter

Moles larger than 5mm should be shown to your doctor.



Elevation

A mole that is becoming raised should be shown to your doctor.



Firm

A mole that feels firm or solid should be shown to your doctor.



Growing

A mole that is showing signs of change should be shown to your doctor.

WELL DONE HOME-START!

Congratulations to Home-Start on being presented with the King's Award by the Princess Royal at the Cavalier Centre in Much Wenlock in April. This is amazing recognition for the great work you do supporting families in our local community.



SPRING FAMILY FAYRE

A **BIG THANK YOU** to everyone who attended to our first Family Spring Fayre at Admaston House on 13th April! We had some amazing feedback from people that attended, and lots of fun was had. We especially wanted to say thank you to all of the local charities and businesses who either attended on the day or donated to our raffle. In total **we raised £222** for the SASA Wellbeing Hub which we will put towards future community events and also projects that support and promote health and wellbeing in Shawbirch And Surrounding Areas.





Dates for the Diary!

Keep an eye out for more details coming soon on the below events:

26th June: Volunteer Roadshow

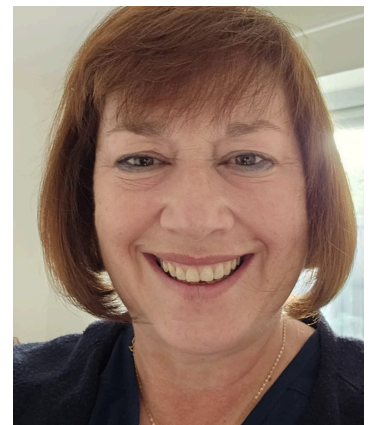
17th July: Arthritis Evening

Meet the team!

We wanted to show you the faces behind the SASA Wellbeing Hub, starting with our fantastic Chair and Co-Chair, Caroline Freeman and Ian Carvell.

Caroline Freeman- Chair

I was born in Coventry, and moved to Shropshire in 1990 after completing my GP training in Liverpool. I was lucky enough to be offered a GP partnership when the old Shawbirch Medical Centre opened in 1992 and retired 30+ years later, when the new building opened. I was keen to be involved in developing a Health Hub, which has now evolved into SASA Wellbeing Hub to empower our local community to manage their own wellbeing, and highlight local organisations providing resources. I am really really proud of our achievements, and enjoy being part of this enthusiastic team, getting to meet more of the community and organising local events. I am also a Director on the Orbit Cinema Board, and involved with Halfway House on The Wrekin. I have a partner "Lawrie" who is a farmer, and a son, Daniel, who is in Australia on an exciting gap year. I help with the Youth Club at St Patrick's Church and love walking my Dog "Topsy".



Ian Carvell- Co-Chair

Originally born in Stourbridge, I grew up in Madeley after my family moved to Telford in 1968. I have lived in Admaston for the past 23 years with my wife Sue.

Now retired from my engineering profession, I enjoy, amongst other things, listening to music, cycling and I am a keen golfer & member at The Shropshire Golf Centre. Having taken early retirement I was inspired to join the SASA Wellbeing Group as a trustee in the role of Co-Chair following last November's volunteer roadshow.



VACANCY: Are you looking to give back to your community? We are looking for a volunteer to join our group of trustees in the role of Secretary. If you are interested, please get in touch via the email below.



sasawellbeinghub@gmail.com



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