

# Notice Board

**June 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 270+ 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>

## Carers Week is 6<sup>th</sup> - 12<sup>th</sup> June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This year we're focusing on building Carer Friendly Communities. Communities which support carers to look after their family or friends well, while recognising that they are individuals with needs of their own. Carers Week is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

### **Community groups:**

Around one in eight members of your community group could be caring at any given time. These numbers will be higher if you have older people or women in your group, for example (though 4 out of 10 carers are men).

Many people with caring responsibilities don't think of themselves as carers, and they can often miss out on advice and information.

- Talk about caring for relatives and close friends at one of your meetings.
- Provide leaflets at your next group meeting.
- Send round email links to support and information.
- Invite someone along to talk to the group about caring.

Recognise that some of your group members might have difficulty attending meetings or taking part in activities. Are there ways that you could help make it possible? Could you offer lifts to and from meetings? Could they happen at different times to make it possible for them to attend?

See more at <http://www.carersweek.org/about-carer-friendly-communities/whole-community>



## Surrey Heath Carers Support

We offer free friendly advice and guidance to help you along the path of caring for someone. Caring can be complicated, from worrying about finances to how to get a break! It's not always easy. Many people struggle with caring for someone they love.

For some people sharing these feelings and experiences in a support group with others in the same situation is all the support they need. Others may not need to see us but like to receive our newsletter and stay informed of the changes and events that are happening for carers in the local area. Some need support regularly. Whatever you need we are ALWAYS here to help support YOU.

If you would like more information please call on 01276 27390 or email [support@surreyheathcarers.org.uk](mailto:support@surreyheathcarers.org.uk).

Our next support group is Wednesday 29th June 2:00 – 3:30pm at St Mary's Church.



## The Surrey Hubs **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; 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)



**The Windle Valley Centre** provides day care services and is open Monday to Friday from 0830 to 1630. We offer a comprehensive and interesting range of activities to suit all tastes and abilities and a delicious home cooked two-course lunch which is served at 12:15pm every day. There is also a Saturday club for carers and the cared-for and this is open 2 to 5pm each week. Our clients can participate at whatever level they feel comfortable and

Windle Valley offers the ideal environment for people to socialise, meet others and make new friends.

The centre is staffed by trained carers all of whom have a wealth of experience in care, as well as some volunteers. We work hard to ensure that the centre is welcoming and friendly and ensure a warm atmosphere for clients and their families. **For more information** please call Louise Aartsen, Centre Manager: **01276 479185** or email [louise.aartsen@surreyheath.gov.uk](mailto:louise.aartsen@surreyheath.gov.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

## Connect Counselling Service, Camberley

**Telephone: 01276 24210** Email: [info@connectcounselling.org.uk](mailto:info@connectcounselling.org.uk) Website: [www.connectcounselling.org.uk](http://www.connectcounselling.org.uk)

Counselling appointments are Monday – Friday 9:30am – 9:00pm with some additional appointments for couples on Saturday mornings. All counselling takes place at the Connect offices.

**Connect** is a professional counselling service within a Christian ethos, that is open to all. We offer counselling to couples and individuals over the age of 18 and family therapy to families of all ages. People come to us with a range of issues such as relationship difficulties, redundancy, bereavement, stress, and depression, whatever they are struggling with. There are no fixed charges but donations are requested and agreed at the first assessment session. No one will be turned away due to lack of funds.



## Age UK Surrey Counselling Service

Many people, at some stage of their life, feel anxious, depressed, isolated or unable to cope. Life events such as the loss of a loved one or an illness can trigger these feelings. Counselling gives you time and space to explore these feelings and to help you make sense of them. We offer

support to anyone aged over 50. Our Counselling Co-ordinator will talk to you initially and match you with an experienced volunteer counsellor. Your Counsellor will visit you in your own home, or if preferred another confidential place can be found. We recommend an initial six sessions. Further sessions can be arranged as required. All of our counsellors are trained and adhere to the British Association for Counselling & Psychotherapy (BACP) or The National Counselling Society. There is no fee for this service, but we do ask for a small donation per session, to help towards the cost of running the service. For more information, please visit our website: [www.ageuk.org.uk/surrey/services/counselling/](http://www.ageuk.org.uk/surrey/services/counselling/) or speak to Amy Lee-Webb, Counselling Co-ordinator on: **01483 503414**.

## Surrey Heath Walks in June



**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.

### June Walks:

**Wed 1<sup>st</sup>** Turf Hill 2.5 miles, 1 hour. Meet at Turf Hill Road Car Park, Guildford Road, Lightwater, GU18 5SW

**Wed 8<sup>th</sup>** Lightwater Country Park 1 hour, 2.5 miles. Meet at Lightwater Visitor Centre, GU18 5RG

**Sun 12<sup>th</sup>** Blackwater Park. 2.5 hours, 8 miles. Meet at Blackwater Station Car Park, GU17 9AB. This is one of our longer walks so be confident that you are fit for it.

**Tues. 14<sup>th</sup>** Minley Lake. 1.5 miles, 3.75 miles. Meet opposite entrance to Hawley Lake Sailing Club GU17 9LP.

**Wed. 15<sup>th</sup>** Bisley. 1 hour, 2.5 miles. Meet at Shaftesbury Road Car Park, Bisley, GU24 9ER

**Wed. 22<sup>nd</sup>** Basingstoke Canal 1 hour, 2.5 miles. Meet by Frimley Lodge Café, Frimley Lodge Park, GU16 6HY.

**Wed 29<sup>th</sup>** Chobham Place Woods. 1 hr, 2.5 miles. Meet by Chobham Place Woods, Valley End Road, GU24 8TL.



### Age UK Surrey GO50 guided walks and cycle rides

Do come and join in one of our guided walks near you, we would be delighted to welcome you. There is no need to book in advance and the walk is free, although we do ask for a small donation to help with our running costs for the service. We also

have an off-road cycling programme and Nordic walking. The GO50 walks and cycle ride programme can be viewed on our website: [www.ageuk.org.uk/surrey/activities/go50/](http://www.ageuk.org.uk/surrey/activities/go50/) or call us on **01483 503414** and ask for the GO50 Co-ordinator who will be happy to send you the programme.

### Walks in June

**Wed, June 1, 10:15am – 1:15pm Sunningdale & Ascot**

5 miles. Mainly level walk through woodland and open heath land. Generally firm, but can be very muddy. Meet at Sunningdale free car park. Off A30 London Rd, east of Sunningdale station. (T) Bus 500, Sunningdale station. SU 955 670 / SL5 0DJ. Walk Leader: Peter Lunch: Optional pub lunch after the walk.

**Fri, June 3, 10:15am – 1:15pm Windsor Great Park**

5 miles. Mainly level walk through open parkland, generally firm.

Meet at: Rangers Gate free car park. On left off A332 Sheet Street Rd, 1¼ miles north of intersection with B383 Sunninghill Rd. SU 953 734 / SL4 2JA. Walk Leader: Peter. Lunch: Optional pub lunch after the walk

**Tue, June 14, 11:45am – 2:45pm Royal Ascot Picnic**

4 miles. Pleasant, undulating walk to Dukes Lane for picnic and to see royalty change from limousines to carriages on their way to Royal Ascot. Meet at Bishopsgate. A30 Egham Hill, A328 through Englefield Green, left at 3rd roundabout down Bishopsgate Rd to end of park. SU 978 721 / TW20 0XY. Walk Leader: Lynette. Lunch: Bring a picnic.

### The Walking Club – Ash

At The Walking Club we are supporting healthy walking in the Blackwater Valley in the boroughs of Hart, Rushmoor, Surrey Heath and Guildford. Just turn up, wearing appropriate shoes, prepared to walk for at least an hour. Most walks cover 2-3 miles; with some longer walks covering 3-4 miles. Tea or coffee and a good chat is usually available after the walk. **Email:** [walkingclub2012@gmail.com](mailto:walkingclub2012@gmail.com)

**Web site:** <https://walktalk.shutterfly.com/>

### Dementia Exercise Group

**Arena Leisure Centre.** Places for People Leisure Ltd. Enquires: Tel. **01276 417111**

Thursday afternoons at 2pm: Cost £3.50 per session.

The group focuses on reducing the risk of falls, improving confidence and self-esteem and maintaining muscles strength and joint flexibility to help people be more independent for longer.

### Aspirations Exercise Group

**Arena Leisure Centre.** Places for People Leisure Ltd. Enquires: Tel. **01276 417111**

Tuesday afternoons at 2.30pm: £4.20 per session.

This group is designed to give those with mental health issues a safe environment to exercise with support from trainers. This allows them to take part in using the gym and class based exercises.

## Calendar

**Wednesday 1<sup>st</sup> June - 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)

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

**First Steps Surrey SERVES Big Event**

**10 – 4pm at Lakeside Country Club**, Frimley Green, Camberley, GU16 6PT

A fun, educational event for anyone interested in the emotional health of Armed Forces veterans/reservists. Featuring:

- Award winning comedian John Ryan
- Live forum theatre from Acting Out Productions
- Market place of services that support veterans/reservists

Lunch/light refreshments provided. For more info and to book your place, please contact **SERVES** on: t: 0808 801 0325 e: [VCL.SERVES@nhs.net](mailto:VCL.SERVES@nhs.net)

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

**Surrey Libraries Community Connections Coffee Morning**



Virginia Water Community Library 6 Station Parade, Virginia Water, GU25 4AB

between 10 and 12noon. Surrey Libraries and Sunrise Senior Living of Virginia Water are organising coffee mornings including 'Become a Dementia Friend' Information Session.

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. For any queries, please call **Vicky or Linda on 01344 843777**

**Wednesday 8<sup>th</sup> June**

**Afternoon Tea Party to celebrate Carers Week.**

2pm -4pm at High Cross Church, Knoll Road, Camberley GU15 3SY

Carers Organisations in Surrey Heath invite you. Join us for a relaxing afternoon tea with other Carers in the area. Your cared-for is also invited. Help us recognise the work done by Carers in Surrey Heath. Places are limited so **please book your place** by contacting **Surrey Heath Carers Support on 01276 27390**

**Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> June**



**Celebrate the Queen's 90th Birthday**

**at All Saints' Church Lightwater**

Saturday 11th June - **Family Barn Dance** – 7.30pm, live music of Saxon Drain. Ticketed event. Details from 01276 453121 or email [office@allsaintslightwater.org.uk](mailto:office@allsaintslightwater.org.uk) Bring your own drink, glasses & nibbles.

Sunday 12th June – **Celebration service** at 10.00 am followed by a **Street Party** in the church car park at 12 noon – bring a plate of food and come along.

**Monday 13<sup>th</sup> June**



## **Surrey Fostering and Adoption Service**

**Chat with us about fostering** 7 – 9pm Fostering recruitment open evening at Edmonds Community Hall, 92 Albert Road, Horley RH6 7HZ

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.

**Tuesday 14<sup>th</sup> June**

## **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.

This month: **Gary Botterill and his AmbassaDog from Service Dogs UK**. They provide and train assistance dogs for veterans of the Armed Forces, Emergency Services, Coastguard & RNLI who suffer with Post Traumatic Stress. For further information please visit their website: <http://www.servicedogsuk.org/>

Our **Well-being group for Service Veterans is at 12 pm**. This month with the support of **TALKplus**, we will be holding a workshop based on capturing, and challenging negative thoughts, that we have when feeling low and anxious. As well as working through a muscle relaxation technique to help alleviate tension.

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>

**Tuesday 14<sup>th</sup> June** from 2:30pm



### **HM The Queen's 90th Birthday Party**

**at Gracewell of Camberley**, Fernhill Road, Blackwater GU17 9HS

Join us for a feast to celebrate the 90<sup>th</sup> birthday of the longest reigning monarch in British history. The award winning Gracewell dining team will be serving up something extra special. Call 01276 819106 or book online at

[www.gracewell.co.uk/openday](http://www.gracewell.co.uk/openday)

**Friday 17<sup>th</sup> June: Care Home Open Day at Gracewell** – all day. A chance to view our range of suites; a look at our vibrant activities programme; an opportunity to talk to staff and ask questions about care.

**Monday 20<sup>th</sup> June**

**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)



**Wednesday 22<sup>nd</sup> June**

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

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

**Tuesday 21<sup>st</sup> June**, 10.00am-1.00pm

**Information day run in collaboration with OPTTELEC**

**Sight for Surrey** at Trinity Methodist Church, Brewery Road, Woking GU21 4LH



NOTE:

**Camberley venue** on 16th July – High Cross Church

**Guildford venue** on 30th June

**Thursday 23<sup>rd</sup> June**

**THE HAPPINESS COURSE** is coming back to St Paul's! Learn about what makes people happy and how to achieve this in your own life. It is a fun and interesting four weeks running on Thursday evenings from 23rd June at 7:30pm in St Christopher. This is for everyone – if you are happy you could be increasing the happiness of your neighbours by 25%. Talk to Ann or email [annfugeman@gmail.com](mailto:annfugeman@gmail.com) or Tel: 07949 550113



**Wednesday 29<sup>th</sup> June**



**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**.

**Thursday 30<sup>th</sup> June**, 3.00pm-6.00pm

**Information day run in collaboration with OPTTELEC**

**Sight for Surrey**

Guildford United Reformed Church, 83 Portsmouth Road, Guildford GU2 4BS

**NOTE:** Camberley venue on 16<sup>th</sup> July - High Cross Church

## Other notices



Telephone: 01276 707692

Email: [info@camberleycare.org](mailto:info@camberleycare.org)

Website: [www.camberleycare.org](http://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.

## Extending our Learning



### Surrey Adult Learning

<http://www.surreycc.gov.uk/schools-and-learning/adult-learning>

#### Camberley Centre

France Hill Drive, Camberley, GU15 3QB

[camberley.aec@surreycc.gov.uk](mailto:camberley.aec@surreycc.gov.uk)

Do check the website for a wide range of courses. Or Tel: **0300 200 1044**

## Future Learn courses starting in June / July

**Free Online short courses** See [www.futurelearn.com](http://www.futurelearn.com)

#### Exercise Prescription for the Prevention and Treatment of Disease

Learn how physical exercise can help patients including those with cardiovascular disease, mental health problems and cancer. Starts 6<sup>th</sup> Jun. 2 weeks at 4 hrs per week. Trinity College Dublin

#### Managing My Money

Gain the skills to manage your personal finances: managing budgets, debts, investments, property purchase, pensions and insurance. Starts 6<sup>th</sup> Jun. 8 weeks at 3 hrs per week The Open University

#### Psychology and Mental Health: Beyond Nature and Nurture

Learn how a psychological understanding of our emotions and behaviour gives us new ways to improve mental health and well-being. Starts 13<sup>th</sup> Jun. 6 weeks at 3 hrs per week. University of Liverpool

#### Talking About Cancer

Gain the tips, tools and confidence to talk about cancer with this free online course from Cancer Research UK. Starts 13<sup>th</sup> Jun. 3 weeks at 1 hr per week Cancer Research UK

#### The Many Faces of Dementia

Gain a unique insight into dementia through the stories, symptoms and science behind four less common diagnoses. Starts 11<sup>th</sup> Jul. 4 weeks at 2 hrs per week. UCL (University College London)

## 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)



**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.



## 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)

## 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 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.

## Tuesday

### Arena Leisure Centre - **Why not try our new indoor bowls session?**

Using different techniques & Games. Enjoyable and sociable sessions. **Drop in Tuesdays 10.30am-11.30am.**

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

## 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)





## 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.

## 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)

## 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

## 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)

## 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.

## 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.

## 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:

**Frimley Green and Ash Libraries:** Fridays 10am - 12 noon; (Camberley Library: Tuesdays 2 - 4pm)

<http://www.surreycc.gov.uk/people-and-community/libraries/libraries-for-learning-and-research/improve-your-computer-and-internet-skills/digital-buddy>

## 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 July 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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