

HEALTH & WELLBEING FAQ'S

Can I just turn up?

Due to the changes brought about by Covid-19, you are no longer able to drop in to session with Extra Time Hub. A simple phone call will help us to invite you to the most appropriate session that will be safe for you.

What about Covid-19?

We are paying close attention to the government guidelines and are working hard to deliver support in the safest way we can. We now have the option to become a distance member. This is for people who would like to join us, but are not able to leave the house at this time. We can offer you weekly be-friending phone calls, newsletter and interaction on the Facebook page.

What should I wear?

When attending a session, it is important to be comfortable. We do some light physical activity every week, but this is optional. If you would like to join in an activity, it would be advice to wear good, sturdy shoes and bring a warm coat as there may be an option to go outside to play games or for a walk.

I have a health condition, can I still come?

If you are worried about a health condition you have, please call Shrewsbury Town Foundation and discuss this with the session leader. We are experienced, professionals and will do everything we can to keep our participants safe and comfortable. We will strive to work with you.

Can a Carer bring me?

Yes, we welcome all Carers to join us for free.

Can I bring someone else with me?

Yes, friends and family are welcome. We understand some older adults provide child care for grandchildren. We never want to turn people away from getting some physical activity and social interaction and so if this sounds like you, please call us and we can discuss the best way forward.

What sort of things do you do?

We are first and foremost a social group. We encourage participants to bring their interests and hobbies to the sessions and share with others. We have some very keen crafters who work on large group projects. We have some basic technology that can be used to learn / practice internet skills. We have many interesting participants with lots to share. We will provide some options each session like walking football, walking hockey, seated exercise, dancing, bowls, mini golf. But as I mentioned, we encourage you to bring your passions and interests to us.

Our participants have a weekly Raffle you might like to be involved with. The money raised is collected throughout the year and is used for trips away in the summer and a Christmas meal at the end of the year. Prizes are donated and tickets sold. This is optional of course.

Please call 01743 289177 or email admin@foundationstfc.co.uk if you have any additional questions.