

Notice Board

April 2016



Compiled by Nigel Drury, Community Connector to serve those involved with matters of the elderly and the vulnerable of all ages.

- A diary of activities and events.
- Useful information on services available.
- Training opportunities.
- Distribution is to 260+ of my established contacts in the voluntary and community groups, charities, faith groups and representatives of official agencies.
- Recent Care Connection Newsletters can now be accessed online through the Surrey Heath Borough Council website as well as the Surrey Heath Clinical Commissioning website. The links are:

<http://www.surreyheath.gov.uk/residents/communities-wellbeing/care-support/care-connections>

<http://www.surreyheathccg.nhs.uk/news-engagement/notice-board-2016>

April - burst into life like the garden

Not only are buds and flowers bursting forth but humankind ventures out of hibernation. Our roads and pathways fill out with more runners and cyclists, and that's just a small part of the greater physical activity that is awakened. No-one need be left out of health-giving activity. There is literally something for everyone, however able or whatever age. Physical activity can give chance to share interests and make new friends.

Do note how many of the notices this month are offering opportunities for physical activities – for everyone. Let's spur each other on to getting our muscles working! And get the message out to your client group, your circle of friends, those in your local community groups.

Meals at Home - spread the word!



The Meals at Home Service is vital to many people who are unable to prepare a hot meal for themselves every day. By signing up to the Service, a vulnerable person can access hot, nutritious meals delivered ready to eat to their door, seven days a week. Another benefit is the regular cheerful visitor who can convey a message for other help if there's a problem, offering peace of mind to family and friends.

Maybe you are a leader of a community group, or perhaps you know neighbours who would benefit from a little extra help? Do put the word out and encourage others in your neighbourhood to access this vital service. Dietary and cultural needs including reduced sugar, vegetarian, gluten free, soft diet, halal and kosher can be catered for as required.

Contact Aline Poulter Email: aline.poulter@surreyheath.gov.uk Tel. 01276 707659

Windle Valley Centre



Centre services are provided for people of retirement age. You are welcome to visit the centre or we can arrange a home visit if more convenient. Transport is available. Open Monday to Friday 8:30am to 4:30pm Lunches at 12:15.

The centre gives opportunity to meet others and be part of a wide range of activities. Also available: Professional hairdressing and chiropody services; trips out; bathing facility.

Care and support is provided by the staff.

Extra happenings in April:

Wednesday 20th April **Dementia Carers Coffee Morning** Surrey County Library Service 10-12 noon. A dementia coffee morning for people with dementia and their carers. See notice in the calendar below.

Thursday 21st April **Our Queen's 90th Birthday street party lunch** with musical entertainment.

Further Information on the services available from:

Louise Aartsen, Senior Community Care Officer, Windle Valley Centre, 6 Park Street, Bagshot GU19 5AQ

Email Louise.Aartsen@surreyheath.gov.uk Tel. 01276 479185

Wellbeing Centre for Surrey Heath



Windle Valley Wellbeing Centre in Park Street, Bagshot provides a welcome for all. Our facility is for **the retired and elderly, for carers, and anyone seeking information and advice**. A programme of useful services, sessions and activities has been set up which includes those listed below. Some of these cater for those suffering memory loss and their carers.

- **Camberley Hub (SDPP) drop-in Every Tuesday 10am to 1pm**
- **Citizens Advice Bureau outreach session** every Wednesday from 10:00 -12:00. No appointment is necessary and is a free and completely confidential service. Information and advice is available on debt, employment, housing difficulties, benefits, family and relationship problems and consumer issues. Call the CAB Independent Living Adviser on 01276 417900 to arrange an appointment.
- **Carers Support (Alzheimer's Society)** First Wednesday of the month 2 – 3:30pm
- **Alzheimer's Society** Info & Advice Drop-In. Weekly on Wednesdays 1 – 3pm with Miriam Boorman
- **IAPT service** at the centre on Thursdays (IAPT = The Improving Access to Psychological Therapies).
- **Be a Dementia Friend – small group sessions available** - contact Aline Poulter Email: aline.poulter@surreyheath.gov.uk Tel. 01276 707659

Further Information on the services available from:

Louise Aartsen, Senior Community Care Officer, Windle Valley Centre, 6 Park Street, Bagshot GU19 5AQ
Email Louise.Aartsen@surreyheath.gov.uk Tel. 01276 479185



The Surrey Hubs

Camberley Hub (SDPP) closed at the Ian Goodchild Centre in Camberley on 31st March 2016.

From April 4th the new venues are as follows:

Wellbeing Centre, Park Street, Bagshot (rear of the Windle Valley Day

Centre). Every Tuesday 10am to 1pm.

Camberley Library, Knoll Road. Every Tuesday afternoon and Wednesday morning; every other week on Thursday morning and every Friday afternoon.

Full services continue at the Staines Hub (Thames Street opposite Debenhams) and Woking Hub (Commercial Way). Please contact linda@hubcamberley.org.uk for more information

Surrey County Library Service



Digital Buddy service - How to get help from a Digital Buddy

Make an appointment with our Digital Buddy who can offer free one to one support.

Do you want help using the internet and discovering more online? To find out more talk to a member of our library staff or call 0300 200 1001.

Libraries offering a Digital Buddy service include:

Camberley Library: Tuesdays 2 - 4pm; **Frimley Green and Ash Libraries:** Fridays 10am - 12 noon

<http://www.surreycc.gov.uk/people-and-community/libraries/libraries-for-learning-and-research/improve-your-computer-and-internet-skills/digital-buddy>

Walks in April and May



ALL walks start at 10 am.

Supervised by trained walk leaders and will take into account the group's ability and requirements. Surrey Heath Borough Council is a Walking for Health accredited scheme provider. **Interested?** Call 01276 707100 or email Ben.Sword@surreyheath.gov.uk

Dogs not permitted; Children under 16 to be accompanied by an adult. Do wear suitable

clothing and footwear for the weather and likely ground conditions.

April Walks:

Wed. 6th April Bisley (1 hour, 2.5 miles). Meet at Shaftesbury Road Car Park, Bisley GU24 9ER

Tues. 12th Minley Lake 1.5 hours, 3.75 miles. Meet opposite entrance to Hawley Lake Sailing Club GU17 9LP.

Wed. 13th Lightwater Country Park 1 hour, 2.5 miles. Meet at the visitor centre. GU18 5RG.

Wed. 20th Chobham Meadows 1 hour, 2.5 miles. Meet in car park behind Chobham Rider shop in High Street GU24 8LZ. (2hrs free parking – double press ticket machine button).

Wed. 27th Mychett Ranges 1.5 hours, 3.75 miles. Meet outside Frimley Lodge Café, Frimley Lodge Park, GU16 6HY.

May Walks:

Wed. 4th Basingstoke Canal 1 hour, 2.5 miles. Meet outside Frimley Lodge Café, Frimley Lodge Park, GU16 6HY.

Sat 7th Wildmoor Heath. 2 hours, 6 miles. Meet at Wildmoor Heath Car Park, RG45 7PP.

Tues. 10th Minley Lake. 1.5 miles, 3.75 miles. Meet opposite entrance to Hawley Lake Sailing Club GU17 9LP.

Wed 11th Chobham Place Woods. 1 hour, 2.5 miles. Meet outside Chobham Place Woods, Valley End Road, GU24 8TL.

Wed 18th Bagshot. 1 hour, 2.5 miles. Meet in Bagshot Playing Field Association Car Park, GU19 5EN but please park along College Ride.

Wed 25th Blackwater Meadows. 1.5 hours, 3 miles. Meet at Admiralty Way Car Park, GU15 3DT.

Calendar

Tuesday 5th April (and every first Tuesday of the month)

Gracewell of Camberley (formerly Abercorn House), Fernhill Road, Blackwater GU17 9HS

Teapot Tuesday 2.30pm - 4.00pm

You are invited our monthly Teapot Tuesday when carers and their loved ones are invited to join us for delicious tea and cakes. **Guest speakers and activities** will keep you entertained during the afternoon.

All are welcome to this free event.

5th April Niki Brown Associate Dementia Practitioner, Frimley Park Hospital

Please call 01276 819106 for more information! www.GracewellCamberley.co.uk

Tuesday 5th April 10am - 4pm



Fostering Recruitment Brooklands Museum, Brooklands Rd, Weybridge KT13 0QN

If you are visiting Brooklands Museum, do visit our fostering recruitment stand and have an informal chat about fostering. Members of the fostering team and foster carers will be delighted to meet you. Contact: Linda Johnson, Fostering and Adoption Recruitment Officer.

Tel. 01483 518894 Fostering and Adoption Line: 08000 96 96 26

Wednesday 6th April - and every Wednesday from 12 - 1pm

'Walking Football' sessions 5-a-side football for the over 50's



On the 3G artificial pitch at **Frimley Lodge Park**, Sturt Road, Surrey GU16 6HY.

Sessions are every Wednesday lunchtime from 12-1pm with a nominal charge of £2 per week to cover costs.

In conjunction with the Surrey FA, Surrey Heath Borough Council is launching Walking Football.

It is a slower (but just as fun) adapted form of the game to help people remain independent and

active, and to re-engage some people with a game they may have thought they had to give up a long time ago.

PLACES ARE LIMITED & MUST BE BOOKED IN ADVANCE.

Call: 01276 707100 or email Ben.Sword@surreyheath.gov.uk

Thursday 7th April - and every Thursday at 2pm

Dementia Exercise

Exercise and physical activity may bring many benefits for people with dementia. These include:

- maintaining strong muscles and flexible joints can help people maintain independence for longer
- Reducing the risk of falls by improving strength and balance
- Improving confidence and Increasing self-esteem

For details Contact: Arena Leisure Centre. Telephone: 01276 417111

Address: Grand Avenue, Camberley, Surrey GU15 3QH

Email: LaurenLee@pfpleisure.org Website: www.arenaleisurecentre.co.uk

Arena Leisure Centre is operated by Places for People Ltd on behalf of Surrey Heath Borough Council



Friday 8th April

Dementia Awareness Drop-in-Day 2 - 8pm

LIVING WELL WITH DEMENTIA Venue: St Mark's Church Hall, Normandy, GU3 2DA.
Organised by Fairlands and Normandy Patient Participation Group.

If you suffer from dementia, are a relative friend or carer, this day is for you. The talks will start at 2pm and you can stay for as long as you like. Representatives of the Alzheimer's Society, Dementia Friends, and Carer's Support, Surrey County Council and our Health Services.

Develop your understanding of dementia through some fun activities led by Dementia Friends Champions. Surrey Health Watch is keen to obtain feedback about the day. If you are happy you could participate in a film.

We would like your input to find out how you managed to access help from the time you were seeking a diagnosis until now and whether you feel you have benefitted from the day. This information and feedback will be used to build on service provision and ensure that adequate funding is available.

For more information contact email: dday080416@gmail.com

Sunday 10th April 10am - 4pm



SURREY

Fostering Recruitment Denbie's Wine Estate, London Road Dorking RH5 6AA

Come and chat with us about fostering. We will be in the reception area at Denbies Wine Estate on Sunday 10 April from 10am till 4pm. Why not drop by during that time to have an informal chat with us about fostering? Contact: Linda Johnson, Fostering and Adoption Recruitment Officer. Tel. 01483 518894 Fostering and Adoption Line: 08000 96 96 26

Monday 11th April

Lighting DARC – “Dementia Awareness Reaching Communities”

One Day Course For anyone wanting to know more about dementia, and anyone who encounters people with dementia in their neighbourhood, shops, banks, pubs, clubs, parks, work, church, on transport

Time: 9:30 registration: start 10 am till 4:15 pm

Cost: Subsidized by a grant to the Alzheimer Café, Camberley

Venue: St. Mary's Parish Centre, 28 Park Rd., Camberley, GU15 2SR

Late Applications now considered: For further details and to receive the application form contact: Mrs. Maureen Hume. Email: maureen_hume@talktalk.net Phone: 01276 675266

Tuesday 12th April

Surrey Heath Veterans & Families - Listening Project

Monthly Drop-in 10am – 2pm at Camberley Sea Cadets

SHV&F-LP support our Armed Forces Veterans & Families, throughout Surrey Heath, Surrey, Berkshire, Hampshire and the UK.

At 11 am: presentation by Queen Alexandra Hospital Home (QAHH), on their work / role.

At 12 pm SHV&F-LP will be holding a **FREE Emotion Gym for HMF veterans, run by SERVES** (Surrey Engagement Reservists and Veterans Emotional Support). This month we look at low moods.

No appointments necessary, walk-in's welcome.

Representatives from **Veterans UK, SSAFA, Combat Stress** are available for advice & support.

SHV&F-LP are located at Camberley Sea Cadets, 2a Gilbert Road, FRIMLEY, Surrey; GU16 7RF Opposite the Matalan Store on the Frimley Road. SHV&F-LP meet every second Tuesday of the month.

Surrey Heath Veterans & Families - Listening Project 'Making Today, a Brighter Tomorrow'

Deborah Sellstrom, Founder Web: www.shvflp.org.uk

Tuesday 12th April

Office of the Police and Crime
Commissioner for Surrey



TARGET FRAUD

9.30AM-3.30PM ASTOLAT, CONIERS WAY GUILDFORD

A FREE workshop to help you eliminate fraud.

Fraud costs the UK charity sector £1.65bn a year according to a report by the Centre for Counter Fraud Studies and the accountancy firm BDO. Counter-fraud measures, meaningful deterrents and the removal of weak processes that allow the opportunity for fraud can reduce your charity's exposure to fraud. *Employee reference checks, * Charity Commission account filing, *Insurance scams, *VAT & HMRC reporting, *Tips from Surrey Police – Economic Crime Unit

BOOK TODAY Contact Karen Holdsworth-Cannon 01483 447116 karenh@surreyca.org.uk www.surreyca.org.uk

Starting 14th April

Lip Reading Course in Godalming

The Octagon, St Peter & St Paul's Church, Borough Road, Godalming, GU7 1ES

Part of the Diocese of Guildford Hear Here! Project

Thursday afternoons, 2 – 4pm; £5 per session, first class free to new students

See online booking form: <http://goo.gl/forms/lxLIPCid9J>

Contact Tracey Wade, Sensory Inclusion Adviser

Telephone 01483 790327 / Textphone 07531 268476 Email: tracey.wade@cofeguildford.org.uk

Monday 18th April

Camberley Alzheimer Café at St. Mary's Centre, Park Rd., Camberley, GU15 2SR

April Café evening meeting.

For all persons with dementia, their families, friends and professionals, and anyone interested in dementia.

On the third Monday of each month (except August) from 6.30pm to 8.30pm

NEWCOMERS VERY WELCOME! Please contact us for further information:

Camberley Alzheimer Cafe phone: 01276 675 266 Email: Camberley.alzheimercafe@aol.co.uk

Wednesday 20th April

Dementia Carers Coffee Morning 10 – 12 noon

Surrey County Library Service and Windle Valley Centre

10-12 noon Windle Valley Day Centre, Park Street, Bagshot, GU19 5AQ



This is a coffee morning for people with dementia and their carers.

The **Alzheimer's Society** will be attending and there will be dementia navigators to help with questions, plus **information on library services** relating to dementia and other areas.

(There is no parking on site but is available nearby – behind the Cooperative Stores)

For any queries, please call **0300 200 1001**. We look forward to seeing you!

Thursday 21st April

Lightwater Care - Living alone? Caring for someone?

Afternoon Spring Tea Party at All Saints Church Hall, Lightwater (GU18 residents only). **3 – 4.30pm**

Lightwater Care invites you to celebrate the Queen's 90th birthday with us.

Numbers are limited: Please call All Saints' Parish Office on **01276 453121** by **Thursday 14th April** to book your place. Transport can be arranged. Event sponsored by Surrey Heath Borough Council.

Starting Friday 22nd April – Sign up now

Read My Lips! - Englefield Green

The John Monsell Room, St Jude's Church, St Jude's Road, Englefield Green TW20 0BZ

Part of the **Diocese of Guildford Hear Here! Project**

Course Leader: Jill Rose, ATLA qualified Lip Reading Teacher

Friday mornings, 10.30am – 12.30pm for the period 22nd April – 1st July 2016 (half term 3rd June)

Classes are £5 per session, payable termly in advance. The first class is a taster session and will be free.

Classes are limited to 10 people, completion of a booking form is required.

See online booking form: <http://goo.gl/forms/lxLIPCid9J>

Contact: Tracey Wade, Sensory Inclusion Adviser, Telephone 01483 790327. Textphone 07531 268476

Email tracey.wade@cofeguildford.org.uk

Wednesday 27th April

Surrey Heath Carers Support

Carers Support Group Meeting from 2.00 to 3.30pm

At The Lounge, St Mary's Church, Park Road, Camberley, GU15 2SR

No Need to book just turn up! For any questions you can contact us on 01276 27390

E-mail: support@surreyheathcarers.org.uk

Carers Support Worker, c/o Ian Goodchild Centre, Knoll Road, Camberley GU15 3SY

www.surreyheathcarers.org.uk Surrey Heath Carers – Charity No. 1082800

Wednesday 27th April

All Saints' Lightwater Songs of Praise 2.30pm

Followed by tea in the Church Hall.

All Saints' Church, Broadway Road, Lightwater GU18 5SJ. Everyone welcome.

Other notices



Surrey Heath Age Concern Visiting & Befriending Service provides volunteer visitors for older people who live alone and would like someone to visit them for an hour once a week to have a chat.

If you would feel you would benefit from having a volunteer befriender or would like to become a volunteer for us please call us on 01276 707585.

Faith at the End of Life

Public Health England (PHE) have published a resource entitled 'Faith at end of life'. PHE describes it as a resource which aims to help frontline professionals, providers working in community settings and commissioners maintain a holistic approach to people dying, caring or bereaved. It provides information "to help ensure that commissioning and delivery of services and practice takes account of spiritual needs of the largest 6 faith groups in England and remains appropriate to the community setting in which they work." The resource can be downloaded from:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/496231/Faith_at_end_of_life_-_a_resource.pdf



Family and Friends Support Groups

Our charity Catalyst runs various support groups for people who are concerned about someone who may be having problems with their drug or alcohol use. If you are a partner, parent, carer, friend or close family and would like to talk things over please do come along to one of our meetings, led by trained group workers,



where you will receive support, advice and understanding. We have groups in **Camberley**, Staines, Guildford and shortly in Woking.

For up to date dates and times of meetings please contact:- www.catalystsupport.org.uk or call 01483 590150



Alzheimer's Society runs an

Activities Group for Nepalese Elders with dementia and their carers on the last Wednesday afternoon of every month, in Aldershot.

We have an interpreter at the session. Please contact Fay Freemantle on 07900240829.



The Rainbow Café run by **Surrey Heath Age Concern** for the over 50's is open **Monday – Saturday** 10 a.m. – 3 p.m. and has recently been re-modernised. We offer a range of speciality coffees and snacks like toasted teacakes, sandwiches, crumpets and scones all at very competitive prices.

Do come in and visit us the next time you are in Camberley we are opposite the House of Fraser under the multi-storey car park. Telephone: 01276 423060.

The Open Mind Club

Contact Jeanette Scott Tel: 01252 878205 Jeanettescott532@gmail.com

The aim of the club is to welcome people (aged 18 – 65) who have used the psychiatric Services in the past.

Held in the Frimley Green Football Club building which is on the Frimley Green Recreation Ground, GU16 6JY

Activities available include: listening to problems, discussions and general chat, Rummicub, card making and other craft, origami, music sessions, drawing, table tennis, pool, dog walking.

The club is held on Tuesdays and Thursdays 10:00 – 12noon; Fridays 10:00 - 1pm (including a sandwich lunch).

Members can attend on any or all the mornings.

Hearing Aid Clinic

St Michael's Church London Road, Camberley

We can help with most aspects of the hearing aid, for routine cleaning and battery replacement by fully trained people. No appointments needed. We are in the hall from 10am till 12noon. Last service at 11.30am. Tea and coffee provided – attendees are asked to please bring their Brown Books with them

On the following Mondays in 2016: In the Church Hall

May 23, July 25, September 19, November 21

Home visits can be arranged by contacting St Michael's Parish office tel: 01276 23602

Email: office@stmichaelscamberley.com They will pass on the number for Tony and Carol Moody.

Combined visual and hearing services in 2016



Sight for Surrey will start to deliver specialist services for Deaf and Hard of Hearing people in February, alongside the existing services for people who have a visual impairment or combined sight and hearing loss. This is under the contract recently awarded by Surrey County Council which covers the whole of Surrey. **The service will be known as Sensory Services by Sight for Surrey** and will be based in Fetcham.

We have delivered Surrey's visual impairment and DeafBlind services for more than 20 years and the communities can be confident that we will continue to deliver high-quality specialist services to all service users. A growing number of people in Surrey will need specialist help with their vision or their hearing, and we look forward to working with the representative forums to design cost-effective and specialised services to the growing number of service users.

Detailed consultation with service users has begun and new contact details are as follows:

Tel: 01372 377701 / Dedicated line for Deaf and Hard of Hearing: 01372 869961

Skype: sensory.services / Minicom: 01372 361517 / SMS Text: 07500 926 834

Email: info@sensoryservices.org.uk / Website: www.sensoryservices.org.uk

The Safe Haven Camberley



Open Monday and Friday 18:00 – 23:00

Address: The Welcome Project premises,
147 London Road, Camberley, Surrey, GU15 3JY

The Safe Haven Camberley offers an alternative care pathway to individuals when managing a mental health crisis. It provides an alternative to A&E and provides support for people who are or could be developing a mental health crisis, allowing real time access to support and sign posting.

Surrey Heath CCG, will be working to a Hub and spoke model, whereby the Safe Haven Aldershot will remain the hub with a 'spoke model' in Camberley. The Safe Haven Camberley ensures presence and access locally. People are welcome to visit either/both Camberley or Aldershot Safe Haven.



183a London Road, Camberley GU15 3JS
Telephone: 01276 409415 / Text: 07860021253
Email: welcomeproject@catalystsupport.org.uk
Website: www.welcomeprojectsurrey.co.uk

The Welcome Project has been developed by Catalyst (formerly SAdAS) and began in 2013. We work in partnership with other charities and volunteers to provide a variety of activities, support, guidance and opportunities for people who feel isolated, have lost their focus, suffer from anxiety or need a change of direction and live in the areas of Surrey Heath, Guildford or Waverley and are between the age of 18 and 65.

Referral to the project and to start accessing our services is easy. We accept referrals from GPs, Community Mental Health Teams, voluntary organisations and you can also self-refer.

Our activities run from Monday to Friday and are held in varying locations around Surrey Heath.

SURREY HEATH ACTIVITIES FOR APRIL 2016

Wellness Recovery Action Planning Workshop // Expressive Art Mindfulness Group // Drop-In Volunteering Support Session at High Cross Church, Camberley // Film Group // Meeting Point // Karaoke // Creative Writing // Relaxation Workshop // Gym // Cooking Group // Wellbeing Walk // Job Club Drop-In Session at the Adult Education Centre, Camberley // Cooking Group // Knit & Stitch Group // Football

For the full programme details see the website above



Yateley School Adult and Community Learning

Sessions and activities for the elderly

Based at Yateley School in Yateley, Hampshire we specialise in delivering sessions and activities for the elderly.

All activities are free to the over 60's.

Our current programme includes: Fitness, Healthy eating, Lip reading, Art and Craft, Introduction to Computers, Getting to know your tablet computer, iPad Photography & Editing

For further information please call 01252 877190 Email: info@adultandcommunity.co.uk

Post: Yateley School Adult and Community Learning, School Lane, Yateley GU46 6NW



Frimhurst enterprises is a local social enterprise offering a range of vocational activities for adults with learning disabilities wanting to develop work-related skills and independence in a supportive environment. They offer: housekeeping which

involves bed making, cleaning and laundry; grounds maintenance and gardening; and catering, making lunch, pop up cafe teas and coffee.

Open: Mondays, Tuesdays, Wednesdays and Friday 10.00 - 4.00pm, 38 weeks of the year

For more information contact Pauline Robertson at frimhurstenterprises@gmail.com or call 07887 393924.

Find us on facebook/frimhurstenterprises www.frimhurstenterprises.org.uk



Carer Drop-Ins - Surrey Heath Social Care Team

- Are you looking after someone?
- Would like to talk to an Adult Social Care professional who can offer advice & information about support available, or answer any general queries?

SURREY NEW LOCATION: FROM MONDAY APRIL 25th 2016 at Surrey Heath Carers Support, The Ian Goodchild Centre, Knoll Road, Camberley GU15 3HD

(and every 4th Monday of every month 10am – 1pm).

For further information call **Surrey Heath Social Care Team 01276 800205**



Helpline: Rape & Sexual Abuse Support Centre (RASASC)

Confidential telephone Helpline available every evening except Saturdays and Bank Holidays 7:30pm – 9:30pm. Open to anyone affected by rape or sexual abuse. Call 01483 546400 or 0800 0288 022.

Face to face counselling and Independent Sexual Violence Advisor support also provided. Further information available on www.rasasc-guildford.org

Mental Wellbeing matters: self-referral opportunities

Across Surrey Heath there are four IAPT providers and patients can self-refer into all of these.

(IAPT = The Improving Access to Psychological Therapies). <http://www.iapt.nhs.uk/about-iapt/>

The providers are as follows:

Centre for Psychology Services: one-to-one therapy, mindfulness, group sessions and supportive workshops. Location: Camberley Tel. 01276 423020; Text: 07847 639307 Email: camberley@centreforpsychology.co.uk Web. www.centreforpsychology.co.uk

ieso health Services: Live, one-to-one cognitive behavioural therapy (CBT) over the internet. Location: You only need a computer, tablet or smartphone and a quiet place to access this service. Tel. 01954 230066 Web: www.iesohealth.com/surrey

Surrey and Borders Partnership Services: Face to face and telephone interventions to individuals and groups with mild to severe mental ill-health. Location: Camberley Tel. 0300 330 5450 www.sabp.nhs.uk

Think Action Services: A wide range of evidence based psychological therapies offered via face to face individual sessions, telephone appointments and educational courses. Location: Camberley and surrounding areas. Tel. 01483 746900 Email: surreyptp@addaction.org.uk Website: www.addaction.org.uk

Making Connections – Surrey Heath

AgeUK Surrey



Surrey Heath Clinical Commissioning Group and Surrey Heath Borough Council are working with Age UK Surrey to provide short term support to people living in the borough to help them make connections back into their local communities. Small activities such as going for a walk or going out for a coffee can make all the difference.

You may have, or you may know someone, who has recently visited the GP with concerns about:

- Memory loss
- Falls
- Feeling lonely and isolated – which may have been brought on by a recent bereavement, change in health or have family who live far way.

If you can say yes to any of the above or know someone who is in this situation please go and talk to your GP, Community Matron, District Nurse or Social Worker who can then refer you/them into the project. To support people to make these connections, how about becoming a volunteer for this project?

If you have a couple of hours a week to spare during the day and enjoy the company of older people, **please contact** Lesley Power on: 01483 446646.

Extending our Learning



The SERVES Project

Veterans and Reservists Awareness (VRA) training

29th April 2016 9.30am - 1.00pm: Woking Community Hospital (Health Education Room), Heathside Road, Woking, Surrey, GU22 7HS

Veterans and Reservists Awareness (VRA) Training:

- To increase knowledge and understanding of veterans and the Armed Forces
- Understand needs and culture of veterans and reservists and the impact of serving on individuals
- Explore own views of the military, veterans and reservists, and how this may impact on practice
- Increase practitioners confidence in working with veterans and reservists
- Learn practical ways of adapting practice to support veterans and reservists better
- Based on the IAPT positive practice guide on veterans (2013)

Mental Health and Alcohol Awareness Training (MHAAT)

24th May 2016 9.30am - 1.30pm: Woking Community Hospital (Health Education Room), Heathside Road, Woking, Surrey, GU22 7HS

The SERVES Project, Training Aims

Mental Health and Alcohol Awareness Training (MHAAT):

- To explore the relationship between mental health and emotional well-being
- To convey an accurate picture of mental health issues amongst different groups in this country including issues that may particularly affect veterans or reservists
- To give an overview of common mental health conditions
- To explore ways of recognising and supporting someone in emotional distress
- To look at assessing suicide risk and how to raise difficult topics
- To explore boundaries and limitations of roles and protecting your own wellbeing

Please request an APPLICATION FORM from VCL.SERVES@nhs.net



Hearing Champions

Hearing Aid maintenance training

Education Centre, Guildford Cathedral, Guildford, GU2 7UP

24th May, 21st July, 8th September, 6th & 8th December 2016 Times: 10am—4pm

Free, simple sessions open to everyone.

- Be trained in the basic maintenance of hearing aids to become 'hearing champions'
- Offer these simple maintenance sessions, at existing church social events e.g. coffee mornings, lunches, afternoon teas
- Opportunity to purchase a basic maintenance toolkit

Hearing Champions Training will include: Checking the hearing aid is working / Replacing the battery, battery life / Re-tubing / Fitting the hearing aid in the ear / Hearing aid controls / T-loop / Use of hearing aid / Assistive listening devices / Communication tactics / Outline of audiology pathways in your area.

Contact: Tracey Wade, Sensory Inclusion Adviser, Communities Engagement Team, Diocese of Guildford
tel: 01483 790327 or 18001 01483 790327 - mobile/SMS (txt/voice): 07531 268476
email: tracey.wade@cofeguildford.org.uk

Tracey's webpage now has all the latest training sessions, hearing aid maintenance clinics etc.

<http://www.cofeguildford.org.uk/about/communities-engagement/sensory-inclusion>

Surrey Skills Academy

ASCG Fully Funded Training and Development Offer

Surrey Skills Academy offers a wide range of short courses for managers and staff working in the private, voluntary and independent social care sector in the county of Surrey.

In order to support the development of the adult social care workforce no fees are payable as all courses are **fully funded** by the Adult Social Care Grant provided by Surrey County Council. Delivered at venues including Camberley, Woking and Farnham or on site at your own establishment (subject to a minimum of 10 delegates).

Helping you with CQC Compliance Surrey Skills Academy is also able to assist you with CQC compliance via our bespoke on-site sessions that are tailored to meet the needs of your own service; more details are available on the SSA website: <http://surreyskillsacademy.learningpool.com> under Bespoke Delivery.

If you would like specific guidance around: moving and handling, infection control, reporting and recording, challenging behaviour or any other topic, please contact us to discuss how we can help you.

For further details or to book places on any of the courses –

Email: surreyskillsacademy@surreycc.gov.uk **Tel: 0208 541 7213**

Regular & Recurring Activities

Weekend

Windle Valley Centre - Windle Valley Centre, 6 Park Street, Bagshot GU19 5AQ



Saturday Club is open between 2pm and 5pm for any older resident. Carers and the cared-for are encouraged to come along. Well attended and much enjoyed, and still with room for others to join in. Tea and Cakes, lots of activities, chat, scrapbooking and more. £6 each. Transport offered through Dial-A-Ride at an additional charge. For information and to sign-up contact Aline Poulter 01276 707659
Aline.Poulter@surreyheath.gov.uk



LIVE information centre in Lightwater

Aiming to provide an advice and information service for everyone, young or old on:

~ Health matters ~ Caring and carers
~ Support services & organisations ~ Avoiding loneliness

~ Volunteering & learning something new ~ Hobbies & interests ~ Local events and services
~ Putting your talents to good use

Just drop in on a **Saturday morning, 10:00 -12 noon** * no appointment necessary

Fredericks House, 39 Guildford Road, Lightwater (between Carsons & Simon Pestell Optician)

Social Club for Adults with care needs in Chobham

Crossroads Care Surrey - a Social Club for Adults with care needs in Chobham at the Chobham Parish Pavilion. The Club meets **every Saturday** between 11am – 3pm. It's open to all in the community aged 65 years and over who, without the support of an unpaid Carer, would not be able to live independently at home; whether that is because of dementia, Parkinson's disease or a long term medical condition. Not only does this give the unpaid Carer an extended respite break to have some valuable 'me-time', it gives those with care needs an opportunity to meet for a social occasion in a warm, relaxed environment. A variety of activities are available tailored to the needs and preferences of the individual, including crafts, music, games and quizzes. Refreshments and a home cooked lunch are included.

For more information **please contact Linda Bay** at 01372 869974 Email: linda.bay@crossroadscaresurrey.org

R-U-Able2 Community Group

Learn to play Boccia now

Boccia Club Taster Sessions every Sunday



R-U-Able2 Boccia Club. Time: 3:00pm to 4.00pm

Venue: Sports Hall, Kings International College, Camberley GU15 2PQ

12 sessions - Cost: First 4 free then £2.50 per session

To book a place please email: contact@r-u-able2.org.uk or Tel: 07739 595165

See more at the Boccia England website: www.bocciaengland.org.uk

We continue to run our normal weekly swimming sessions on a Saturday and the Sunday Social Club with various other activities. www.r-u-able2.co.uk

R-U-Able2 Community Group

Inclusive Social Club



2:00 to 4:00pm **Sundays at Kings International College**, Camberley GU15 2PQ

R-U-Able2 is a Community Group enabling people of all ages & ability or who may have impairment whether it is Sensory, Physical or Mental and someone who may be socially excluded to enjoy the benefits of sport or social activities on a regular basis. Why not come and join us at Kings International College Camberley on a Sunday between 2:00 & 4:00pm to be part of our Circle of friends enjoying a range of health & fitness benefits that sport, art & leisure activities bring:

- Boccia * New Age Kurling * Table (Tennis / Cricket & Polybat) * Football /Goal Ball
- Try Golf * Badminton * Skittles * Art & Craft

Other activities on request such as cycling coming soon with CTC. We are also offering monthly taster sessions in many activities so you can come and try new experiences. Registration is required for all events

A £5 entrance Fee is required for each 2hr weekly activity sessions .

For more information on activities you would like to try please contact us:

Tel: 07739 595165 Email: contact@r-u-able2.org.uk www.r-u-able2.co.uk

Registered Charity Number 1156257 R-U-ABLE2



Tea and Chatter parties are held on the first Sunday afternoon of the month by **Surrey Heath Age Concern**. A group of older people are picked up by volunteer drivers and taken to the house of a local hostess who provides high tea. The drivers and older people enjoy both the company and the tea and new friendships blossom. If you would like to join us as a driver, hostess or guest please give us a call on 01276 707585.

Sunday Teas

St Andrews Church, Frimley Green **2nd Sunday each month** 3.30 - 5.00pm

An enjoyable event with sandwiches and cakes. For all parishioners over 55. Contact Joyce Colley TEL. 01252 837291

Monday

High Cross Church, Knoll Road, Camberley

Monday Lunch Club from 12:30pm **every Monday** at this modern, airy and friendly venue, here is a chance for anyone to have a change of scene, take along a friend and meet others. High Cross offers a 'Hot 2-Course meal at the bargain price of £4'. But do pre-book. Church Office telephone: 01276 66798

Silver Circle - A CLUB FOR SENIOR CITIZENS

Our Lady Queen of Heaven

Every Monday 12-3pm OLQH Church Hall, 111 Portsmouth Road, Frimley

We would love to welcome new members to our friendly club * A home cooked lunch is provided. Bingo, quizzes & conversation * There is also an opportunity to go on the annual holiday.

Contact **Jean Watkins** on **01276 685067** or **Sandie** at the church office on **01276 504876 (9-12)**

Transport can be arranged through Camberley Care.

Tuesday

County Libraries Digital Buddy Service

available at Camberley Library. See notice on page 2

Wednesday

'Walking Football' sessions

 5-a-side football for the over 50's

On the 3G artificial pitch at **Frimley Lodge Park**, Sturt Road, Surrey GU16 6HY.

Sessions **every Wednesday lunchtime** from 12-1pm with a nominal charge of £2 per week to cover costs. In conjunction with the Surrey FA, Surrey Heath Borough Council is launching Walking Football. It is a slower (but just as fun) adapted form of the game to help people remain independent and active, and to re-engage some people with a game they may have thought they had to give up a long time ago. PLACES

ARE LIMITED & MUST BE BOOKED IN ADVANCE. Please call: 01276 707100 or email Ben.Sword@surreyheath.gov.uk



Do you care for someone with dementia?

Alzheimer's Society Carers Support Group

Location: Wellbeing Centre, Windle Valley Centre, Park Street, Bagshot, GU19 5AQ

Time: **Every first Wednesday of the month from 2.00-3.30pm**

- Our Support Group provides a friendly and supportive environment to talk to other carers about how dementia affects your life.
- You can discuss issues with others who understand, as much as possible, what you are going through. You can also share practical advice and information about what has helped you.
- Our staff and trained volunteers run the group to help you get the most out of the sessions and are on hand to offer advice and information.

Contact Miriam Boorman, Dementia Navigator, on 07703 607138 or email at miriam.boorman@alzheimers.org.uk

Miriam will also be running information drop-in sessions at the Wellbeing Centre **every Wednesday** from 2.00-4.00pm.

St. Martin's Church Old Dean - Wednesday Café

Every Wednesday 10:30am till noon. St Martins offer a weekly café aimed predominately for the retired, There's free tea and coffee and biscuits, run by volunteers, in the church.

St Martin's, 231 Upper College Ride, Old Dean, Camberley GU15 4HE. www.stmartinolddean.com Tel. 01276 23958

OPEN DOOR at St John's Church Hall, St John's Road, Cove GU14 9RN

OPEN DOOR is a drop-in group for the lonely and those with mental health issues in the Rushmoor and surrounding areas. Carers are also very welcome.

We meet in the Church Hall on the **first three Wednesdays of every month** from 6pm to 8pm. We offer a range of activities but more importantly a listening ear and companionship. Food and refreshments are also provided.

The group is run by caring volunteers who are all DBS checked. Do come and meet us!

For more information please call Sue Davis on 07768296515 or email: stjohnspastoralteam@parishofcove.co.uk

C.A.M.E.O. - Come And Meet Each Other

We warmly welcome you to join us for a two course meal, to come and meet other people and enjoy good food in a warm and relaxing place. **We meet every 1st Wednesday of the month at 12.30pm**

At St Mary's Centre, Park Road, Camberley, GU15 2SR

Please contact us if you need help with transport. Contact David on 01276 685167

Thursday

Dementia Exercise

Every Thursday at 2pm

Exercise and physical activity may bring many benefits for people with dementia. These include:

- maintaining strong muscles and flexible joints can help people maintain independence for longer
- Reducing the risk of falls by improving strength and balance
- Improving confidence and Increasing self-esteem

For details Contact: Arena Leisure Centre. Telephone: 01276 417111

Address: Grand Avenue, Camberley, Surrey GU15 3QH

Email: LaurenLee@pfpleisure.org Website: www.arenaleisurecentre.co.uk

Arena Leisure Centre is operated by Places for People Ltd on behalf of Surrey Heath Borough Council



St Peter's Church Frimley - "Over 60s Club"

2nd and 4th Thursdays of the month in St Peter's Hall at 2pm.

Contact: Val Walther, 01276 63300.

We have a team of Pastoral Assistants, several of whom visit senior citizens who are housebound or lonely, also taking Communion when requested. Contact for this: the Parish Office.

The Surrey Save Credit Union Outpost



St. Mary's Centre, Park Road, Camberley GU15 2SR

Thursday mornings at 10 am -12 noon at St Michaels Church, London Road, Camberley

Friday mornings from 10 am-12 noon at St Mary's, Park Road Camberley

Opportunities to invest money, start regular savings accounts and take out loans at competitive interest rates with a mutual bank that offers personal, professional and ethical service, and is competitive with High Street banks and other lenders. Ask for more details at St Mary's Church office (01276 685167) or drop in.



The St. Mary's Centre also works together with Besom (a local food bank), St Vincent de Paul Charity (furniture & electrical items) and Frontline (Debt and Benefit Advice and Support), and have networked with Camberley JobCentre Plus, Camberley CAB, Accent Housing, Surrey Adult Learning service, Camberley Churches Together, Social Services,

Welfare to Work courses and other local groups and services, to offer a wider range of opportunities to our Community.

Further information - contact David Reed on 01276 685167. Email centremanager@stmaryscamberley.org.uk

Friday

Autism - Unlocking People's Potential



Social Support Group - People on the Autistic Spectrum

Meet **twice monthly on a Wednesday** 7pm – 9pm. 18 Years and over.

Contact Wendy: wendy@sdpp.org.uk Tel: 07885 705132

St Andrew's Church, Frimley Green - 'Pop In' Every Friday 10.00-noon

'Pop In' for tea and biscuits in the church hall. A friendly atmosphere, all welcome. Contact Joyce Colley (T) 01252 837291

The Beacon Church - Golden Years - **Every Friday** 10.00-11.30am

Our Golden Years (over 50s) group meets every Friday at The Beacon Centre.

The Beacon Church, Berkshire Road, Camberley, GU15 4DG (T) 01276 670650 www.beaconchurch.co.uk

St Peter's Church Frimley - Open Church - **Pop In for tea, coffee and biscuits.**

10-12am Every Friday and Saturday morning in the church. Parish Office: 01276 27855

An **information point** is now available at St Peter's church Frimley / Frimley Green

Friday or Saturday 10-12 am. There is now information available on practical help, disability and wellbeing etc.

MELODY FOR THE MIND

For people with Dementia and memory problems and their carers.

Join us for an hour of singing and musical activities, **1st and 3rd Friday** of each month

1.30pm at High Cross Church, Knoll Road, Camberley, GU15 3SY

Contact: Elsie 01276501145 or the church office 01276 66798

County Libraries Digital Buddy Service

available at Frimley Green and Ash Libraries on Fridays. See notice on page 2

The next 'Notice Board'

Brief notices, news, events and training opportunities are very welcome for the April 2016 edition of **'Notice Board'**. Contributions are requested to arrive not less than five days before the end of the month.

Nigel.Drury@surreyheath.gov.uk Tel. 01276 707364 Mob. 07979 887467

Unsubscribe? If you do not wish to receive monthly email updates from the Community Connector please return a blank message email with UNSUBSCRIBE in the subject line. Thanks!