

# Notice Board

## October 2016

A regular communication 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 270+ 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>

## 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 (Home Instead – Maggie Martin)** 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).

## Windle Valley 'Whats on'

- Rodney sings and entertain Thursday 6<sup>th</sup> October 1pm to 2pm
- Table Top Sale in aid of Woking Hospice Wednesday 12<sup>th</sup> October
- Pick n Mix singers Friday 14<sup>th</sup> October 10am to 11am
- Music for Health Thursday 20<sup>th</sup> October 11am to 12 noon

Regular weekly activities which include seated exercise, history, bingo, craft, quizzes, word of the day and much more!

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



## Carer Drop-Ins - Surrey Heath Social Care Team

**Are you looking after someone?  
Would like to talk to an Adult Social Care professional who can offer advice & information about support available, or answer any general queries?**

**SURREY NEW LOCATION:** at Surrey Heath Carers Support, The Ian Goodchild Centre, Knoll Road, Camberley GU15 3HD (and every 4th Monday of every month 10am – 1pm).

For further information call **Surrey Heath Social Care Team 01276 800205**



We are pleased to announce that **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.*



## Camberley Hub (SDPP)

The new venues are as follows:

**Wellbeing Centre, Park Street, Bagshot** (rear of the Windle Valley Day Centre).  
Every Tuesday 10am to 1pm.

**Camberley Library, Knoll Road.**

Every Tuesday afternoon and Wednesday morning;

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

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



## The Autism Trust in Camberley

We have some events happening so please see the FB event pages below or contact Polly's Place:

12a-18a Princess Way, Camberley, Surrey. GU15 3SP Telephone 01276 63578

### Coffee and Support Morning – with Speaker

<https://www.facebook.com/events/1211399792213685/>

### 'Crafternoons' especially for adults with autism

**For the post 16 age group.** With local artists and crafters in their own right. All products made will be sold under the Polly's Place Enterprise Label.

**Wednesdays** 1:30 - 3:00pm - **Jewellery Making** with Pauline Guerin.

**Thursdays** 1:30 - 3:00pm - **Crafting** with Sue Champion.

**Fridays** 1:30 - 3:00pm - **Painting** with Janet Wilson.

Session fee applies. Please contact [mo.wilson@theautismtrust.org.uk](mailto:mo.wilson@theautismtrust.org.uk) to secure your placement now for the coming week. The Crafternoons will happen weekly where there is interest, so booking a place is mandatory please.

### Addiction Recovery Course over 15 weeks (Started 6<sup>th</sup> Sept 2016)

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.*

**Tuesday Evenings 7.30-9.30pm** in St Paul's Church Youth Lounge. **15 weeks in total**

For further information or to register for the course email (in complete confidence)

Sandra Higgins: [parishnurse@stpaulscamb.co.uk](mailto:parishnurse@stpaulscamb.co.uk) or Bob Pritchard: [bobpritchard@ntlworld.com](mailto:bobpritchard@ntlworld.com)

St. Paul's Church, Crawley Ridge, Camberley GU15 2AD Tel: **01276 700210**



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

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.

**In Surrey GPs and Pharmacists in the main offer these health checks** and a list of those currently providing them are on the [www.healthysurrey.org](http://www.healthysurrey.org) website. However the Public Health team at Surrey County Council can arrange on-site NHS Health Checks for employees in certain circumstances.

Please contact [clare.burgess@surreycc.gov.uk](mailto:clare.burgess@surreycc.gov.uk) if you'd like more information.

## Specialist support to people with sensory impairments to access welfare benefits support

Following the identification of a gap in a service to provide specialist support to people with sensory impairments to access welfare benefits support following the closure of the GetWis£ service on 30<sup>th</sup> September 2016, a one year contract has now been awarded to **Sensory Services by Sight for Surrey (Sfs)**. The contract is funded from the Better Care Fund, the local pooled budget between the six clinical commissioning groups and Surrey County Council.

The service will be up and running from 3<sup>rd</sup> October. Residents can access the service by making contact with: **Sensory Service by Sight for Surrey**, Rentwood, School Lane, Fetcham, Leatherhead KT22 9JX  
**Voice Line for Deaf/Hard of Hearing:** 01372 869961 / **SMS:** 07860 026269  
**Telephone:** 01372 377 701 / **Fax:** 01372 360 767 / **Minicom:** 01372 361 517  
**Email:** [info@sensoryservices.org.uk](mailto:info@sensoryservices.org.uk)

## National Rheumatoid Arthritis Association

### NRAS Three Counties Inflammatory Arthritis (RA/JIA) Group

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

**Meetings held bi-monthly on a Tuesday from 7:00pm - 9:00pm**

**Next meeting: 15th November** - '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. NRAS – more information Tel: 0845 458 3969  
**Email:** [volunteers@nras.org.uk](mailto:volunteers@nras.org.uk) **Web:** [www.nras.org.uk](http://www.nras.org.uk)



**ALL NIGHT CAFE**  
CAMBERLEY

NO ONE SHOULD GO HUNGRY. NO ONE SHOULD BE HOMELESS

**Camberley All Night Cafe'**  
4th Scouts Building, 270 London Road, Camberley. GU15 3JP

Delicious Homemade Food, Cooked Breakfast & Drinks All Free  
Hot showers & fresh clothes

Winter Opening Hours Every Night 10pm to 7.45am Seven Nights A Week  
Times Vary During Summer - Please Phone or Check Website (April - October)

**Somewhere Warm To Stay Every Night Of The Week, All Welcome**

**For Referrals and Information Contact:**  
**Telephone: 07919 424886 Email: [camberleyallnightcafe@gmail.com](mailto:camberleyallnightcafe@gmail.com)**  
Zero Drugs or Alcohol Policy and Code of Conduct



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.

To access our Advocacy in Surrey service, please see: [www.advocacyinsurrey.org.uk](http://www.advocacyinsurrey.org.uk)

**Telephone:** 0300 030 7333

**Text:** 07561 392818

**Email:** [advocacy@sdpp.org.uk](mailto:advocacy@sdpp.org.uk)

**For more information about SDPP and all our services, please see:** [www.sdpp.org.uk](http://www.sdpp.org.uk)

## The month ahead

### Starting Friday 30<sup>th</sup> September

#### **Nepali Community English & Computer Lessons**

EVERY FRIDAY 9.45am TO 11.30am

Camberley "lali guras" community learning for local Nepali men and women

For information please phone 07919 424886

All are very welcome "Nemaste"

A Partnership between Camberley Library Service & Camberley All Night Café

**BIG FISH 117 MINISTRIES & CAMBERLEY ALL NIGHT CAFÉ** 270 London Road, GU15 3JP

Tel: 07919 424886 | [big.fish117@virgin.net](mailto:big.fish117@virgin.net) | [www.camberleyallnightcafe.co.uk](http://www.camberleyallnightcafe.co.uk)

### Saturday and Sunday 1st and 2nd October 10am-5pm

#### **Fostering and Adoption Recruitment**



Ever wondered if you could foster, either now or in the future? Why not drop in to one of the following libraries, any time between 10am and 2pm, to have an informal chat with a member of our fostering team and one of our foster carers?

Come and talk with us about fostering at our stall at the Surrey Hills Wood Fair. Lots of fun activities at this fair for the whole family

<http://www.surreyhills.org/events/the-surrey-hills-wood-fair/>

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

#### **Hearing Aid Drop-in Clinics**

At Lightwater Library, 83A Guildford Road, Lightwater GU18 5SV

Hearing Aid Maintenance by Guildford Diocese Hearing Champions – NHS issued aids only. Free service. Bring along your brown book.

Contact Hearing Champion Derek Browning Tel. 01276 474345

### Wednesday 5<sup>th</sup> October



#### **Surrey Heath Carers Group**

**Windle Valley Wellbeing Centre** in Park Street, Bagshot.

2 – 3.30pm

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.

Email [maggie.martin@homeinstead.co.uk](mailto:maggie.martin@homeinstead.co.uk) or call 01276 903106.

### Friday 7<sup>th</sup> October

#### **Alzheimer and Dementia Awareness Event - Open event for carers**

At Rushmoor Borough Council offices, Farnborough road, Farnborough GU14 7JU

From 9:15am for a 10:15am start. Finishes at 2:30pm

With Guest Speakers, Information stands, sharing experiences and more. Full programme upon registration.

**To Book** a space please email [Mayfield.PatientGroup@outlook.com](mailto:Mayfield.PatientGroup@outlook.com)

Mayfield Patient Awareness Group in partnership with Rushmoor Borough Council

### Tuesday 11<sup>th</sup> October



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

10am - 2pm

This month, we give a warm welcome to Joan Ferrer JP, DL. Joan is a Magistrate, and sits on the Veterans' Court Diversion Scheme at Hampshire County council For some information on this subject, please visit website:

[http://www.local.gov.uk/culture/-/journal\\_content/56/10180/6740898/ARTICLE](http://www.local.gov.uk/culture/-/journal_content/56/10180/6740898/ARTICLE)

Our **Well-being group for Service Veterans** is at 12 pm. **Combat Stress** will be supporting our Well-being group this month. This month there will be a workshop covering nutrition and how it can affect our moods, as well as some simple tips to follow. For more information on Combat Stress please visit their website:

<http://www.combatstress.org.uk/>

We offer tea, coffee, and a biscuits for HM Veterans & Families, as well as providing an opportunity to meet with representatives: Veterans UK, Combat Stress, SSAFA, The Warrior Programme, SERVES, Citizens Advice Bureau (CAB) and The Royal British Legion. NO appointment necessary, walk-ins welcome.

We look forward to meeting you 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.

## Wednesday 12<sup>th</sup> October 7.15-9.15

### Fostering and Adoption Recruitment



Ever wondered if you could foster, either now or in the future? Why not drop in to one of the following libraries, any time between 10am and 2pm, to have an informal chat with a member of our fostering team and one of our foster carers?

**At The Hythe Centre, Staines TW18 3HD**

Foster carers and a fostered young person talk about what it's like to foster and be fostered. Come and find out more.

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

## Thursday 13<sup>th</sup> October



### Carers Afternoon Tea & Evensong

We would like to invite you to Guildford Cathedral, for Afternoon Tea & a dedicated Evensong, to give thanks for all Carers in Surrey & North East Hampshire  
Are you a carer or were you formerly a carer? Do you offer support to carers? Do you attend a carers support group? Everyone is welcome including those who are currently being cared for.

For catering purposes, you'll need to return a Ticket Request Form. Obtain this from:

Emma Beswick, CET Diocesan House, Quarry Street, Guildford, GU1 3XG

Email: [emma.beswick@cofguildford.org.uk](mailto:emma.beswick@cofguildford.org.uk) Tel: 01483 790 324

Requests must be in by Monday 3rd October

## Friday 14<sup>th</sup> October

### Mental Health and Wellbeing Information Drop-In

Pop along to the Hart Shopping Centre, Fleet anytime between 10am and 2.30pm

This event is for anyone who wants to learn more about mental health and wellbeing and find out about local support for all ages Come along and pick up information and speak to local groups and support services that can help. For more information, visit [www.hart.gov.uk/health-wellbeing](http://www.hart.gov.uk/health-wellbeing)

## Monday 17<sup>th</sup> October

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

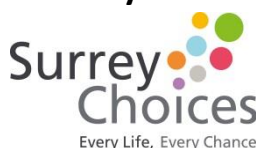
For all persons with dementia, their families, friends and professionals, and anyone interested in dementia.

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)

## Monday 17<sup>th</sup> October



### Surrey Choices — Open Day

Do you want to make a real and positive difference to someone's life? If so, have you thought about supporting an adult in your own home and becoming a Shared Lives carer, or supporting an adult and becoming a personal assistant (PA) with our Personal Assistance service?

**Our Recruitment Week is part of National Shared Lives week** (16-23 October) and all Shared Lives carers are invited to come and celebrate with us at these open days.

Monday 17<sup>th</sup> October - Camberley Community Group Ian Goodchild Centre, GU15 3SY

Also in Woking: Friday 21<sup>st</sup> October 2016 - Woking Resource Centre Old School Place, Woking, GU22 9LY

## Wednesday 26<sup>th</sup> October

### **SURREY HEATH CARERS - SUPPORT GROUP**

The next meeting of the carers support group will be at 2-3.30pm on  
The meetings are in the Lounge at St Marys Church, Park Road, Camberley, Surrey, GU15 2SR.

## Wednesday 26th October 2.30pm



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

### *Looking ahead...*

## Other notices



### **Rape and Sexual Abuse Support Centre** (Guildford) **Telephone Helpline Volunteers**

Training Course - Starting Sunday 9<sup>th</sup> October 2016, 7.30pm - 9.30pm. Plus supervision 2<sup>nd</sup> Tuesday evening of every month. Interviews 11<sup>th</sup> September, 18<sup>th</sup> September and 25<sup>th</sup> September  
Numbers limited – female only. If you are free 2 evenings a month for our helpline. The Helpline offers listening and support for anyone who has experienced childhood or adult rape and/or sexual abuse. We offer our volunteers a friendly and supportive environment, supervision and ongoing training

#### **Training Days and Times**

Please note: you are expected to commit to every training session

Sundays 9th & 16th October 2016, 10am-4pm

Thursday 13th October 2016, 7pm-9.30pm

Thursdays 20th 27th October 2016, 7pm-9.30pm

Thursdays 3rd 10th 17th 24th November 2016, 7pm-9.30pm

Sunday 27th November 2016, 10am-4pm

Full training given, no experience necessary

Details and application form on [www.rasasc-guildford.org](http://www.rasasc-guildford.org) or email [vivien@rasasc-guildford.org](mailto: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



### **Surrey Choices**

**The Surrey Choices Growth Team** is a horticulture scheme,

which involves teaching our customers practical gardening and horticulture skills. We support them to carry out practical tasks to maintain some of our large parks across the Surrey countryside. We offer LANTRA training to a variety of levels in addition to learning the basics around planting, pruning and general garden and landscape maintenance as well as gaining valuable work experience.

The team are based in these locations - Redhill, Woking and Frimley. High quality training is provided to customers of all abilities on a wide range of tasks with specialist equipment as well as showing the how to use and service the machinery vital to improve and maintain these public spaces.

The Growth Team has been really successful and has had a positive impact not only on our satisfied customers but also on the local community who have begun to use the improved outdoor spaces.

If you would like any further information or would like to join the Growth Team please do not hesitate to contact us on 01483-806806 or via email to [info@surreychoices.com](mailto:info@surreychoices.com)

## Extending our Learning



Diocese of  
**Guildford**  
THE CHURCH OF ENGLAND

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

### **Hearing Aid Maintenance Training**

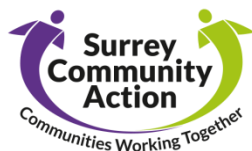
Education Centre, Guildford Cathedral, Guildford, GU2 7UP

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>



## FREE Training Days Vision Impairment Awareness VIDA Training Services

Free training days covering vision impairment awareness and associated conditions, providing lots of anecdotal experiences, exercises and interesting discussions.

**Who can apply?** Funding from Surrey Joint Training means that free places are available to:

- Staff, carers and volunteers at all levels working within local NHS/NHS Trusts, Surrey County Council or Borough Councils, Housing Associations, residential homes or domiciliary care providers
- Anyone working or volunteering for voluntary organisations/ charities
- Friends and family members of someone living with vision impairment, vision impairment & dementia or vision impairment and deafblindness
- And who live and/or work in Surrey

### Dates, Times and Venues

**Tuesday 18 October 2016- Vision Impairment Awareness – A Practical Experience.**

Park House, Leatherhead 10:00 – 16:15

**Monday 07 November 2016 - Vision Impairment and Dementia Awareness.**

Holy Trinity Church, Redhill 10:00 – 16:15

**How to book** Please email [training@vidatraining.co.uk](mailto:training@vidatraining.co.uk) Places will be allocated on a first come first served basis but will be restricted to a maximum of 2 delegates per team/organisation.

## Regular & Recurring Activities



### ARENA LEISURE CENTRE

The Arena leisure centre runs several 'Health and Wellbeing classes as listed below.

**For further details contact the Arena on 01276 417111.** 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.

### Dementia Exercise group Thursdays 2pm

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

### Aspirations Tuesdays 2.30pm

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.

**Stroke rehab seated exercise Tuesdays 12.30pm.** We adapt the class to the ability of the participants and use a variety of equipment for all abilities.

## 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)

Email: [lightwaterlive@gmail.com](mailto:lightwaterlive@gmail.com) or phone 07741455595

### Sunday Teas

**St Andrew's Church Hall, Frimley Green** 2nd Sunday each month. 3.30 - 5.00pm

An enjoyable event with sandwiches and cakes. For all parishioners over 55. Transport can be arranged if needed.

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 Resumes 5<sup>th</sup> September**

**Our Lady Queen of Heaven** Every Monday 12-3pm OLQH Church Hall, 111 Portsmouth Road, Frimley

We would love to welcome new members to our friendly club \* A home cooked lunch is provided. Bingo, quizzes & conversation \* There is also an opportunity to go on the annual holiday.

Contact **Jean Watkins** on 01276 685067 or **Sandie** at the church office on 01276 504876 (9-12)

Transport can be arranged through Camberley Care.

## Wednesday



Leading the fight against dementia

### Do you care for someone with dementia?

**Alzheimer's Society Carers Support Group**

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

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

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

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

**'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)

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

each Wednesday at 2 pm Most of our meetings are devotional in nature, open to men and women of all ages, but

particularly for older people. All are welcome on an occasional or regular basis. Occasional social activities are included in the program.

For further information phone 01252 837844 or visit the church website [www.fbc.org.uk](http://www.fbc.org.uk)

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

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



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

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

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

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

### **OPEN DOOR at St John's Church Cove – the Church Hall**, St John's Road, GU14 9RN

**OPEN DOOR** is a drop-in group for the lonely and those with mental health issues in the Rushmoor and surrounding areas. Carers are also very welcome. We meet in the Church Hall on the **first three Wednesdays of every month** from 6pm to 8pm. We offer a range of activities but more importantly a listening ear and companionship. Food and refreshments are also provided.

The group is run by caring volunteers who are all DBS checked. Do come and meet us!

For more information please call Sue Davis on 07768296515 or email: [stjohnspastoralteam@parishofcove.co.uk](mailto:stjohnspastoralteam@parishofcove.co.uk)

## **Thursday**

### **Visually Impaired of Surrey Heath**

**a Social club for blind & visually impaired residents of the borough**

We meet at High Cross Church, Knoll Road, Camberley.

**Email:** [brenord@hotmail.com](mailto:brenord@hotmail.com) **Telephone:** 01483 852343 **Contact Text Number:** 07771890751

Meetings are 1st & 3rd Thurs. Afternoons each month. 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.

### **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 Parish Office (Tues. and Fri. **01252 834845**) or Kath Sumner (T) **01252 658824**

### **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.

### **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 **November 2016** edition of '**Notice Board**'. Contributions are requested to arrive **by 25<sup>th</sup> October**

[Connections@surreyheath.gov.uk](mailto:Connections@surreyheath.gov.uk)

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