Surrey Heath Care Connections

Notice Board

October 2015

A communication from Community Connector Nigel Drury

This is a brief run through of up-coming activities and events in the field of care for the elderly and the vulnerable of all ages. It is for the benefit of those living in Surrey Heath. Distribution is to my established contacts in the voluntary and community groups and representatives of official agencies.

Present and past 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/careconnections
http://www.surreyheathccg.nhs.uk/news-information/notice-board

World Mental Health Day – 10th October

This World Mental Health Day has the theme of Dignity in Mental Health. See useful information at the Mental Health Foundation website http://www.mentalhealth.org.uk/

‘We all have mental health, and by failing to treat people with mental health problems with dignity we make it more difficult to ensure that everyone takes steps to safeguard their wellbeing and to seek help, as it can lead to self-stigma, low confidence, low self-esteem, withdrawal and social isolation.’ - Mental Health Foundation.

Locally please remember the work of Catalyst, The Alzheimer’s Society, Branches, the PND Support Group and Windle Valley Youth Project. These organisations regularly post notices in this NOTICE BOARD.

A WEALTH of local advisors: Do get this message out!

These are days of over-stretched services, yet there are advisors from different agencies available to see local residents at the Wellbeing Centre in Bagshot. Representatives from Adult Social Care, Citizens Advice Surrey Heath, Alzheimer’s Society and Sight for Surrey have regular appointment slots or ‘drop-in’ times.

Do your contacts, neighbours, group members or clients know of these services?

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.
- Adult Social Care - Drop In for Carers 9:30 – 13:30 Second Tuesday of month with Jayne Low
- Adult Social Care - Personal Budget Information & Advice 1 – 4pm Second Tuesday of month
- 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
Events in date order

Starting Friday 2\textsuperscript{nd} October
Camberley Alzheimer Café - ‘Progression of Dementia - Seeing Gems Not Just Loss’
See ‘Training Opportunities section below for details. MONTHLY ON FRIDAYS 2.00 – 4.00pm
through to July 2016 at St Mary's Church & Centre, Park Road, Camberley, Surrey, GU15 2SR

Starting Friday 2\textsuperscript{nd} October
Lip Reading Course – Englefield Green

Part of the Diocese of Guildford Hear Here! Project
Friday mornings, 10.30am – 12.30pm. The John Monsell Room, St Jude’s Church,
St Jude’s Road, Englefield Green TW20 0BZ.
£5 per session, first class free
Contact Tracey Wade, Sensory Inclusion Adviser Email tracey.wade@cofeguildford.org.uk
Telephone 01483 790327 Textphone 07531 268476

Saturday 3\textsuperscript{rd} October and Sunday 4\textsuperscript{th} October
Fostering and Adoption
Fostering Recruitment Stall
10-5pm at the Surrey Hills Wood Fair, Grounds of Birtley Estate, Bramley, Guildford GU5 0LE
This will be a lovely family event, with lots of activities.

Contact: Linda Johnson, Fostering and Adoption Recruitment Officer, Surrey County Council
Quadrant Court, 35 Guildford Road, Woking GU22 7QQ
Tel. 01483 518894 Mobile. 07580 834288

Tuesday 6\textsuperscript{th} October
9:00am - 4:30pm

Supporting HM Veterans & Families

SHV&F-LP kindly invite you to attend a one day FREE networking event
"BRIDGING THE GAP 2015"

Venue: Lakeside international Hotel, Wharf Road, Frimley Green, Surrey GU16 6JR
Find out about a wide range of services in your area supporting HM Veterans & Families in a variety of ways
health, well-being, support and advice. Hear presentations from organisations, charities, local support groups
and hear the experiences of veterans.

* Ample free parking available
* Light refreshments
For further information please email: surreyheath.veterans@yahoo.com
or visit our website: www.shvflp.org.uk

Thursday 8\textsuperscript{th} October
Branches Mental Health Support Network

We invite you to attend our "Branches Welcome Day 2015"
12.00pm - 4.00pm Thursday 8th October 2015

Room 7, Farnborough Community Centre, Meudon Avenue, Farnborough, GU14 7LE
The Welcome Day is our annual opportunity to invite the public, local partner organisations,
commissioners, Service Users, and any other interested parties in to our service, to see what we
do, meet the Members and the Staff Team, and find out more about Branches.
**Working in Collaboration:** Focussing on the benefits of good partnership working within the third sector, within community-based organisations, and within local health and social care services.

A free buffet and refreshments will be available, and we hope you are able to come along, learn more about Branches, and join us in celebrating the achievements of our Members. If possible, do R.S.V.P.

**Contact Branches:** If you require any further information about the Welcome Day please simply phone Branches on 07895 819 400 or 07729 954 910. Email: branches.group@yahoo.co.uk

Or write to Branches, Farnborough Community Centre, Meudon Avenue, Farnborough, Hants GU14 7LE

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**Tuesday 13th October**

**Surrey Heath Veterans & Families - Listening Project**

SHV&F-LP next meet Tuesday 13th October 10am - 2pm. Our guest speaker this month is **Sight for Surrey**. Sight for Surrey (formerly Surrey Association for Visual Impairment) is the largest charitable organisation in Surrey working with people who have or who are experiencing the effects of sight loss, and will start at 11am.

We provide complimentary cups of Pukka tea, coffee, biscuits a 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 Ripple Pond, and The Warrior Programme. NO appointment necessary.

SHV&F-LP hold a regular Well-being group. There is something for most HM Veterans & families: to meet, chat and mix over a brew.

We look forward to meeting you. SHV&F-LP are located at Camberley Sea Cadets, 2a Gilbert Road, FRIMLEY GU16 7RD Opposite the Matalan Store on the Frimley Road.

**SHV&F-LP meet every second Tuesday of the month 10am - 2pm**

Contact Deborah Sellstrom via the webpage [www.shvflp.org.uk](http://www.shvflp.org.uk)

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**Wednesday 14th October**

**Fostering and Adoption**

**Fostering Recruitment Stall**

11am-2pm at Spelthorne Borough Council Offices, Knowle Green, TW18 1XB.

Chat to a foster carer and have a free cake.

Linda Johnson, Fostering and Adoption Recruitment Officer Tel. 01483 518894 Mobile. 07580 834288

Surrey County Council, Quadrant Court, 35 Guildford Road, Woking GU22 7QQ

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**Thursday 15th October**

**Carers Afternoon Tea & Evensong – at Guildford Cathedral**

**Do you care for someone?**

**Do you know a carer or were you formerly a carer?**

**Does your Church have a carers support group?**

Canon Chris Rich 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

3.30pm **Tea & Cake in the Refectory**, next to Guildford Cathedral

5.30pm **Evensong Service**: following the reception we welcome anyone who would like to stay and join the Evensong service in the Cathedral which will be dedicated to Carers in the Diocese. Everyone is welcome including those who are currently being cared for.

For catering purposes, please contact Emma Beswick so that we know how many cakes to bake!

Emma Beswick, CET Diocesan House, Quarry Street, Guildford, GU1 3XG: emma.beswick@cofeguildford.org.uk Enquiries Tel: 01483 790 324

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**Monday 19th October**

**Camberley Alzheimer Café**

Venue: St. Mary’s, Park Rd. Camberley GU15 2SR, phone 01276 675 266/685 167

Date: Third Monday in the month 6.30pm - 8.30pm

**Subject:** What happens to memory and attention in dementia?
October 19th to 23rd is National Shared Lives week
Come along to one of our drop in sessions during this week to find out more about the service, how you can get involved either as a Shared Lives carer or how you can access the service.
Visit us between 11am and 3pm on:
Monday 19 October - Woking Hub, 51 Commercial Way, Woking, GU21 6HN
Tuesday 20 October - Redhill Hub, 41 High Street, Redhill, RH1 1RX
Wednesday 21 October - Swan Lane, Guildford, Surrey, GU14EQ
Friday 23 October - Staines Hub, 4 Thames Street, Staines, TW18 4SD
You can also call us on 01483 806522 and a member of the team will be happy to speak to you or visit www.surreychoices.com/shared-lives

Wednesday 21st October
The Welcome Project
Sleep Difficulties Clinic
10.30am - 12.30pm in Camberley
Includes sleep management techniques designed by the Glasgow Sleep Centre at Glasgow University.
Conservative estimates of the prevalence of chronic insomnia, defined as persistent difficulty in initiating or maintaining sleep, range from 9% - 12% in adulthood, up to 20% in later life. In partnership with First Steps we are offering a Sleep Workshop for people aged 18 – 65. It aims to teach techniques to improve sleep based on cognitive behaviour therapy.

Further Information and Sign-Up
If you would like to know more or to register for these workshops please contact us:
Tel: 01276 409415 / 07919 075034
Email: welcomeproject@catalystsupport.org.uk - Web: www.welcomeprojectsurrey.co.uk
The Welcome Project team 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 Guildford, Waverley or Surrey Heath between the age of 18 and 65.

Friday 23rd October
Lightwater Surgery Patient Participation Group
WORKSHOP ON DEMENTIA AND COMMUNICATION
1 – 2.30pm at All Saints’ Church Hall, Lightwater
Dementia currently affects 850,000 people in the UK of which 40,000 are young people. In 2013 there were 1,136 people in Surrey Heath with dementia. Numbers are set to rise in the future with an estimated 1 million people in the UK with dementia by 2025.
Whether you are concerned about a partner, your own memory, your parents, friend, neighbour etc, this event will seek to arm you with a better understanding of the condition, give handy tips on common communication issues and resource you with information about what help is available in your local area.
There will be a mixture of professional practitioners, voluntary support groups and those with personal experience of dementia, speaking at the event:
There will also be an opportunity on the day to have your own personal questions answered, either during or, in confidence, after the event.
• Faye Nel, Integrated Care team Leader, Surrey and Borders Partnership
• Sara Murray, Clinical Psychologist
• Julie Saxby – personal testimony
• Miriam Boorman, Dementia Navigator, Alzheimer’s Society
CONTACT: patient@lightwaterlocal.co.uk or tel. 07957 147343
Wednesday 28th October

All Saints’ Lightwater

Harvest Songs of Praise
2.30 pm followed by tea in the Church Hall. All Saints’ Church Lightwater.
Everyone welcome.

Friday 27th November

INFORMATION DAY FOR CARERS
From 10am to 3pm
St Thomas on the Bourne, Frensham Road, Farnham GU9 8HA
Information and workshops on Social Interaction for carers of people with dementia
including a presentation by a consultant psychiatrist and the New Care Act by the local Social Care Team
To book your free day, with lunch included, please call Wendy Wilmot on 01403 213019 or email
wendy.wilmot@alzheimers.org.uk
We would like to thank our sponsors Howzat Cricket Team.

Training Opportunities - October and beyond

Camberley Alzheimer Café
Presents ‘Progression of Dementia - Seeing Gems Not Just Loss’
MONTHLY ON FRIDAYS 2.00 – 4.00pm through to July 2016
Starting 2nd October at St Mary’s Church & Centre, Park Road, Camberley, Surrey, GU15 2SR
For booking and further information contact: Phone: 01276 675266 Email: maureen_hume@talktalk.net
No charge for course, refreshments or parking.
Parking at St. Mary’s Car Park and roads adjacent to the Centre.

Surrey Joint Training / The Learning Enterprise
The below courses still have places between October – December
Telecare – 14th October at Cobham Community Centre & 11th November @ The Vyne, Knaphill
Dementia half day awareness – 19th November at Holy Trinity Church, Redhill
Mental Health Awareness time to change – 15th October at High Cross Church, Camberley & 24th November at Staff Development Centre, Chertsey
Mental Health First Aid Lite – 7th October at Raven Housing Trust, Redhill & 11th November at Unum, Dorking
Drug Awareness & Harm Reduction – 29th October at Christ Church, Woking
Application forms and our full training programme can be found on our webpage at:
Contact Sarah Kennedy, Joint Training Administrator, The Learning Enterprise
t: 01932723885  f: 01932723884  e: surreyjointtraining@learningenterprise.co.uk
**Citizens Advice Surrey Heath**

**Train to be a gateway assessor**

We are inviting new volunteers to start our training to be gateway assessors in **October** - the recruitment starts early as it involves several stages. We need additional advisers as we are now offering a service through webchat for people who cannot get into the bureau i.e. disabled, sick, caring or at work and we are planning to increase our telephone service. It is also likely we will be joining the Energy Best Deal programme, which provides information to vulnerable consumers, who are struggling to pay their bills.

Tara Hastings, Chief Officer, Citizens Advice Surrey Heath, Rear of Library, Knoll Road, GU15 3SY

Direct Line: 01276 685672  e-mail: bureau@camberley.cabnet.org.uk

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**Hearing Champions - Hearing Aid maintenance training**

This Hearing Champions project is in partnership with NHS audiology teams

* Be trained in the basic maintenance of hearing aids
* **Offer these simple maintenance sessions**, at existing social events e.g. coffee mornings & lunches

Hearing Champions Training will include:

- Checking the hearing aid is working
- 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

NHS audiology trained volunteers providing community based hearing aid maintenance

**Get in touch:** For more details about the service or for a current calendar of clinics contact:

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

Email tracey.wade@cofeguildford.org.uk

Address Diocese of Guildford, Diocesan House, Quarry Street, Guildford, GU1 3XG

**Lip Reading and Living with Hearing Loss - Courses 2015/16**

Courses suitable for mixed abilities, beginners are very welcome.

If you would like further information and advice or to enrol, please contact the Customer Service Team Tel. 0300 200 1044  Email: adultlearning@surreycc.gov.uk

Textphone (via Text Relay): 18001 0300 200 1044

SMS: 07527 182 861  -  Fax: 020 8541 9575  -  Minicom: 020 8541 9698

Camberley Centre, France Hill Drive, Camberley, GU15 3QB

Lipreading Courses and Social Groups take place in Surrey & NE Hampshire as part of the Diocese of Guildford Hear Here! Project. Contact Tracey Wade for more information:

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

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**Alzheimer’s Society Carer Information and Support Programme (CrISP)**

**CrISP2 at the Wellbeing Centre in Bagshot in September**

This 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.

For more information and to book a place, contact Alzheimer’s Society on 01403 213019 or email wendy.wilmot@alzheimers.org.uk

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**RASASC**

Rape and Sexual Abuse Support Centre (Guildford)

**Telephone Helpline Volunteers Training Course**

Starting Sunday 18th October 2015

Interviews 20th, 27th September, 11th October

Numbers limited – female only

Are you free 2 evenings a month? (7.15pm-9.45pm) plus 2nd Tuesday evening of every month?

The Helpline offers listening and support for women and men who have experienced childhood or adult rape and/or sexual abuse.

We offer our volunteers a friendly and supportive environment, supervision and ongoing training.

**Full training given, no experience necessary**

Details and application form on www.rasasc-guildford.org

or email vivien@rasasc-guildford.org

Registered Charity 1145816  Est. 1992

This does qualify as an informal placement

We need a commitment from you of at least 18 months

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**Regular / recurring activities**

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**Weekends:**

**Crossroads Care Surrey** is pleased to announce that a new Social Club for Adults with care needs in Chobham at the Chobham Parish Pavilion.

The Club will run **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@crossroadscare surrey.org

**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)

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**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

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**Weekdays:**

**Mondays**

**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

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)

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**High Cross Church**

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

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**Silver Circle - A CLUB FOR SENIOR CITIZENS**

**Our Lady Queen of Heaven**

**Every Monday** 12-3pm OLOH 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**

**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
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.

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

Deepcut Community Church - Senior Coffee Morning

Wednesdays 10.30 am

3 Mulgrave Road, Frimley, Camberley, GU16 8SB.

Contact Gill on 07980 453573.

Once a month, one of our coffee mornings is also used for craft work, for which there is a charge of £5-00. This is usually on a Tuesday, at a different venue, so a phone call to Jenny at 01252 837666 is recommended.

Surrey Heath Carers Support - Carers Support Group Meeting

On the last Wednesday of each month, from 2.00 to 3.30pm

For details you can contact us on Tel. 01276 27390

E-mail: support@surreyheathcarers.org.uk

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

www.surreyheathcarers.org.uk

Thursdays

Postnatal Depression (PND)

Venue: The Challen Room, All Saints Church Hall, Lightwater GU18 5SJ

Every Thursday 9.30 to 11.15 am

A group of local Mums from Lightwater, Bagshot and Windlesham have come together with Bagshot and Lightwater Sure Start to start a group that aims to offer support, coffee, cake and chat while the children play.

Contact eileenbwallace@gmail.com or caroline@bagshot.surrey.sch.uk or just drop in!

PND Support Group also at:

Mychett Children’s Centre, Hamesmoor Road, Mythett, Surrey GU16 6JB

Contact Elaine (Centre Manager) or Sarah (Receptionist): 01252 540076
NEW 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

The Surrey Save Credit Union Outpost

St. Mary’s Centre, Park Road, Camberley GU15 2SR Surrey Save Credit Union
Thursday mornings at 10am - 12 noon at St Michaels Church, London Road, Camberley
Friday mornings from 10am - 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

Camberley Central Job Club

Are you planning to go back to work, but are unsure how to go about it? Maybe what you need is our “Job Search Awareness Programme”
Delivered once a week over a 5 week period, these workshops will help rebuild your confidence and provide you with up to date experience of the following:
• Identification of the skills you can offer to an employer.
• Developing a CV (Curriculum Vitae).
• Completing Job applications and writing covering letters.
• Developing and practicing interview techniques.
• Developing a Job search strategy.
These sessions will be held at St Mary’s on Friday mornings between 10.30 and 12.30 beginning 16th October 2015.

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
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
**General Notices**

**Hearing Aid Clinics**
St Michael's Church, London Road, Camberley
In the Church Hall
We can help with most aspects of the hearing aid, replace tubing, testing if not working and battery replacement. Patients do need to bring their little brown book with them so we can register what we have done. No appointments needed we are in the hall from 10am till 12noon. Next: **Monday** 23 November.

**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.

**TELL US ONCE! - Losing a loved one**
**Surrey Registration Service**
Camberley Registrars Office
Surrey Heath House (next to the museum), Knoll Road, Camberley GU15 3HD
Losing a loved one is hard enough without the stress of paperwork and calls to make. Research shows that a newly bereaved family typically contacts central and local government seven to eight times. **Tell Us Once** aims to ease this burden by allowing you to tell multiple government agencies about a death at the same time. The new service is offered to you by Surrey Registration Service at your death registration appointment. This means that you just tell them once and they will with your permissions and on your behalf, notify the relevant organisations for:
1. Council Tax
2. Adult Social Services
3. Blue Badge
4. Electoral Register
5. Housing and Council Tax Benefit
6. Libraries
7. DWP (State Pensions and Benefits)
8. HMRC (Tax Credits)
9. Identity & Passport Service
10. DVLA (Driving Licence)
Call Surrey Registration Service on 0300 200 1002

**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@agekusurrey.org.uk Alternatively visit our website: [www.agekusurrey.org.uk](http://www.agekusurrey.org.uk) where our Go50 programme of activities is available for download.

**Surrey Heath Carer Support**
Supporting all carers in Surrey Heath.
**Carer Support Group** is held on the last **Wednesday** of every month (except December) at The Lounge, St Mary's Church, Park Road, Camberley, GU15 2SR. 2.00 - 3.30pm open to all carers.
Surrey Heath Carers, Ian Goodchild Centre, Knoll Road, Camberley GU15 3SY
Tel: 01276 27390 Email: support@surreyhealthcarers.org.uk
Contact: Alison Morey/Anne Farthing
FURNITURE & CHARITY SHOP
St. Vincent’s Community Store
Open Mondays, Wednesdays, & Fridays 9am – 2pm, Saturdays 9am – 12pm
CRAVEN COURT, STANHOPE ROAD, CAMBERLEY, GU15 3BS
Tel:01276 679659  Email stvincentscamberley@hotmail.com
www.facebook.com/camberleystvincents
Jennine Thomas is the manager of the new St Vincent’s Community Store. St. Vincent’s deliver furniture to those that are in crisis or have been housed following homelessness. John Looby also operates the food bank taking food parcels out to those who need it. The new Community Store 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.

Helpline: The RASASC Helpline is there for anyone affected by rape or sexual abuse, and is open Sunday–Friday from 7:30pm–9:30pm (every day expect Saturdays and Bank Holidays). Call 01483 546400 or Freephone 0800 0288 022. Further information available on www.rasasc-guildford.org
RASASC is now recruiting for new volunteers to join its Helpline Volunteer team. Full training and supervision is provided. Further information available at http://www.rasasc.org/volunteer-vacancies/ See further information under ‘Training Opportunities’, below.

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.

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Your brief notices, snippets of information, observations or questions are very welcome for the next ‘NOTICE BOARD’ email communication to go out at the turn of every 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!