

August 2016

Notice Board

Change and Challenge?

What a time of change and challenge we are in! I feel for those local groups who seek to serve our vulnerable residents yet find their funding streams severely cut. What doesn't change is the fact that we will always have the needs of others presenting themselves as opportunities, as invitations for us to be good neighbours. Sometimes the help may be offered by a caring 'Samaritan' – someone rather different to us. We need each other and we find extra life and meaning through compassionate acts to those outside our 'tribe', culture, nation. Perhaps we all need more freedom to see others, whoever they are, wherever they are, as co-journeymen in life.



I'm moving on soon

I love Surrey Heath, but I have to tell you that whilst continuing to work for the Diocese of Guildford I am moving on and will be serving the interests of Spelthorne Borough Council on a part-time basis from September. My home is now at Staines upon Thames, so I'll be on home turf.

I will be around for you during August and for two days per week in September. Surrey Heath Borough Council plan to take on various aspects of what I have been engaged in – within their Community Services department. A contact point will be maintained and this regular communication will continue. More information will be given in the September Notice Board.

Connecting takes many forms

– the example of volunteer 'Hearing Champions'

Last week I received 'Hearing Champion' training given by the NHS audiology team of the Royal Surrey Hospital, Guildford. This is something that has stirred interest such that I wonder if I have missed my vocation! There is just something in being able to offer simple but significant neighbourhood help to others. There are more ways than we think in which we can be a blessing to others.

In Surrey Heath we have a local volunteer service for the maintenance of NHS hearing aids. This is a particular benefit to elderly folk providing them with an easy, local and free service for basic maintenance and advice. By equipping volunteers in this way we bring regular help to many with hearing loss, and help reduce the need for visits to the hospital audiology departments for the simple things. This makes appointments easier to get when they are necessary. The volunteer Hearing Champions refer people to audiology when there is a need.

For more information please see the notice for [Hearing Champion Training](#) under 'Extending our Learning' section below.

Note the [Camberley hearing aid maintenance sessions](#):

Hearing Aid Clinic at the Church Hall **St Michael's**, London Road, Camberley

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: September 19th, November 21st

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.



Community Alarm and Telecare

01276 707659

www.surreyheath.gov.uk/communityservices

The Community Alarm and Telecare Service gives you reassurance and confidence to live independently. An alarm unit and pendant are connected via your telephone line to a 24 hour Monitoring Centre. Specialised Telecare sensors can be installed, including smoke detectors, fall detectors, bed sensors and electronic pill dispensers. The service is available for a small monthly fee.

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).

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



Camberley Hub (SDPP)

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. 2 – 4pm every Tuesday afternoon and 10am – 1pm Wednesday morning;

Full services continue at the Staines Hub (Thames St. opposite Debenhams) & Woking Hub (Commercial Way).

Contact **Linda**: Mobile / SMS **07702 699425** and email Linda@sdpp.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: 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**

Surrey Heath Walks in August



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.

Wed. 3rd Bisley 1 hour, 2.5 miles. Quiet woods, fields and lanes. Meet at Shaftesbury Road car park. GU24 9ER.

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

Wed. 10th Basingstoke Canal 1 hour, 2.5 miles. Meet outside Frimley Lodge Café, Frimley Lodge Park, GU16 6HY.

Wed. 17th Mychett Ranges. 1.5 hours, 3.75 miles. Moderate climb to top of the ranges. Meet outside Frimley Park Café, Frimley Lodge Park, GU16 6HY

Sat. 20th Bagshot. 1 hour, 2.5 miles. Meet in Bagshot Playing Field Association Car Park, GU19 5EN but please park along College Ride.

Wed. 24th Chobham Place Woods. 1 hour, 2.5 miles. Meet at Chobham Place Woods, Valley End Road, GU24 8TL.

Wed. 31st Turf Hill. 1.5 hours, 2.5 miles. Open heathland, mixed woodland and quiet lanes. Meet at Turf Hill car park, Guildford Road, Lightwater GU18 5SW

Healthwatch Surrey is launching a **Community Cash Fund for 2016/17**



Grants of up to £1,500 for individuals, groups and small organisations to help individuals and small groups undertake projects to boost wellbeing in their local communities.

Do you have an idea that could:

- **help boost community wellbeing?**
- **support local people to speak up about health and care services?**

This is your chance to make it happen!

Last year, the fund supported six projects including seated dance sessions for older people living alone and a video project by young people locally about their experiences of mental health issues.

Jacque Pond, Healthwatch Surrey Engagement Officer says:

“If you have an idea that will help local people to speak up about local health services, that will boost their wellbeing, this is your chance to make it happen. You don’t have to be from a registered charity or group – all projects will be judged on merit.”

Interested groups or individuals will need to complete a short application form by Friday 9th September and the winners will be announced on 16th September.

The projects need to meet the following criteria:

- Increase the participation and involvement of disadvantaged communities in health and social care related services.
- Increase the feedback from hard to reach or seldom heard communities about health and social care services.
- Improve the wellbeing of hard to reach or seldom heard communities through involvement.

More information about the Community Cash Fund and how to apply can be found at:

<http://www.healthwatchsurrey.co.uk/community-cash-fund>

Calendar

First week of August

Holiday at Home - Frimley Baptist Church on **Tues 2nd, Wed 3rd and Fri 5th August**

10.00am to 3.30pm with lunch. Wed is a coach trip to Christchurch in New Forest. The holiday is for elderly folk. If you know of anyone or organisations who might be interested let me know. People can come to all 3 days or just one or two days, cost is just £6 per day including coach trip.

Anyone interested can contact David Lasseter on Tel. 01276 25041 or mobile 07914974667.

Wednesday 3rd August

Surrey and Borders Partnership 
NHS Foundation Trust

Carers Support Group... AT FARNBOROUGH LIBRARY, Pinehurst Roundabout, Farnborough GU14 7JZ

For carers, family & friends of people who live with mental illness within Surrey Heath, Waverley, Hart and Rushmoor boroughs. FROM 7pm – 9pm

Amanda Hardacre, Senior Co-ordinator, Home Start Rushmoor & Hart will be talking about Homestart, how they work, what they do and how they support families (including linking to Surrey Heath Homestart).

New carers are welcome. Find out more about mental health services, local activities and services; the focus of the group is on information rather than personal sharing. We are an adult service and aim to protect the confidentiality of all mental health services users, carers and clinicians. Talk to us in confidence, please ask, we are able to book a one to one session with you to take place at another time.

We provide tea, coffee and an opportunity to meet others in a relaxed, friendly atmosphere. We always welcome offers of help, so do get in touch at any time if you want to get involved.

We are always looking for ideas for future sessions (and feedback), so let us know if there are particular topics connected to mental health you would be interested to learn more about.

TRANSPORT to the Carer Support Group:

Do you need help with transport? Can you offer a lift? Please contact one of us below and we will try and help.

For further information please contact Catherine Wheeler: Surrey Heath reception: 01276 605522

Jess Dale: Surrey Heath reception: 01276 605522

Claire Bampton: NE Hants CMHRS reception: 01252 335566 or work mobile: 07718146688 or just come along.

Tuesday 9th August

Surrey Heath Veterans & Families - Listening Project

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

SHV&F-LP support our Armed Forces Veterans & Families

This month we welcome **Julian Coates from Stoll**, a leading Veterans' charity and Housing Association that has been helping ex-Service personnel since 1916. Stoll provides safe, high quality housing and access to services that enable vulnerable and disabled Veterans in need of support to live fulfilling, independent lives. For further information, please visit their website: <http://www.stoll.org.uk/>

Our Well-being group for Service Veterans is at 12 pm. **SERVES** will be supporting our group this month. SERVES Project offers Veterans and Reservists advice and information on improving their emotional health and support them in choosing and accessing any other appropriate organisations. For further information, please visit their website: www.firststeps-surrey.nhs.uk/serves/


Representatives from Veterans UK, SSAFA, Combat Stress & other agencies will be available for advice & support. No appointments necessary, walk-in's welcome.

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: <http://shvflp.webplus.net>

Wednesday 24th August

 **Songs of Praise 2.30pm** Followed by tea in the Church Hall.
All Saints' Church, Broadway Road, Lightwater GU18 5SJ.

Everyone welcome. On the fourth Wednesday of the month. It's a great opportunity for senior adults to stay connected with church, as it can be a challenge to get there on a Sunday morning. If you would like a lift please contact our Parish Office.

Thursday 25th August

Dementia Support Café

Lakeview – a Hallmark Care Home in Lightwater

Join us in the Woodland café on the **last Thursday of each month** from 10.30am until 12pm.

An informal get-together for carers and people living with dementia to share experiences, develop friendships and access information from experienced guest speakers over a slice of cake and a cuppa or two.

To book your place, call Darren, Lakeview's Customer Relationship Manager on **01276 480430**.

Sunday 28th August

Bagshot Tea & Chatter

 at Meade Court, Guildford Road, Bagshot, GU19 5NH between 2.30 and 4.30pm.

This tea group has recently been launched for local senior citizens. Meetings are on the last Sunday of the month.

Please book a place: Gill at Surrey Heath Age Concern. Tel. 01276 707585

Email: ageconcern-fandc@hotmail.co.uk or

Danielle at Meade Court (Accent South Housing) Tel. 07823 444285

Thursday 1st September

Voice Network roadshow - Get involved – make change happen in health and social care in Surrey. Are the health and social care needs of your members or service users being met? What issues concern them and how can **Healthwatch Surrey** make sure these are heard?

Surrey Community Action is co-ordinating a series of events around the county in partnership with **Healthwatch Surrey**, each with a different theme. We are particularly keen to hear from smaller organisations who may not have participated before and who struggle to have their voices heard.

Our next meeting takes place on 1 September in Staines between 2.00 to 4:00pm and we would like to encourage community groups and charities and faith organisations which represent people with health and social care needs in north Surrey to come along and participate. **Register now** at www.voicenet.org.uk



Surrey Community Action Contact person: Kelly Young, kellyy@surreyca.org.uk Tel: 01483 447125 SMS: 07470955866 Website: www.surreyca.org.uk

Monday 19th September

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

This month: **Introduction: The Alzheimer Café and you**

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

Thursday 13th October



Carers Afternoon Tea & Evensong

We would like to invite you to Guildford Cathedral, for Afternoon Tea & a dedicated Evensong, to give thanks for all Carers in Surrey & North East Hampshire

Are you a carer or were you formerly a carer? Do you offer support to carers? Do you attend a carers support group? Everyone is welcome including those who are currently being cared for.

For catering purposes, you'll need to return a Ticket Request Form. Obtain this from: Emma Beswick, CET Diocesan House, Quarry Street, Guildford, GU1 3XG Tel: 01483 790 324, Email: emma.beswick@cofeguildford.org.uk

Requests must be in by Monday 3rd October.

Other notices



Tuesday 27th September

COMMUNITY RESILIENCE CONFERENCE

Register your interest by 26th August

Leatherhead Leisure Centre (10am-4pm)



Join us for Surrey Prepared's first interactive seminar; working together to plan, prepare and prevent crisis in the face of emergency. Hear from expert speakers in resilience and risk management across a spectrum of fascinating sectors. Learn to combine local skills and services to effectively address all types of vulnerabilities across Surrey: from extreme weather to human crisis.

Email community.resilience@surreycc.gov.uk



Alzheimer's Society

If you are affected by dementia... Our specialist services are designed to help you maintain your independence and improve your well-being. Trained staff are on

hand to provide you with tailored information and support that meets your needs and interests. **Get in touch with our dementia support team.** Tel: 01932 855582 surrey@alzheimers.org.uk



Telephone: **01276 707692**

Email: info@camberleycare.org Website: www.camberleycare.org

Ian Goodchild Centre, Knoll Road, Camberley GU15 3SY

Camberley Care Trust is a charity that has been providing a helping hand for the elderly, disabled and vulnerable residents of Camberley and Frimley since 1974.

Camberley Care Cars

Our volunteer drivers get you to and from your:

- Doctor visits
- Dentist, clinic or Day Centre
- Hairdresser
- Visits to friends, and other various trips.

No formal charge is made for this service but we do ask a modest donation to help cover costs.

Care and Repair

Our Care and Repair service provides a trustworthy and affordable service for those small but essential jobs around the house. This service is designed for those who feel vulnerable admitting strangers into their home.

There is no call-out charge for this service. There is an affordable hourly rate for the job, plus cost of any materials needed, plus the time for buying and collection of materials to complete the work.



Catalyst – The Welcome Project

183a London Road, Camberley GU15 3JS

Telephone: 01276 409415 / Text: 07860021253

welcomeproject@catalystsupport.org.uk 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 aged between 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.

The Welcome Project **SURREY HEATH ACTIVITIES FOR August 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 **Email for the full programme details.** welcomeproject@catalystsupport.org.uk

Citizens Advice Surrey Heath

For free, independent, confidential and impartial advice to everyone on their rights and responsibilities. We provide advice for any problem– from benefits, to employment matters, consumer problems, debts, family difficulties or housing situation – anything!

You can get help checking you are getting the right benefits, help to fill in forms or to appeal government decisions, work out what your options are to tackle debts or increase your income, to find out how to access local services and support - if we can't help you we will know who can.

Camberley Office Tel: 01276 634342 - Mon to Thurs 10:00 – 16:00 open to drop in callers, appointments and by telephone. Email admin@camberley.cabnet.org.uk website: www.surreyheathcab.org.uk

Outreach services at- **Chobham Community Centre**: 15:00 – 17:00 for drop-in or by appointment.

An adviser will be at the **Wellbeing Centre, Park Road Bagshot** every Wednesday from 10am till 12pm – just drop in or if you prefer call 01276 417900 and book an appointment.



Age UK Surrey GO50 guided walks

Do come and join in one of our guided walks near you. There is no need to book in advance and the walk is free, although we do ask for a small donation to help with our running costs for the service. See our website www.ageuk.org.uk/surrey/activities/go50/ or call us on

01483 503414 and ask for the GO50 Co-ordinator who will be happy to send you the programme.

Tues. 9th Aug. Windsor Great Park (Berks)

4 miles. **Meet** 10.15 for a 10.30 start **at** Bishopsgate entrance. From A30 Egham Hill take A328 through Englefield Green. Left at 3rd mini-roundabout down Bishopsgate Road to end of park **SU 978 721/ TW20 OXY (T) Bus 71**. **Walk Leader:** Lynette. **Lunch:** Pub lunch and coffee stop. *Superb views of Windsor Castle & Thames Valley.*

Tues. 16th Aug. Gracious Pond and Mill Bourne, Chobham

4 miles. **Meet at** Gracious Pond Road Car park map **SU 995 636 / nearby postcode GU24 8HN**
Start Time: 10.15 for a 10.30 start. **Walk Leader:** Eryl. *A lovely flat walk along edges of Chobham Common to the outskirts of Chobham and back along the Mill Bourne and Fishpool. 5 stiles.*

Thurs. 1st Sept. Chobham Common

3½ miles **Meeting Place:** From Chobham village, take the B383 Windsor Road. After about 1 mile turn right into Staple Hill Road. The car park is half a mile along on the right. **GR 971 644**
Start Time: 10.15 for a 10.30 start **Walk Leader:** Pamela. **Lunch:** Optional pub lunch.
Fairly flat walk over the common and round Chobham Place Wood.

Thurs. 22nd Sept. Windsor Great Park (Berks)

4 miles. **Meet** 10.15 for a 10.30 start **at** Bishopsgate entrance. From A30 Egham Hill take A328 through Englefield Green. Left at 3rd mini-roundabout down Bishopsgate Road to end of park **SU 978 721/ TW20 OXY (T) Bus 71**. **Walk Leader:** Lynette. **Lunch:** Pub lunch and coffee stop.

Supported Volunteering for you!

Contact: Denise Graves, Coordinator for Guildford and Surrey Heath D.graves@vasws.org.uk Tel: 07825 417204

August 8th and 22nd - Volunteer Support and Drop-in sessions – Denise will be in the lounge at High Cross Church in Camberley between 12-2pm. Ideal for those who need friendly support and encouragement to take their next steps in volunteering. All welcome.



- We will work together on your volunteering journey
- We can help you explore interests, skills, experiences and activities
- We can identify volunteering placement opportunities, and offer volunteering taster sessions

• We will provide individual ongoing support and Support routes to work
We will help build your confidence and reduce social isolation. **VOLUNTEERING - It's for everybody!**

Also on the 6th September at the **Safe Haven** - 147 London Road, Camberley, a workshop between 10-12 (including free sandwich lunch afterwards) on Volunteering Skills. Please book with Denise on 07825417204.

Extending our Learning



Carer Information and Support Programme (CrISP)

Do you care for or support someone with dementia?

CrISP 1 course in Bagshot, starting on the 8th August

Venue: The Wellbeing Centre, r/o Windle Valley Centre, Bagshot GU19 5AQ

A 4 week course on the following Mondays: 8th, 15th, 22nd August and 5th September, it will be with the introduction included in the first session. The time of the course will be from 1.30 to 3.30 with 15 minutes at the end for attendees to talk to each other so finish at 3.45. Our carer information and support programme offers information sessions in a group environment where carers can share experiences and identify local services.

CrISP 1 has been designed specifically for carers, family members and friends of people with a recent diagnosis of a dementia. It consists of four essential sessions, each lasting 2.5 hours.

CrISP includes two courses:

- **CrISP1** - a four session programme aimed at family members and friends who support a person with a recent diagnosis of dementia. Topics covered include; understanding dementia, legal and money matters, providing support and care and coping day to day.
- **CrISP2** - a three session programme covering issues that arise as dementia progresses. Topics covered include; understanding change as dementia progresses, living with change as more help is needed, and living well as dementia progresses.

There will be a CrISP 2 course in October. For more information about the courses and to book a place, please contact Wendy Wilmot on 01403 213019 or email wendy.wilmot@alzheimers.org.uk

FutureLearn - Ageing Well: Falls Free online course designed by Newcastle University

Starts 5th September Duration: 4 weeks, 2 hours pw

If you think falls are a normal part of ageing, don't mention it to Professor Julia Newton. She's one of the lead educators on Newcastle University's free online course "[Ageing Well: Falls.](#)" Here she explains that people of all ages fall over – but the effects on older people are much worse.

Explore why people fall, discover practical methods to reduce the risk of falling and recognise when to seek expert help. Whether you have been affected by falls yourself or care for someone who has, this course will help you understand what you can do to prevent falls and also what you can do if you have experienced a fall. All that's required is access to the internet and a computer. <https://www.futurelearn.com/courses/falls>



Surrey Choices

Let us help you prepare for a job with our amazing summer activities!

Do you know what you want to be when you leave college? Don't worry if you don't, because we have a range of courses for you to try during your Summer Holidays 2016!

Our courses run from Monday 1 August until Friday 26 August 2016, with each course running for a week long. **If you are 18-30 years of age and have support needs**, please get in touch so we can tell you what we have to offer. **Call us now** on 01483 806806 for more information or to book! www.surreychoices.com



Hearing Champions Free, simple sessions open to everyone.

Hearing Aid maintenance training

Education Centre, Guildford Cathedral, Guildford, GU2 7UP

8th September, 6th & 8th December 2016 Times: 10am—4pm

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>

Monday 12th September from 9.30 - 4.15pm

'Lighting the DARC - Dementia Awareness: Reaching Communities'

Lecturer: Dr. Gemma Jones

Venue: St. Mary's, Park St., Camberley GU15 2SR

The course is intended for those who may meet people in possible dementia in the course of their work. It gives pointers as to recognition and ways of communicating effectively with the person affected and their carers.

Free parking, admission, refreshments throughout the day, book, laminated poster for the employing organisation and certificate of attendance. Guests are requested to bring a packed lunch.

PLEASE CONTACT Maureen Hume to book a place. We need this information in order to provide sufficient refreshments, books, laminated posters and certificates. Maureen Hume (Camberley Alzheimer Café Coordinator) Ph. 01276 675 266 Email: Maureen_hume@talktalk.net



Camberley Adult Learning Centre

France Hill Drive, Camberley GU15 3QB

ESOL - English for Speakers of other Languages

ESOL courses at Camberley

Entry Level 1, 2, 3 + L1

For learners staying in the UK, our ESOL courses will:

- Help you learn to read and write and learn English for everyday life;
- Help you prepare for your "Life in the UK Test" and British citizenship;
- Help you work towards an English exam (qualification).

Pre-Entry Level Introduction courses

To give you a better start before you do an exam prepare for the ESB exams in:

- Speaking and Listening
- Reading and Writing

Come to our free advice and guidance session to test your level and speak to a tutor

- 6th / 7th September 2016 10am to 2pm

For more information visit an Adult Learning Centre or call 0300 200 1044

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)



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 OLVH 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

Arena Leisure Centre - Why not try our new indoor bowls session?

Using different techniques & Games. Enjoyable and sociable sessions. **Drop in Tuesdays 10.30am-11.30am.**

Operated by Places for People Ltd on behalf of Surrey Heath Borough Council

County Libraries Digital Buddy 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/>

Wednesday



Leading the
fight against
dementia

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 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.

'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

Midweek Fellowship Meeting Frimley Baptist Church, Balmoral Road. GU16 9AR

each Wednesday at 2 pm Most of our meetings are devotional in nature, open to men and women of all ages, but particularly for older people. All are welcome on an occasional or regular basis. Occasional social activities are included in the program. For further information phone 01252 837844 or visit the church website www.fbc.org.uk

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

C.A.M.E.O. - Come And Meet Each Other At St Mary's Centre, Park Road, Camberley, GU15 2SR

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**

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

OPEN DOOR at St John's Church Cove – the Church Hall, St John's Road, 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

Thursday

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

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

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.

County Libraries Digital Buddy Service

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

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:

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



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

Access Notice Board on the web

Recent Care Connection Newsletters can 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>

The next 'Notice Board'

Brief notices, news, events and training opportunities are very welcome for the September 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!