Surrey Heath Care Connections

Notice Board

February 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 250+ 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.surreyheathccg.nhs.uk/news-information/notice-board

Life-long Learning

My wife and I used to run a training college for pre-school teachers in Southern Africa. Local African men and women in a wide age bracket came to us seeking to improve themselves and life in their community. Our organisation espoused the virtue of ‘Life-long Learning’. With my daughter embarking upon an MA course this week, and my wife well into her MEd, I guess I was stimulated to register for a short course that would benefit the work in Surrey Heath. Maybe it’s a New Year thing for me?

I am by no means an academic nor find settling into studies particularly easy. But I can testify to the way that the shortest of courses or reading a text can bring new life to an earlier idea, give enhanced perspective, prompt new actions, and help put a plan into place. How about you? Why not take advantage of the information and training courses available locally or online courses. Take a look at page 9 to 11 of this pdf version of the Notice Board and opportunities in the February calendar section below. It serves us all well when we continue to exercise an enquiring mind. There is a lot on offer!

Calendar for February

Tuesday 2nd February (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.
2nd February Sue Hathaway Rushmoor Voluntary Services
1st March Claire Percy Home Instead Senior Care
5th April Niki Brown Associate Dementia Practitioner, Frimley Park Hospital
Please call 01276 819106 for more information! www.GracewellCamberley.co.uk

Tuesday 9th February
10am – 2pm at Camberley Sea Cadets
Surrey Heath Veterans & Families - Listening Project
Guest speaker Mark Tindle from Royal Logistics Museum, presents the museums’ event’s and plans, including redevelopment of Princess Royal Barracks. Further information: www.royallogisticcorps.co.uk/heritage/museum/

SHV&F-LP hold a regular, free Well-being group for HMF Veterans’ at 12 pm.
This month we have SERVICES (Surrey Engagement: Reservists and Veterans Emotional Support) covering ‘Coping with frustrations and anger emotion gym’
“Wound up”, “Rage”, “I can’t take any more!”, “Frustrated”, “Boiling over” ...are just a few of the words commonly used to describe anger. Anger and frustration are often associated with loud and aggressive behaviour, but it is just as common for a person to withdraw and ‘bottle up’ their emotions. This emotion gym gives self-help strategies that are known to be helpful in managing anger in a more positive and helpful way.

If you would like to bake a cake or any other delicious bake, bring it along. We provide complimentary cups of Pukka tea, coffee, biscuits and a selection of fresh fruit for HM Veterans and Families, as well as providing an opportunity to meet with representatives: Veterans UK, Combat Stress, SSAFA, The Warrior Programme, Citizens Advice Bureau (CAB) and The Royal British Legion. No appointment necessary.

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

Thursday 11th February
At the End of Life – A workshop on ethical issues at the end of life (open to all) being held at Christ Church, Woking, 10am - 4:30pm. With Bishop James Newcome and Revd Dr Brendan McCarthy. For more details and to book a place visit the diocesan website http://www.cofeguildford.org.uk/about/dvm/continuing-ministerial-training/cmd-programme

Monday 15th February
Camberley Alzheimer Café At St. Mary’s Centre, Park Rd., Camberley, GU15 2SR
February Café evening meeting Topic: Understanding Fear and Anger
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

Tuesday 23rd February
Rape & Sexual Abuse Support Centre (RASASC) Pub Quiz Fundraiser
Round up a team and join the RASASC Pub Quiz to raise valuable funds for survivor services. When: Quiz starts 8pm Tuesday 23rd February Where: The Keep, 29 Castle Street, Guildford Teams of 5-6 people, £5 per person. Further info and to book, contact Vivien at vivien@rasasc-guildford.org

Wednesday 24th February
Suicide: An everyday tragedy? 10am-1pm at Godalming Baptist Church. A sensitive, informative, open talk about the myths, facts and burdens of suicide; laced always with hope. Led by Suzette Jones, the diocesan health and wellbeing advisor. More information www.godalmingbaptistchurch.org.uk/events

Wednesday 24th February
Songs of Praise 2.30pm
Followed by tea in the Church Hall.
All Saints’ Church, Broadway Road, Lightwater GU18 5SJ. Everyone welcome.

FREE Adult Weight Management Course
This course is available to people 16 year and over with a body mass index of 25+
- Free to all participants with access to centre facilities for the duration of the course.
- Starting week Commencing 4th January 2016 for 12 consecutive weeks 1.5 hours sessions.
- 4 sessions available Monday 8-9.30pm, Wednesday 10.30-12pm, Thursday 6-7.30pm, Friday 10-11.30am
- Available via GP referral or Self referral.

Operated by Places for People Ltd on behalf of Surrey Heath Borough Council
Friday 26th February

**Shared Lives Drop-in at The Camberley Hub**

The Shared Lives team will be holding drop in services in the Surrey Hubs for people to come and find out about Shared Lives. This could be a customer who would like to be supported by a Shared Lives carer or someone who is interested in providing support.

Shared Lives is a really unique model of care and support and can provide long term, short breaks and day support to adults with care and support needs. Shared Lives arrangements enable the person to live independently and as part of a family in a supported and safe environment whilst also being an active member of their local community.

**Join our scheme to support adults with a range of care needs.** This could be for just a couple of hours a week, weekend breaks, or as a full time living arrangement. We can offer you: Competitive rates of pay, Flexible working hours, The ability to work from home, Advice and specialist training.

**Want to find out more?** Come along to one of our drop-in sessions (others take place at the Hubs in Addlestone, Walton, Epsom and Godalming). Tel. 01483 806806 info@surreychoices.com

Wednesday 23rd March

**Camberley Theatre**

**Surrey Heath Carers Self-Management UK Workshop**

**A free course for carers:**
- When you care for others, who is caring for you?
- Do you care for someone with a long-term health condition?
- Do you want to learn skills and techniques to help you in your role as Carer?
- Improve your own health and wellbeing
- Socialise and share your experience with other carers

Email: hello@selfmanagementuk.org Tel: 03333 445 840 Tweet: @selfmanageuk

Self Management UK Registered Charity: 1146727

**Want to attend?**

Morning or afternoon workshops running from 10:30-12:30 or from 14:00-16:00 at Camberley Theatre.

Don’t be worried about how to get there and who will look after the person you care for while you are attending the 2 hour workshop SHCCG and Surrey Heath Borough Council have worked together to offer: Dial-a-ride: free transport for you the carer and a maximum of £6.40 return for your cared-for person if you bring them to the workshop with you. NB. Not available to a carer travelling on their own to the workshop.

**Free parking** in the Knoll Road multi-storey car park behind the theatre on the day. This offer applies only to this car park.

If you are already known to the Surrey Heath Social Care Team please ask them if you are eligible for replacement care for the duration of the workshop. If you have not yet been in contact with the Surrey Heath Social Care Team, you still have time to have an assessment to see if you are eligible for replacement care. The Adult Social Care helpline number is 0300 200 1005.

If you want to book onto the Carers Self-Management UK course, all you need to do is tell the person booking you onto the course that you need dial a ride or that you would like the free parking and they will make the arrangements for you.

**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.
Dementia Friendly Surrey Heath

We would value your support, input and help in developing local communities in Surrey Heath where people with dementia feel confident, understood and supported. Alzheimer’s Society is looking for individuals and organisations to help make your locality more dementia-friendly, by making local Dementia Action Alliances (DAA) a reality.

A Local Dementia Action Alliance is a network of businesses, organisations and community individuals who want to improve the lives of local people affected by dementia through action. Member organisations commit to a number of actions outlining the ways in which they aim to become more dementia-friendly, such as increasing staff awareness, reviewing their staff policies or creating better signage. Dementia Action Alliances are seen as a major step for the area being recognised as a Dementia Friendly Community by Alzheimer’s Society.

For further information please email: paul.evans@alzheimers.org.uk or call 01403 213019

Follow-Up Survey for Cancer Patients — receiving your responses up to the Easter weekend.

Conducted by Independent Cancer Patients’ Voice (ICPV) and supported by Warwick Clinical Trials Unit (CTU)

In 2014 ICPV conducted a survey to collect patient opinion on follow-up after treatment for cancer. We published the findings of this survey as an editorial in the Journal of Clinical Oncology. We now want to extend this work.

The findings of our original survey showed that follow-up after treatment for cancer should probably be individualised rather than use a ‘one size fits all’ approach. We need to get the opinion of more patients now so we can validate our findings and help to ensure the patients’ perspective is heard.

We hope to use the findings of our new survey to write and publish a much longer article and to help ensure that follow-up can become much more individualised and influenced by the patient voice.

Link to new survey: https://www.surveymonkey.co.uk/r/F3RS3LV
Please follow the link to complete the survey. If you’d like to tell your story in more depth please feel free to do so by email to sophie@icpv.org.uk
All survey participants can be sent the final article once it is written. Thank you for your help!

Veteran’s Mental Health Services Engagement

The NHS England engagement on mental health services for veterans is now live and the survey and supporting information can be accessed here: https://www.engage.england.nhs.uk/survey/veterans-mental-health-services

Responses by 5pm on 31 March 2016. We are particularly keen to hear from the following groups:

- Veterans who have or have had a mental health condition
- People who know veterans who they believe have or have had a mental health condition
- Service charities / support groups
- Mental health professionals involved in veterans’ mental health care
- CCGs

The survey includes sets of tailored questions for each of the above audiences, however, NHS England welcomes views from anyone who has an interest in veterans’ mental health and people can choose which section they wish to complete.

We have arranged for the engagement document to be translated into Nepalese to enable the involvement of the ex-Gurkha community. This will be circulated once available.

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.
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.

Combined visual and hearing services commence 1 February 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

Walk And Live Confidently

Falls are the main reason why older people lose their independence... are you at risk?
• Have you had 2 or more falls in the last 12 months or
• If you have 3 out of the 5 criteria below then refer to the falls service
  1 Have you fallen in the last year?
  2 Are you taking 4 or more medicines?
  3 Have you had a stroke or been diagnosed with Parkinson’s disease?
  4 Have you had any problems with your balance or walking?
  5 Do you have difficulty getting up from a chair?

Frimley System Falls and Falls Prevention Project. Supported by North East Hampshire & Farnham CCG, Bracknell & Ascot CCG and Surrey Heath CCG working with partner agencies.

When we answer your call we take some basic details and arrange for one of our experienced therapists to call you back at a mutually agreeable time. Simply call: 0845 241 7201

The Safe Haven Camberley

The Safe Haven Camberley opened in November. It 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.

Open Monday and Friday 18:00 – 23:00
Address: The Welcome Project premises, 147 London Road, Camberley, Surrey, GU15 3JY
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, Rummikub, 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.

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?
Available at The Hub, Knoll Road, Camberley, GU15 3HD
(4th Monday of every month 10am – 1.30pm)
For further information call Surrey Heath Social Care Team 01276 800205

Health and Wellbeing Surrey
Stay Well this Winter
Advice here http://www.surreyheathccg.nhs.uk/our-services/health-campaigns/stay-well-this-winter

Keep Warm Action Surrey can provide information and advice on how to keep a home warm and grants that may be available for replacement boilers and insulation.
Web: www.actionsurrey.org email: info@actionsurrey.org Tel: 0800 783 2503. The Streets Ahead project, through Action Surrey and partner councils, is offering grants and assistance for Surrey properties that are unsuitable for cavity wall insulation. Web: www.actionsurrey.org/streetsahead
Email: streetsahead@actionsurrey.org Tel: 0333 014 3620
Payments available include the Winter Fuel Payment and Cold Weather Payment. Further information is available from Citizens Advice Bureau. Web: www.citizensadvicesurrey.org.uk
Age UK Surrey has useful information to help people to stay safe, warm and well in the winter. This includes money-saving tips and further advice and information on benefits and grants, advocacy and counselling. Web: www.ageuk.org.uk/surrey . Tel: 01483 503 414 www.ageuk.org.uk/winterprep
The Community Foundation for Surrey's Surviving Winter Fund raises money to support charities and community organisation working with old people at risk. People who can afford to are encouraged to donate their Winter Fuel Allowance to this fund. Local community groups supporting older people can apply to this fund. Web: www.cfsurrey.org.uk Tel: 01483 409 230

Library Direct
For people who have difficulty getting to the library
DON'T LET WINTER STOP YOU!
Do you, or does someone you know struggle to get to the library?
Do you fear winter will only make it harder?
Don't brave the cold... Library Direct can bring the joy of the library to you!
If you have difficulty getting to the library owing to ill-health, disability, mobility problems or caring responsibilities but still want to enjoy books and audio books register for our Library Direct service.
Library Direct Home Service – we can arrange for library books and audio books to be delivered to your home on a regular basis by one of our friendly volunteers. We also offer a specialist service to residential care homes in Surrey, please contact us at the number given for further information.
Friends and Family Membership – for those who can visit the library on your behalf.
Talking Book service - ask about the RNIB talking books service.
Your first step in finding the most suitable option for you is to call Enquiries Direct on 01483 543599 or e-mail: libraries@surreycc.gov.uk
All Night Café & Winter Project

Big Fish 117 Ministries

ALL NIGHT CAFÉ
A SAFE PLACE TO BE with “No Pressure”
The Scout Hall, 270 London Road, Camberley GU15 3JP
We Operate a Strict No Alcohol and No Drugs Policy and No Smoking anywhere in our project premises
EVERY NIGHT from 10pm to 7.45am.
Hot Meals served from 10.30pm.
Free hot drinks and breakfast served at 7.a.m.
Winter weather and crisis support for people in need.
Contact and referrals Tel: 07919 424886
big.fish117@virgin.net
www.bigfish117excellentproject.vpweb.co.uk

The Silver Line Helpline
A FREE confidential helpline 24 hours a day 365 days a year. Silver Line also delivers one to one services in support of older people in the UK who may be experiencing challenges due to the impact of loneliness or social isolation.
It was Dame Esther Rantzen’s feelings of loneliness following the death of her husband that prompted our founder and president to publicly share her own feelings and open up the discussion around loneliness – a subject surrounded by stigma.
Open every minute of every day and the majority of our calls (68%) are taken after 5pm and at weekends.
If there’s anyone who you think might benefit then please let them know about The Silver Line. We’re around when other services aren’t! 0800 4 70 80 90

‘I NEED HELP’
Free telephone and email support for teenagers and young adults.
Trained volunteers listen and respond in a non-judgemental and safe environment, focussing on the emotional well-being of the caller/emailer. We accept calls and emails from those who need regular support for an ongoing situation and from those needing help and support at a particular time.
‘I need help’ offers signposting for professional help through local and national organisations. If you work with a team of people who would be interested in hearing more about what we do and the support we can offer, please contact us to arrange a meeting.
‘I need help’ is staffed daily from 9am – 5pm Monday to Friday and emails will be responded to during these hours. Freephone 0800 141 2055
Email Support@ineedhelp.org.uk
‘I need help’ is part of Familyline and the National Association of Helplines and is supported by Surrey County Council and local borough and district councils.
For Further information please contact: Corrina Bryant on 07990 660219 or email corrina@familyline.org.uk

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.

- **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 2 – 4pm with Miriam Boorman
- **Sight for Surrey** 10:00 – 12:00 Last Thursday of month with Kate Philpot
- **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
Go50 – Walks and cycle rides across Surrey

Go50 aims to introduce people in the 50+ age group to a healthier lifestyle and the benefits of regular exercise – as well as the additional benefits of socialising with others while exercising. We offer a range of enjoyable walks, Nordic walks and cycle rides with the opportunity to meet new people. For further information or for a full programme, please contact 01483 446624 or email Annabel.pee@ageuk surrey.org.uk. Alternatively visit our website: www.ageksurrey.org.uk where our Go50 programme of activities is available for download.

Camberley Hub: Advice and Information Sessions
Knoll Road, Camberley, GU15 3SY
Tel: 01276 63155 Email: info@hubcamberley.org.uk

February 2016

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<th>Event</th>
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<td>Monday 8th</td>
<td>10.30 – 12.30</td>
<td>SDPP Advocacy Drop in</td>
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<td>Monday 22nd</td>
<td>10.30 to 4pm</td>
<td>Surrey Adult Social Care</td>
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<td>Wednesday 3rd</td>
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<td>Surrey CC Smartcare</td>
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<td>Thursday 4th</td>
<td>1.30 – 4pm</td>
<td>Employability Drop In</td>
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<td>Thursday 11th</td>
<td>1.30 – 4pm</td>
<td>Employability Drop In</td>
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<td>Thursday 18th</td>
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<td>Morrison Solicitors Drop in</td>
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<td>Thursday 18th</td>
<td>1.30 – 4pm</td>
<td>Employability Drop In</td>
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<td>Thursday 25th</td>
<td>10.30 – 4.30</td>
<td>Action for Carers Drop In</td>
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<td>Friday 5th</td>
<td>10.30 – 12.30</td>
<td>SHMA (Surrey Heath Muslim Ass) Drop in</td>
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<td>Friday 19th</td>
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<td>Sight for Surrey - Equipment</td>
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<td>Friday 12th</td>
<td>1.30 – 4pm</td>
<td>Get Wise Benefit Advice Drop In</td>
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Surrey Law Centre: Fortnightly Appointment Only - Friday 6 to 8.30pm 12/2/2016 & 22/2/2016
IAPT Appointment Only / RASAC Appointment Only / CRUISE Appointment Only
Please contact linda@hubcamberley.org.uk for more information

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 and Thursdays 10.00 - 4.00pm, 42 weeks of the year
For more information contact Pauline Robertson at frimhurstenterprises@gmail.com or call 07887 393924.

Mental Wellbeing matters: self-referral opportunities
Across Surrey 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: surreytp@addaction.org.uk Website: www.addaction.org.uk
FURNITURE & CHARITY SHOP
St. Vincent's Community Store
NEW PREMISES 1,3,5 Sparvell Way, Camberley, GU15 3SF (in the alleyway between Boots and the A30 where Brackendale Arts used to be). Open Monday to Saturday 9am - 5pm
The Telephone has stayed the same 01276 679659 and we are now open to receiving donations and referrals at the new shop (as well as customers!)
Email: stvincentscamberley@hotmail.com  Facebook: www.facebook.com/camberleystvincents
St. Vincent’s deliver furniture to those that are in crisis or have been housed following homelessness. The food bank operates by taking food parcels out to those who need it. The new Charity Shop is open to everyone and sells furniture, bric a brac, toys and clothing. Its purpose is twofold, to give people access to inexpensive furniture and to raise money to support the ongoing charity work.

Hearing Aid Clinics
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 11.30 am.
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
March 21, 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.

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.

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

Extending our Learning
Future Learn - Online learning for free
Short courses over a range of interesting aspects of health and wellbeing are offered by a number of leading Universities. These are for any of us to take part. Do take a look at the following website:
https://www.futurelearn.com/courses/categories/health-and-psychology
Carer Information and Support Programme (CrISP)

Do you care for or support someone with dementia?

**CrISP 2 course in Bagshot, starting on the 21st March**

Our carer information and support programme offers information sessions in a group environment where carers can share experiences and identify local services.

**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.

We will be running the **CrISP 2 course in Bagshot, starting on the 21st March.** We will be running the CrISP 1 course later in the year. For more information about either course and to book a place, please contact Wendy Wilmot on 01403 213019 or email wendy.wilmot@alzheimers.org.uk

**Nepali Language courses** are offered again in the new term at the West End Centre, Aldershot. All are free to attend for those living in Rushmoor. Otherwise check website for details.

**Beginners English for Nepali Speakers:** Tuesdays 1 - 3pm. 12 Jan - 22 March (No Class 16 Feb) 10 weeks

**Easy Squeezy Nepalesey:** Fridays 2 – 4pm. 8 Jan - 18 March (No Class 19 Feb) 10 weeks

**Intermediate Nepali:** (NEW – a refresher for those who have attended one of our courses before, or who already have a basic grasp of Nepali), Wednesdays 2 – 3:45pm. 13 Jan – 23 March, (No Class 17 Feb) 10 weeks.

Contact: Jennifer Upstill, Arts Development Officer, West End Centre
West End Centre, Queens Road, Aldershot, GU11 3JD
Admin Tel: 01252 408040 / www.westendcentre.co.uk / @teamwesty

Hampshire arts and museums are now operated and funded by Hampshire Cultural Trust. This independent charity champions world-class culture and exists to showcase, connect and empower Hampshire’s creative economy. To find out more and get involved visit: www.hampshireculturaltrust.org.uk

**First Steps NHS / Virgin Care ‘Emotion Gym’**

**Daytime Workshops for mental and emotional health - February 2016**

A relaxed and friendly talk on each topic, focusing on ways of maintaining and improving emotional well-being

**Pine Ridge Children’s Centre, Esher Road, Camberley GU15 4AL**

- **Anxiety** Mon 1 February 2016 1pm to 3pm
- **Self-esteem** Mon 8 February 2016 1pm to 3pm
- **Communication and assertiveness** Mon 15 February 2016 1pm to 3pm

**No need to book or give personal details, just turn up!**

If you require any further assistance or for directions please contact us on 0808 801 0325

www.firststeps-surrey.nhs.uk Email: firststeps@nhs.net

**Lighting DARC – “Dementia Awareness reaching communities”**

**One Day Course on Monday 11 April, 2016**

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

**Applications by 2nd March.** For further details and to receive the application form contact: Mrs. Maureen Hume
Email: maureen_hume@talktalk.net Phone: 01276 675 266
**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](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

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**Regular & Recurring Activities**

**Saturdays**

**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

**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**

We can take on additions members for our weekly Swimming for fun sessions on a Saturday between 4:30 & 5:30 pm. For children with impairments. Ages 5 to 12 / Ages 12 to 18 / over 18 years of age

**Get Wet, Get Fit** and most of all have Fun!

The aim of the fitness for fun project is to enable people of all ages who may have reduced / impaired ability whether physical or mental or who may otherwise be socially excluded to enjoy the benefits of swimming on a regular basis. All can benefit from the positive effects on circulation, muscles and general health. Thousands of people just like you take to the water every day and enjoy the health and social benefits of swimming.

Cost of a 12 week teacher led course is £60; cost of a 4 week teacher led course is £24

Registration is required and lessons booked in advance so a place can be allocated so please ensure you send back your request by email to ensure your place is approved and a place reserved. If you require any further information on any other activities we may be considering visit our web site @ [www.r-u-able2.org.com](http://www.r-u-able2.org.com) or contact us by: Tel: 07739 595165

Email: contact@r-u-able2.org.uk  Facebook [www.facebook.com/R.U.ABLE2_Group](http://www.facebook.com/R.U.ABLE2_Group)

Registered Charity Number 1156257 R-U-ABLE2
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)

Sundays

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

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

Mondays

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

English Language and Support Group
Classes for people of all nationalities, cultures and religions where English is not their first language. 10.30 to 12.30 during school term times at Frimley Baptist Church, Balmoral Drive, Frimley GU16 9AR

Monday Sessions 11th Jan to 21st Mar 2016
10.30 to 11.30  Tea/coffee/chat and fun activity
11.30 to 12.30 – English Language classes

Free English classes are carried out in an informal setting and provide opportunities for students to make new friends in a relaxed environment. Practical information to help students adjust to life in the UK and local area is also offered where appropriate. Occasional social events are arranged to encourage friendships to develop and to enable students to experience “Britishness” for themselves.

office@fbc.org.uk  01252 837844  http://www.fbc.org.uk  (under Community section)
**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.

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**Wednesdays**

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.

For more 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.

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**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](http://www.stmartinolddean.com) Tel. 01276 23958

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**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

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**Thursdays**

**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.

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**Dementia Exercise session at the Arena - Weekly on Thursday afternoons.**

Arena Leisure Centre at 2pm.

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

Contact: Lauren Lee, **Sports Development and Health & Wellbeing Coordinator**

Places for People Leisure Ltd, Arena Leisure Centre. Tel. 01276 417111

[www.placesforpeopleleisure.org](http://www.placesforpeopleleisure.org)
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

**Fridays**

**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**
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. There is also coffee and biscuits.

**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

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**Your brief notices**, news, events and training opportunities are very welcome for the next ‘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 this email with UNSUBSCRIBE in the subject line. Thanks!