

NOTICE BOARD

NOVEMBER 2016



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>

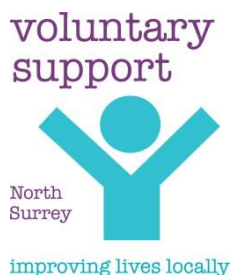
Surrey Heath Volunteer Awards and Christmas Networking Event

Tuesday 6th December 2016

(Closing date for nominations: Monday 7th November 2016 at 5pm)

It's time to honour and recognise the wonderful volunteers in Surrey Heath. Voluntary Support North Surrey and Surrey Heath Borough Council will be hosting the annual awards ceremony at our Christmas networking event in the Camberley Theatre on **Tuesday 6th December 2016 between 2:00pm–4:00pm.**

We would like you to nominate one or more of your valued volunteers for the awards which will be given in the following categories:



- ⊙ Special Recognition Award
- ⊙ Individual Volunteer Achievement Award
- ⊙ Voluntary Contribution to Older People's Services Award
- ⊙ Voluntary Contribution to Health Services Award
- ⊙ Environmental Volunteer Award
- ⊙ Young Volunteer Award (up to the age of 24)
- ⊙ Leadership in the Community Award
- ⊙ Best Volunteer Team Award
- ⊙ Business Contribution to the Community Award

You may notice that this year we have introduced a new category of 'Best Volunteer Team' as last year you told us that it would be nice to be able to recognise whole teams of volunteers rather than just individuals.

The panel judging the nominees will include the Mayor of Surrey Heath, Councillor John Winterton, Faye Carpenter, Ambassador for the Voluntary Sector, a representative from Zurich Insurance and Surrey Heath CCG.

To make your nominations for each of the award categories please use our online form by going to www.voluntarysupport.org.uk. On the form please provide details in 300 words or less about the person or team being nominated outlining the reasons why they have been outstanding as volunteers. The closing date for nominations is **Monday 7th November 2016 at 5pm.**

If you need help completing the form, please contact the Voluntary Support North Surrey office on 01276 707565. Please feel free to forward this email to anyone in the Borough that may be interested in nominating a volunteer.

Surrey Heath Care Connections

DIARY OF EVENTS for NOVEMBER 2016

Live Well with Dementia programme

When: Thursday, 3rd November 2016

Where: Brightwells Gostrey Centre, Farnham GU9 7SB

Contact: Chimé Carlin **Email:** chime.carlin@alzheimers.org.uk **Tel:** 0748 407 8675

A new programme that aims to help people with dementia with a recent diagnosis take a more active role in the management of their health and wellbeing. It is a FREE 6-week course; facilitated by Alzheimer's Society

Surrey Heath Veterans & Families - Listening Project (SHV&F-LP)

When: Tuesday, 8 November 2016 No appointment necessary.

Where: Camberley Sea Cadets, 2a Gilbert Road, Frimley, Camberley, Surrey; GU16 7RF
(Opposite the Matalan store on the Frimley Road)

1100 Mr Steve Scudder. VR. He is presently the Lifelong Learning Adviser at Health Education England working across Kent Sussex & Surrey (HEE KSS), and he is currently lead for sessional doctor support groups and KSS lead for Veterans' Health.

1200 SHV&F-LP's WellBeing group supported by Anne Walker - Health & Wellbeing support from Worker Walking With The Wounded (WWTW), this month will be a relaxation session.

An opportunity to talk with on-site, representatives, face-2-face throughout the day from Veterans UK, SSAFA, SERVES, Vulnerable Veterans, Combat Stress, WWTW, The Ripple Pond, TALKplus, CAB and TRBL

Finding Funding and Writing Successful Applications

When: Wednesday, 9th November 2016 10:00am – 3:30pm

Where: Astolat, Coniers Way, Guildford GU4 7HL

Contact: Karen 01483 447 116 **Email** anne-mariel@surreyca.org.uk

FREE to Charities and Community Groups.

Learn: How prepared is your organisation for the task of locating external funding?

How will you find – and refine your list of – potential funders?

How will you manage and track applications?

What are funders really looking for in an application?

What are the top tips for writing an application?

What do you need to do post-application?

National Rheumatoid Arthritis Association

NRAS Three Counties Inflammatory Arthritis (RA/JIA) Group

When: Tuesday, 15th November 2016 (*meetings are held bi-monthly on a Tuesday from 7:00pm-9:00pm*)

Where: St Francis Church Hall, 21 Upper Chobham Road, Frimley GU15 1EE

Contact: volunteers@nras.org.uk **Web:** www.nras.org.uk **Tel:** 0845 458 3969

There is no such thing as a silly question! What are the questions that the NRAS Helpline answer?

Beverley Briggs from NRAS will be there to help answer any of your questions.

NRAS groups offer support; information on living with RA/JIA; the latest updates on the treatment of RA; encourage better self-management and much, much more.

Fire Awareness Training

When: Saturday, 26th November 2016 9:30am – 12:30pm

Where: Astolat, Coniers Way, Guildford GU4 7HL

Contact: Karen 01483 447 116 **Email** karenh@surreyca.org.uk

Learn: About reducing + Prevention + Extinguisher use + Evacuation procedures

Surrey Fire & Rescue Basic First Aid Certificate

Basic Life Support Training

When: Saturday, 26th November 2016 1:30pm-4:30pm

Where: Surrey Community Action, Coniers Way, Guildford, GU4 7HL

Contact: Anne Mariel 01483 447 116 **Email** anne-mariel@surreyca.org.uk

Learn: CPR / Defib

Surrey Fire & Rescue Basic First Aid Certificate

Surrey Heath Care Connections

Songs of Praise



When: Wednesday, 23 November 2016 – 2:30pm

Where: All Saints' Church, Broadway Road, Lightwater GU18 5SJ

Followed by tea in the Church Hall...Everyone welcome!

TAKE PART - Emotional Wellbeing & Mental Health Service User and Carer Event



Start: Wednesday, 30 November 2016 11:00am–4:00pm

Where: H.G Wells Conference Centre, Church Street East, Woking, Surrey, GU21 6HJ

Contact: To attend this event please register by emailing Cecilia.fashesin@nhs.net Tel. 01252 335164

Surrey Mental Health Partnership Board would like to invite you to a service user and carer event.

The event will be an opportunity for you to:

- **Find out where to get the right support when you feel you can't cope**
- **Find out about plans for key areas of work on mental health**
- **Share your experiences to help us to make improvements to services**

The event is aimed at North East Hampshire and Farnham and Surrey residents and their carers who have used mental health services locally.

We want to work together to help people get better support and access to mental health services now and in the future.

We hope you can join us.

Please feel free to forward this invitation to other people you think may be interested.

The Hearing Clinic – St Michael's Church

Where St Michael's Church, Camberley

Contact: 01276 23602 Website: www.stmichaelscamberley.com

The Hearing Clinic for November has been moved from Monday 21st to Wednesday 23rd November

REGULAR & RECURRING ACTIVITIES

The Arena Leisure Centre runs several 'Health and Wellbeing classes. We recognise that there may be a need for an exercise group for sufferers of Parkinson's Disease and Multiple Sclerosis in the local area. If this is something that you would be interested in please contact the Surrey Heath Carers office on 01276 27390.

Pulmonary Rehab The majority of patients considered for pulmonary rehabilitation programmes will have chronic obstructive pulmonary disease (COPD). Run by the NHS.

Monday

Monday Lunch Club – High Cross Church

When: Every Monday from 12:30pm

Where: High Cross Church, Knoll Road, Camberley

Contact: Church Office Tel: 01276 66798 (to pre-book)

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.

Silver Circle - A CLUB FOR SENIOR CITIZENS

Our Lady Queen of Heaven

When: Every Monday from 12:00 - 3:00pm

Where: OLQH Church Hall, 111 Portsmouth Road, Frimley.

Contact Jean Watkins on 01276 685067 or Sandie at the church office on 01276 504876 (9:00am-12:00pm)

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.

Transport can be arranged through Camberley Care.

Surrey Heath Care Connections

Carer Drop-Ins - Surrey Heath Social Care Team



When: Every 4th Monday of every month 10am – 1pm

Where: (NEW LOCATION) Surrey Heath Carers Support, The Ian Goodchild Centre, Knoll Road, Camberley GU15 3HD

Contact: Surrey Heath Social Care Team 01276 800205

- 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?

Tuesday

Addiction Recovery Course



When: Tuesday Evenings at 7.30-9.30pm over 15 weeks (Started 6th Sept 2016)

Where: St Paul's Church Youth Lounge St. Paul's Church, Crawley Ridge, Camberley GU15 2AD

Contact: Sandra Higgins: parishnurse@stpaulscamb.co.uk or,

Bob Pritchard: bobpritchard@ntlworld.com Tel: 01276 700210

A Christian-based course centred around the 12 Steps, for anyone suffering addiction – FROM ALL FAITHS OR NONE. If you are powerless over alcohol, drugs, gambling, pornography, eating disorders or any addiction, this course is for you.

Wellbeing Centre for Surrey Heath - Camberley Hub (SDPP)



When: Every Tuesday 10:00am – 12:00pm

Where: Windle Valley Wellbeing Centre, Park Street, Bagshot

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 cater for those suffering memory loss and their Carers. Drop-in every Tuesday...

The Arena Leisure Centre – Stroke Rehab Seated Exercise



When: Tuesdays at 12:30pm

Where: Arena Leisure Centre, Camberley

Contact: 01276 417111

We adapt the class to the ability of the participants and use a variety of equipment for all abilities.

The Arena Leisure Centre – Aspirations



When: Tuesday's at 2:30pm

Where: Arena Leisure Centre, Camberley

Contact: 01276 417111

Our aspiration classes use exercise as a type of therapy particularly for people who may experience mental health related disorders. These classes are a small but social group and aim to increase health, happiness and general wellbeing.

Wednesday

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



When: Sessions every Wednesday lunchtime from 12:00pm-1:00pm

Where: Frimley Lodge Park, Sturt Road, Surrey GU16 6HY (on the 3G artificial pitch)

Contact: Ben Sword - 01276 707100 Email: Ben.Sword@surreyheath.gov.uk

(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.**

Surrey Heath Care Connections

Midweek Fellowship Meeting

When: Every Wednesday at 2:00pm
Where: Frimley Baptist Church, Balmoral Road. GU16 9AR
Contact: For further information phone 01252 837844 or visit the church website www.fbc.org.uk

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.

Wednesday Café – St. Martin’s Church Old Dean

When: Every Wednesday 10:30am till noon
Where: St Martin’s, 231 Upper College Ride, Old Dean, Camberley GU15 4HE
Contact: 01276 23958 **Website:** www.stmartinolddean.com

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.

C.A.M.E.O. - Come And Meet Each Other at St Mary’s Centre

When: 1st Wednesday of the month at 12.30pm
Where: St Mary’s Centre, Park Road, Camberley, GU15 2SR
Contact: David on 01276 685167 (Please contact us if you need help with transport)

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.

Open Door at St John's Church Cove

When: First three Wednesdays of every month from 6pm to 8pm
Where: St John’s Church Cove, Church Hall, St John's Road, GU14 9RN
Contact: Sue Davis – 07768296515 **Email:** stjohnspastoralteam@parishofcove.co.uk

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 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!

Wellbeing Centre for Surrey Heath

Citizens Advice Bureau Outreach Session



When: Every Wednesday from 10:00am-12:00pm
Where: Windle Valley Wellbeing Centre, Park Street, Bagshot
Contact: Call the CAB Independent Living Adviser on 01276 417900 to arrange an appointment.

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.**

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.

Carers Support



When: First Wednesday of the month 2:00pm–3:30pm
Where: Windle Valley Wellbeing Centre, Park Street, Bagshot
Contact: Home Instead – Maggie Martin

Surrey Heath Carers Group



When: First Wednesday of Every Month 2 – 3.30pm
Where: Windle Valley Wellbeing Centre in Park Street, Bagshot
Contact: Maggie Martin 01276 903106 **Email:** maggie.martin@homeinstead.co.uk

A friendly, open session for people caring for someone with dementia. Meet people in the same situation and share ideas and experiences. No need to register – everyone welcome.

Surrey Heath Care Connections

Alzheimer's Society



When: Weekly on Wednesdays 1:00pm–3:00pm
Where: Windle Valley Wellbeing Centre, Park Street, Bagshot
Contact: Miriam Boorman
Info & Advice. Drop-In with Miriam Boorman

Autism - Unlocking People's Potential



When: Meet twice monthly on a Wednesday 7:00pm – 9:00pm
Where: St Andrew's Church, Frimley Green
Contact: Wendy on 07885 705132 **Email:** wendy@sdpp.org.uk
Social Support Group - People on the Autistic Spectrum . (18 Years and over)

Thursday

Visually Impaired of Surrey Heath

When: 1st & 3rd Thursday afternoons each month.
Where: High Cross Church, Knoll Road, Camberley
Contact: 01483 852343 **Email:** brenord@hotmail.com **Text Number:** 07771890751

A Social club for blind & visually impaired residents of the borough. We provide friendship, entertainment, information, some outings and lots of laughs. Run by volunteers. Members pay only a small amount per visit for a cuppa & raffle. Transport may be available.

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

When: 2nd and 4th Thursdays of the month at 2pm
Where: St Peter's Hall
Contact: Val Walther (The Parish Office) 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.

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

The Arena Leisure Centre – Dementia Exercise Group



When: Thursdays at 2:00pm
Where: Arena Leisure Centre, Camberley
Contact: 01276 417111

Chair-based exercise group small group session. (Carers can partake to support attendees)

Friday

'Pop In' – St Andrew's Church, Frimley Green

When: Every Friday from 10:00am - Noon
Where: St Andrew's Church, Frimley Green
Contact: Joyce Colley 01252 837291
Pop In for tea and biscuits in the hall. A friendly atmosphere, all welcome!

Surrey Heath Care Connections

Golden Years – The Beacon Church, Camberley

When: Every Friday from 10:00 – 11:00am
Where: The Beacon Church, Berkshire Road, Camberley, GU15 4DG
Contact: 01276 670650 **Website:** www.beaconchurch.co.uk
Our Golden Years (over 50s) group meets every Friday at The Beacon Centre.

Open Church – St Peter’s Church, Frimley

When: Every Friday and Saturday morning from 10:00am – 12:00 Noon
Where: St Peter’s Church, Frimley
Contact: Parish Office: 01276 27855

An information point is now available at St Peter’s Church Frimley / Frimley Green. There is now information available on practical help, disability and wellbeing etc. Pop In for tea, coffee and biscuits.

Melody for the Mind

When: 1st & 3rd Friday of each month – 1:30pm
Where: High Cross Church, Knoll Road, Camberley GU15 3SY
Contact: Elsie 01276 501145 or the church office on 01276 66798

Weekend

Windle Valley Centre – Saturday Club

When: Saturday’s between 2:00pm – 5:00pm.
Where: Windle Valley Centre, 6 Park Street, Bagshot, GU19 5AQ
Contact: Aline Poulter 01276 707659 (for information and to sign-up) **Email:** Aline.Poulter@surreyheath.gov.uk



The 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.

LIVE Information Centre in Lightwater

When: Saturday morning. Just drop in between 10:00 -1200 noon. *No appointment necessary*
Where: Fredericks House, 39 Guildford Road, Lightwater (between Carsons & Simon Pestell Optician)
Contact: lightwaterlive@gmail.com or phone 07741455595



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.

GENERAL NOTICES

Camberley Care



Telephone: **01276 707692**

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

Ian Goodchild Centre, Knoll Road, Camberley GU15 3SY

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

Camberley Care Cars Our volunteer drivers get you to and from your:

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

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

Care and Repair Our *Care and Repair* service provides a trustworthy and affordable service for those small but essential jobs around the house. This service is designed for those who feel vulnerable admitting strangers into their home. There is no call-out charge for this service. There is an affordable hourly rate for the job, plus cost of any materials needed, plus the time for buying and collection of materials to complete the work.

Surrey Heath Care Connections

Citizens Advice Surrey Heath have received funding from **OFGEM** for a second year to provide dedicated **energy advice sessions** to domestic users. The aim is to increase confidence of consumers to shop around, reduce bills, get the best tariffs, apply for energy grants, make complaints and deal with debts.



Please call our appointments line **01276 417900** and ask for an **energy appointment**.
You will need to bring your most recent bill from your energy supplier, with you.

ofgem

Dementia Action Alliance

Contact: Chimé Carlin, Co-ordinator, Waverley Area
Email: chime.carlin@alzheimers.org.uk **Tel:** 0748 407 8675

Dementia Action Alliance is a movement with the aim of bringing about a society-wide response to dementia by encouraging and supporting communities and organisations across England to take practical actions to enable people to live well with dementia and reduce the risk of costly crisis intervention. I am looking for organisations that would like to receive formal recognition for their dementia friendly actions. I can also help others to replicate good practice and aim to establish a local Dementia Action Alliance group in Cranleigh and Farnham (as well as other places) that can provide long term impetus for change.

Is your client base missing out on a Free NHS Health Check?

Contact: clare.burgess@surreycc.gov.uk

The NHS Health Check is a **free** midlife MOT for adults in England aged **40-74** without a pre-existing condition; it checks an individual's circulatory and vascular health and what the risk is of getting a disabling vascular disease. It is a great opportunity to promote wellbeing and encourages positive lifestyle changes, which leads to better health.



What is an NHS Health Check?

It will assess a person's risk of some of the biggest causes of early death such as heart disease, kidney disease, strokes, type 2

diabetes and certain types of dementia. These conditions can often be prevented.

It involves a few questions and measurements, including a simple blood test to check your cholesterol.

As part of the Health Check there is a free personalised advice to help you stay healthy.

SDPP

To access our Advocacy in Surrey service, please see: www.advocacyinsurrey.org.uk

Contact: advocacy@sdpp.org.uk **Text:** 07561 392818 **Tel:** 0300 030 7333



SDPP is a charity which works to enable and empower people to achieve equality. Our vision is to champion freedom, choice and independence for everyone. We do this by offering a number of vital services throughout Surrey, which includes our Advocacy in Surrey service.

So what is Advocacy and how can this service help me?

Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain services they need. Advocates work in partnership with the people they support and take their side. Advocacy promotes social inclusion, equality and social justice.

Advocacy in Surrey is a free, confidential and independent advocacy services for disabled people over 16 years old and older people. **For more information about SDPP and all our services, please see:** www.sdpp.org.uk

Side By Side

Contact: North West Surrey Office **Tel:** 01932 855 582

From joining a local club, going to the football, or just going for a stroll in the park - Side by Side is a new Alzheimer's Society service which helps people with dementia to keep doing the things they love and get out and about with the support of a volunteer. This extra support can make it easier for people with dementia, who might sometimes feel isolated or find it difficult to leave their homes, to do things we might take for granted and feel part of their local community. The service is highly flexible and built around the individual and their needs. We are looking for both volunteers and new clients please contact North West Surrey Office (details above).

Surrey Heath Care Connections

TIHM Research Study

Contact: Philippa Charlton

Email: philippa.charlton@alzheimers.org.uk Tel: 01932 855582

The TIHM (Technology Integrated Health Management) for dementia is a major new research study funded and monitored by NHS England and Innovate UK. It will test how cutting edge technology placed in people's homes could be used to improve the lives of people with dementia and their carers.

The two year 'Internet of Things' Test Bed is being led by Surrey and Borders Partnership NHS Foundation Trust and will involve 1400 people with dementia and their carers living in Surrey and North East Hampshire.

If you are interested in participating or just finding out more, please contact Philippa Charlton (details above).

Wellbeing Centre for Surrey Heath, Windle Valley



Where: Windle Valley Wellbeing Centre, Park Street, Bagshot

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.
- **IAPT service** at the centre on Thursdays (IAPT = The Improving Access to Psychological Therapies).

TRAINING COURSES

Finding Funding and Writing Successful Applications

Astolat, Coniers Way, Guildford, Surrey GU4 7HL

9 November

10:00 – 3:30pm

Fire Awareness Training

Astolat, Coniers Way, Guildford, Surrey GU4 7HL

26 November

9:30am – 12:30pm

Basic Life Support Training at Surrey Community Action

Doniers Way, Guildford, Surrey GU4 7HL

26 November 1:30 – 4:30pm

Call 01483 447116 or email KarenH@Surreyca.org.uk Website: www.surreyca.org.uk

EVENTS

The following events will be held at:

WINDLE VALLEY

Windle Valley Wellbeing Centre, Park Street, Bagshot

10th November

Jennifer sings and entertains

11:00am to 12noon

11th November

Remembrance Day observation and Best of British Lunch

15th November

Table top sale in support of Woking Hospice

COMING UP.....2017

...Starting January ...

Introduction to Mental Health Issues in Pastoral and Spiritual Care

When: Starting January 2017

Where: Education Centre, Farnham Road Hospital, Guildford GU2 7LX

For more information please email: Richard.adams@sabp.nhs.uk **Tel:** 01932 872000 x 6463

1 in 4 people will suffer an adverse mental health issue in any given year.

Do you know where to start to help these people you know?

SABP Department of Pastoral and Spiritual Care will be running a **Free 10 week Programme**

Starting in **January 2017** exploring

Mental Health issues in Pastoral & Spiritual Care at the

AIM: To equip participants with the relevant skills, knowledge and awareness of mental health issues to be able to provide appropriate pastoral care within a community/faith setting and/or to support people who are under the care of Surrey & Borders Partnership NHS Foundation Trust.

The Hearing Clinic – St Michael’s Church

Where St Michael's Church, Camberley

Contact: 01276 23602 (Parish Office Team) **Website:** www.stmichaelscamberley.com

2017 dates in our church diary are as follows:-

16 January

20 March

22 May

17 July

18 September

20 November

The next ‘Notice Board’

Brief notices, news, events and training opportunities are very welcome for the **December 2016** edition of **‘Notice Board’**. Contributions are requested to arrive **by 21st November**

connections@surreyheath.gov.uk

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

