

# Notice Board

### May 2016



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

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

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

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

**There are many specially marked days, weeks, months and years that bring attention to important and worthy endeavours and campaigns. To pick out just two I present the following: Dementia Awareness Week supported by the Alzheimer's Society, and the 'Living Streets' drive to get us all walking more. Our Borough Council encourages you to join one or more of the led walks in May: take a look below.**

## Dementia Awareness Week

**Sun 15th May - Sat 21st May 2016**

Dementia Awareness Week is supported by the Alzheimer's Society. In the UK, there are about 800,000 people with dementia; it is estimated that around 400,000 people have dementia but do not know it. By raising awareness about this condition, it is hoped that more people will be diagnosed earlier, giving more time for them to come to terms with future symptoms.

**Be a Dementia Friend – small group sessions available** - contact Aline Poulter Email:

[aline.poulter@surreyheath.gov.uk](mailto:aline.poulter@surreyheath.gov.uk) Tel. 01276 707659

**#Try20** To mark **National Walking Month in May**, Living Streets is launching

**#Try20** to encourage the public to fit in 20 minutes walking each day. Living Streets is calling on people to pledge to walk more in May. By pledging to the #Try20 campaign you will receive 20 tips as well as handy guides to add more walking into your day – all pledgers are entered into a prize draw to win £50.

<http://www.livingstreets.org.uk/what-you-can-do/campaigns/national-walking-month-2016>

## Surrey Heath Walks in May



**ALL walks start at 10 am.**

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

### May Walks:

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

**Sat 7<sup>th</sup>** Wildmoor Heath. 2 hours, 6 miles. Meet at Wildmoor Heath Car Park, RG45 7PP.

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

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

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

**Wed 25<sup>th</sup>** Blackwater Meadows. 1.5 hours, 3 miles. Meet at Admiralty Way Car Park, GU15 3DT.



## The Surrey Hubs

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

**From April 4th the new venues are as follows:**

**Wellbeing Centre, Park Street, Bagshot** (rear of the Windle Valley Day Centre). Every Tuesday 10am to 1pm.  
**Camberley Library, Knoll Road.** Every Tuesday afternoon and Wednesday morning; every other week on Thursday morning and every Friday afternoon.

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

Contact **Linda**: Mobile / SMS **07702 699425** and email [Info@hubmobilewest.org.uk](mailto:Info@hubmobilewest.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.

- **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](mailto:Louise.Aartsen@surreyheath.gov.uk) Tel. 01276 479185



## NEW CAMHS SERVICE

Surrey & Borders Partnership are now leading the provision of **Child & Adolescent Mental Health Services** in Surrey through a new partnership with a network of national and local voluntary, statutory and private providers. The new service, is called **MINDSIGHT SURREY CAMHS**, and with a 30% increase in funding is now providing more for children and young people. A new single point of contact for referrals from an online portal or SABP's website and via telephone: 0300 222 5755

This is being managed by Beacon UK and will take referrals from practitioners and also provide advice to young people and their families. Look at SABP website: [www.sabp.nhs.uk](http://www.sabp.nhs.uk) for more information.

## Mental Wellbeing matters – self-referral opportunities:

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

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

**The providers are as follows:**

**Centre for Psychology** Services: one-to-one therapy, mindfulness, group sessions and supportive workshops. Location: Camberley Tel. 01276 423020; Text: 07847 639307 Email: [camberley@centreforpsychology.co.uk](mailto:camberley@centreforpsychology.co.uk) Web: [www.centreforpsychology.co.uk](http://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](http://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. Camberley Tel. 0300 330 5450 [www.sabp.nhs.uk](http://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. Camberley and surrounding areas. Tel. 01483 746900 Email: [surreytp@addaction.org.uk](mailto:surreytp@addaction.org.uk) Website: [www.addaction.org.uk](http://www.addaction.org.uk)



## Walk and Live Confidently (WALC)

### Surrey Heath Clinical Commissioning Group

Surrey Heath House, Knoll Road, Camberley GU15 3HD

Telephone: **01276 707 572**

Email: [SHCCG.ContactUs@nhs.net](mailto:SHCCG.ContactUs@nhs.net) Website: [www.surreyheathccg.nhs.uk](http://www.surreyheathccg.nhs.uk)

Falls are the main reason why older people lose their independence; this service is supported by Surrey Heath CCG, North East Hampshire & Farnham CCG, Bracknell & Ascot CCG working with partner agencies within the Frimley Hospital system.

If you have had 2 or more falls in the last 12 months or is you have 3 “yes’s” out of the 5 statements below:

- Have you fallen in the last year?
- Are you taking 4 or more medicines?
- Have you had a stroke or been diagnosed with Parkinson’s disease?
- Have you had any problems with your balance or walking?
- Do you have difficulty getting up from a chair?

Then refer yourself into the Falls Prevention Service on 0845 241 7201 saying which GP practice you are registered with. When your call is answered your details will be taken and an experienced therapist will call back to arrange a mutually agreeable time for assessment.



## 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 2 June in Godalming** between 10.00 to 12 noon when we’ll be discussing the information gap between health and social care providers – do your clients find themselves repeating their medical history? Register now at [www.voicenetwork.org.uk](http://www.voicenetwork.org.uk)

Justine Aldous, Communications Manager Tel (direct): 01483 447101

Surrey Community Action, Astolat, Coniers Way, New Inn Lane, Burpham, Guildford, Surrey, GU4 7HL

Email: [justinea@surreyca.org.uk](mailto:justinea@surreyca.org.uk) Website: [www.surreyca.org.uk](http://www.surreyca.org.uk)



## Surrey Fostering and Adoption Service

### Chat with us about fostering

Foster carers, a fostered young person and a care leaver will talk about what it is like to foster and be fostered with Surrey County Council Fostering Service. You will have the opportunity to chat 1:1 after the presentation to them and members of the fostering service. Come along to one of the following meetings to find out more. There is no obligation to take your enquiry further.

**Saturday 7<sup>th</sup> May** 11am - 1pm **Chertsey Fire Station**, Addlestone Moor, Addlestone KT15 2QH

**Wednesday 18th May:** two venues in **Guildford**.

7pm - 9pm **Guildford Fire Station**, Ladymead, Guildford GU1 1DL

7pm - 9pm **George Abbott School**, Woodruff Avenue, Guildford, GU1 1XX

**Saturday 21st May, 10am - 2.30pm**

LGBT people - talk to us about fostering on 21 May between 10am and 2.30pm at **The Lightbox**, Chobham Road, **Woking** GU21 4AA. Parking is across road in Victoria Way car park.

**Outline**, a charity supporting the Lesbian, Gay, Bisexual and Transgender community, is hosting an awareness and networking event in recognition of the International Day against Homophobia, Transphobia and Biphobia. We have been invited to come along to talk to LGBT people about fostering, as we do have several LGBT foster carers, and would be delighted to welcome more.

**Tuesday 31st May, 7pm - 9pm**

**Heatherside Community Centre**, Martindale Avenue, **Camberley**, GU15 1BB

**Contact:** Linda Johnson, Fostering and Adoption Recruitment Officer. Tel. 01483 518894 Mob. 07580 834288

## Calendar

### Tuesday 3<sup>rd</sup> May

**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.

Please call 01276 819106 for more information! [www.GracewellCamberley.co.uk](http://www.GracewellCamberley.co.uk)

### Wednesday 4<sup>th</sup> May - and every Wednesday from 12 - 1pm

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

In conjunction with the Surrey FA, Surrey Heath Borough Council have recently launched Walking Football sessions on the '3G' all-weather pitch at Frimley Lodge Park.

Walking Football is an adapted but equally fun form of the game for the over 50s, and has recently seen an explosion in popularity as a result of the recent Barclays advert which showcases it. In addition to keeping people active, it aims to re-engage individuals who may have thought their football playing days were over. The manner in which the sport is played promotes cardiovascular fitness whilst producing the least stress on the body, making it ideal for those who have been told to 'slow down'.

The sessions, which are open to all, take place on Wednesday lunchtimes from 12-1pm with a nominal charge of £2 per week to cover the costs of a facilitator.

To find out more or to book a place at an upcoming session, please contact [ben.sword@surreyheath.gov.uk](mailto:ben.sword@surreyheath.gov.uk).

### Wednesday 4<sup>th</sup> May

Surrey and Borders Partnership   
NHS Foundation Trust

**Carers Support Group** FROM 7pm – 9pm

**For carers, family & friends of people who live with mental illness within Surrey Heath, Waverley, Hart and Rushmoor.** AT FARNBOROUGH LIBRARY, Pinehurst Roundabout, Farnborough GU14 7JZ

Join us for updates on local support services for people with mental health issues, our speaker this month is Ivan Szejder from 'Catalyst' who works at the Safe Haven in Camberley and Aldershot. New carers are welcome, we are relaxed and friendly. There is information available about current activities and services in the area, tea, coffee and an opportunity to meet others.

TRANSPORT to the Carer Support Group: Do you need help with transport? Can you offer anyone else a lift? Please contact one of us below and we will try and help.

As an adult service we need to anonymize personal details to protect the confidentiality of all concerned. Appointments can be made to talk to us in confidence, please ask us.

If you need further information: Jess Dale: Surrey Heath reception: 01276 605522

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

### Thursday 5<sup>th</sup> May - and every Thursday at 2pm

**Dementia Exercise**

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

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

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

Address: Grand Avenue, Camberley, Surrey GU15 3QH

Email: [LaurenLee@pfpleasure.org](mailto:LaurenLee@pfpleasure.org) Website: [www.arenaleisurecentre.co.uk](http://www.arenaleisurecentre.co.uk)

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



## Sunday 8<sup>th</sup> May

### **Tourette's Group in Guildford** – for people from the wider area too.

2pm-4pm - Discussion group at The Spike Heritage Centre, Warren Road, Guildford, Surrey, GU1 3JH  
Meetings for children and adults with Tourette's, family members and friends. The group is supported by Tourette's Action, the charity that helps and supports people with Tourette's in the UK. Their Office is based locally in Farnborough. We are also trained by Tourette's Action and work on their helpdesk three days a week. Adults chat over coffee, play for the children. Occasional activities include bowling and picnics.  
Upcoming meetings: **June 26th** - Harry Potter World; **July 23rd** Seeing the Isle of Wight Group.  
Further details from Dave Petersen (M) 07931 968583

## Tuesday 10<sup>th</sup> May

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

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

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

**At 11 am:** presentation by Nigel Drury, 'Community Connector' **Surrey Heath Borough Council** – How we access information for our wellbeing within our neighbourhoods. See web link on page 1

**At 12 pm** SHV&F-LP will be holding a **FREE, Well-Being group for HM Veterans**; supported by **TALKplus**. This month we will be looking at '**Facing anxiety, solving your problems and fighting your fears**'.

For more information on TALKplus please visit their website: <http://www.talkplus.org.uk/>

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/index.html>

## Thursday 12<sup>th</sup> May

**Surrey Heath Carers Support** present a 2 hour session training session

### **Nutrition and Hydration for Dementia sufferers**

**10am - 12.30pm** At: Meeting Room, **Toby Carvery**, 114 Portsmouth Road, Frimley GU15 1HS

**Hosted** by Jo-Ann Roets, Specialist Prescribing Senior Dietician (Frimley Park Hosp. based).

Eating a healthy, balanced diet is important. It can help maintain physical and mental wellbeing. We look at the importance of a healthy diet and the difficulties a person with dementia may have with eating and drinking. It will also look at some practical ways to help a person with dementia eat and drink well.

To book a place please contact **Surrey Heath Carers Support on 01276 27390**



## Monday 16<sup>th</sup> May

### **North West Surrey Diabetes UK Group**

**Public Meeting** – 7.30pm until 9pm at Chertsey Hall, Heriot Road KT16 9DR

The North West Surrey Diabetes UK Group is a local support group of Diabetes UK, which is the leading UK charity that cares for, connects with, and campaigns on behalf of people affected by and at risk of diabetes.

#### Guest Speakers:

Dr Helen Ward, Consultant in Diabetes & Endocrinology and Julie Fleming, specialist Diabetes Dietitian

For more information, contact **Lucy on 01372 720 148** or email [South.East@diabetes.org.uk](mailto:South.East@diabetes.org.uk)

## Monday 16<sup>th</sup> May

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

### **May Café evening meeting.**

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

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

NEWCOMERS VERY WELCOME! Please contact us for further information:

Camberley Alzheimer Cafe phone: 01276 675 266 Email: [Camberley.alzheimercafe@aol.co.uk](mailto:Camberley.alzheimercafe@aol.co.uk)

## Tuesday 17<sup>th</sup> May

### Disability Alliance Network Surrey (DANS) Your North Surrey Area group meeting

2-4pm at Addlestone Community Centre

Go along hear about changes and services in your area and to have your say on where services need to be improved. At this May meeting the group will hear about Art for visually impaired and an update on library services. For more information please contact Yasmin Broome: Tel/Text 07455 267 424

Email: [yasmin.broome@surreycoalition.org.uk](mailto:yasmin.broome@surreycoalition.org.uk)

## Friday 6<sup>th</sup> May, and every Friday morning to 1<sup>st</sup> July

### Read My Lips! - Englefield Green

Join at any stage, it is a continual rolling programme

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

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

Course Leader: Jill Rose, ATLA qualified Lip Reading Teacher

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

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

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

See online booking form: <http://goo.gl/forms/lxLPCid9J>

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

Email [tracey.wade@cofguildford.org.uk](mailto:tracey.wade@cofguildford.org.uk)

## Monday 23rd May

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

We can help with most aspects of the hearing aid, for routine cleaning and battery replacement by fully trained people. No appointments needed. We are in the hall from 10am till 12noon. Last service at 11.30am.

Tea and coffee provided – attendees are asked to please bring their Brown Books with them

**On the following Mondays in 2016: 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](mailto:office@stmichaelscamberley.com) They will pass on the number for Tony and Carol Moody.

## Wednesday 25<sup>th</sup> May



**Songs of Praise 2.30pm** Followed by tea in the Church Hall.

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

Everyone welcome.

## Wednesday 25<sup>th</sup> May



**Activities Group for Nepalese Elders** with dementia and their carers on the last Wednesday afternoon of every month, in Aldershot. We have an interpreter at the session. Please contact **Fay Freemantle on 07900 240829**.

## Tuesday 7<sup>th</sup> June

### Surrey Libraries Community Connections Coffee Morning



Virginia Water Community Library between 10 and 12noon. On offer is the opportunity of 'Becoming a Dementia Friend' – a chat on how to support the growing number of people with the condition. Attendees include a Dementia Navigator from the **Alzheimer's Society**, Becky from the **Red Cross Society** and Steve from **the Library's Community Connections**. View items from the Reminiscence Collection and become a Reminiscence Borrower free of charge. Cakes and refreshments are provided and a chance to network and chat, so do come along. The library is located along Station Parade and anyone with any queries please ring **Vicky or Linda on 01344 843777**

## 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**.



### Family and Friends Support Groups

Our charity Catalyst runs various support groups for people who are concerned about someone who may be having problems with their drug or alcohol use. If you are a partner, parent, carer, friend or close family and would like to talk things over please do come along to one of our meetings, led by trained group workers, where you will receive support, advice and understanding. We have groups in **Camberley**, Staines, Guildford and shortly in Woking.

For up to date dates and call 01483 590150



times of meetings please contact:- [www.catalystsupport.org.uk](http://www.catalystsupport.org.uk) or



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

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

### The Open Mind Club

**In Frimley Green Football Club building** Frimley Green Recreation Ground, GU16 6JY

Contact Jeanette Scott Tel: 01252 878205 [Jeanettescott532@gmail.com](mailto:Jeanettescott532@gmail.com)

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

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

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

Members can attend on any or all the mornings.

### The Safe Haven Camberley



Open Monday and Friday 18:00 – 23:00

**Address:** The Welcome Project premises,

147 London Road, Camberley, Surrey, GU15 3JY

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

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



### 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?

**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**

## 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. To support people to make these connections, how about becoming a volunteer for this project? If you have a couple of hours a week to spare during the day and enjoy the company of older people, **please contact** Lesley Power on: 01483 446646.

## Extending our Learning

### Future Learn courses starting in May

#### Online short courses – Dementia, Disability, Mental Health, Children

See [www.futurelearn.com](http://www.futurelearn.com) See under Health and Psychology the following courses are available FOR FREE.

##### **Dementia: Understanding and Managing Challenging Behaviour**

Starts 9<sup>th</sup> May. 3 weeks at 3 hrs per week. Univ. of Birmingham

##### **Dementia Care: Staying Connected and Living Well. A course for carers.**

Starts 23<sup>rd</sup> May. 4 weeks at 2 hrs per week. Newcastle University

##### **Disability and a Good Life: thinking through disability.**

Starts 16th May. 6 weeks at 5 hrs per week. UNSW Australia

##### **Anxiety, Depression and CBT.**

Starts 9<sup>th</sup> May. 5 weeks at 3 hrs per week. University of Reading

##### **Caring for Vulnerable Children**

Starts 9<sup>th</sup> May. 6 weeks at 4 hrs per week. Uni. of Strathclyde



**Hearing Champions** Free, simple sessions open to everyone.

#### Hearing Aid maintenance training

Education Centre, Guildford Cathedral, Guildford, GU2 7UP

24th May, 21st July, 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](mailto: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>



#### **Mental Health and Alcohol Awareness Training (MHAAT)**

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

The SERVES Project, Training Aims

Mental Health and Alcohol Awareness Training (MHAAT):

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

**Please request an APPLICATION FORM from** [VCL.SERVES@nhs.net](mailto:VCL.SERVES@nhs.net)



## 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](mailto:Aline.Poulter@surreyheath.gov.uk)



### LIVE information centre in Lightwater

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

~ Health matters ~ Caring and carers

~ Support services & organisations ~ Avoiding loneliness

~ Volunteering & learning something new ~ Hobbies & interests ~ Local events and services

~ Putting your talents to good use

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

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



### Social Club for Adults with care needs in Chobham

**Crossroads Care Surrey** - a Social Club for Adults with care needs in Chobham at the Chobham Parish Pavilion. The Club meets **every Saturday** between 11am – 3pm. It's open to all in the community aged 65 years and over who, without the support of an unpaid Carer, would not be able to live independently at home; whether that is because of dementia, Parkinson's disease or a long term medical condition.

Not only does this give the unpaid Carer an extended respite break to have some valuable 'me-time', it gives those with care needs an opportunity to meet for a social occasion in a warm, relaxed environment. A variety of activities are available tailored to the needs and preferences of the individual, including crafts, music, games and quizzes. Refreshments and a home cooked lunch are included.

For more information **please contact Linda Bay** at 01372 869974 Email: [linda.bay@crossroadscare Surrey.org](mailto:linda.bay@crossroadscare Surrey.org)



**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

### 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/improve-your-computer-and-internet-skills/digital-buddy>

## Wednesday

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



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

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

In conjunction with the Surrey FA, Surrey Heath Borough Council is launching Walking Football. It is a slower (but just as fun) adapted form of the game to help people remain independent and active, and to re-engage some people with a game they may have thought they had to give up a long time ago. PLACES

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

**Frimley Baptist Church**, Balmoral Road. GU16 9AR

### Midweek Fellowship Meeting **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](http://www.fbc.org.uk)



### Do you care for someone with dementia?

#### Alzheimer's Society Carers Support Group

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

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

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

Contact Miriam Boorman, Dementia Navigator, on 07703 607138 or email at [miriam.boorman@alzheimers.org.uk](mailto:miriam.boorman@alzheimers.org.uk)

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

### St. Martin's Church Old Dean - Wednesday Café

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

St Martin's, 231 Upper College Ride, Old Dean, Camberley GU15 4HE. [www.stmartinolddean.com](http://www.stmartinolddean.com) Tel. 01276 23958

### 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](mailto:stjohnspastoralteam@parishofcove.co.uk)

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

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

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

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

## Thursday

### Dementia Exercise

#### Every Thursday at 2pm

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



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

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

Address: Grand Avenue, Camberley, Surrey GU15 3QH

Email: [LaurenLee@pfleisure.org](mailto:LaurenLee@pfleisure.org) Website: [www.arenaleisurecentre.co.uk](http://www.arenaleisurecentre.co.uk)

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

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

**2nd and 4th Thursdays** of the month in St Peter's Hall at 2pm. Contact: **Val Walther, 01276 63300.**

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

### The Surrey Save Credit Union Outpost



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

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

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

Opportunities to invest money, start regular savings accounts and take out loans at

competitive interest rates with a mutual bank that offers personal, professional and ethical service, and is competitive with High Street banks and other lenders. Ask for more details at St Mary's Church office (01276 685167) or drop in.



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

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

Further information - contact David Reed on 01276 685167. Email [centremanager@stmaryscamberley.org.uk](mailto:centremanager@stmaryscamberley.org.uk)

## Friday



### Autism - Unlocking People's Potential

**Social Support Group - People on the Autistic Spectrum**

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

Contact Wendy: [wendy@sdpp.org.uk](mailto: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](http://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.

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## 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

## The next 'Notice Board'

**Brief notices**, news, events and training opportunities are very welcome for the June 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](mailto:Nigel.Drury@surreyheath.gov.uk) Tel. 01276 707364 Mob. 07979 887467

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