

# Notice Board

## July 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>

### ‘Making it Real’ in Surrey Heath – neighbourhood participation

Following our afternoon workshop in May, attended by ninety people, a small steering group has been mapping a way forward for improved links between neighbourhoods and the community services of the Borough Council, local health and social care services. Whilst there are already forums for interaction in some areas, including mental health and dementia, an appropriate response to comments from ‘Making it Real’ delegates is felt to be the launching of regular meetings for the following:

1. **Development of the voluntary sector**
2. **Transport**
3. **Befriending and visiting (Combatting loneliness)**
4. **Local leaders liaison**

These groups bring together key people, representatives of local groups and charities, to discuss opportunities for our communities; to be neighbourhood specific; to include the right people for each topic area; and to provide a channel for information flow for our residents.

A number of delegates from the May workshop have responded to a call to express interest. They might subsequently approach others who they feel should be involved. Should you be able to contribute to one of the above groups do please tell me.

### 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



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;

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)

## Calendar

### Saturday 2<sup>nd</sup> July

#### Kingsbury Court Care Home, Bisley

#### 1st Birthday celebration, 11am to 3pm

BBQ in the garden, Pimms and strawberries on the lawn, live singers, stalls, skittle alley. We're simply celebrating our first year. Our desire is to be very much part of the local community and we warmly invite you. Kingsbury Court, Guildford Road, Bisley GU24 9AB. Tel 01483 494186 Email: [kingsbury.court@mmcg.co.uk](mailto:kingsbury.court@mmcg.co.uk)

### Saturday 2<sup>nd</sup> July



#### THE JOY OF SINGING - **FREE and open to all**

2.00pm - 4.00pm (please arrive by 1.50pm)

At **All Saints Church Hall, Broadway Road, Lightwater**, Surrey GU18 5SJ

Everyone is welcome to this free celebration of singing. Discover the joy of harmonising with others in a unique, interactive and fun exploration of your voice. No previous experience is required. Children are welcome but must be accompanied by a responsible adult.

Booking is essential. Enquiries: Call Richard Mills on 07867 940911 Email: [richard.mills363@btinternet.com](mailto:richard.mills363@btinternet.com)

### Wednesday 6<sup>th</sup> July - and every Wednesday from 12 - 1pm

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



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

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

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

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

### Wednesday 6<sup>th</sup> July

#### Free finance workshop for charities



9:30 – 13:00 at St Mary's Church, Park Road, Camberley GU15 2SR

**Surrey County Council's Finance Team** will be running a **half day** workshop on an **Introduction to Finance**. The workshops are aimed at voluntary organisations wanting to learn more about financial practices and will be excellent for treasurers and trustees as well as individuals involved in running the groups.

The workshop will cover: \*\*Optimising income \*\*Charities' financial reporting \*\*Budgeting  
\*\*Budget monitoring \*\*Financial acumen \*\*Investment appraisals

**Booking:** first come first served basis. **Email** Miriam Selman [miriam.selman@surreycc.gov.uk](mailto:miriam.selman@surreycc.gov.uk) for a place.

Due to limited space: two places per organisation. We will create a waiting list so please let us know if you are no longer able to make it so we can offer your space to someone else. Assuming colleagues find this first pair of workshops useful, we hope to be able to offer further workshops in the future.

## Tuesday 12<sup>th</sup> July

### 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, we give a warm welcome to **Dr Nicholas Murdock** from **Care after Combat**, a UK charity that provides professional assistance for the well-being of the Veteran and their family, and also helps re-offending veterans in the criminal justice system. For further information, visit their website: [www.careaftercombat.org](http://www.careaftercombat.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 covering what sleep is, and how a lack of it can affect us, as well as how to improve sleep with some easy tips to follow. For more on TALKplus please visit their website: [www.talkplus.org.uk](http://www.talkplus.org.uk)  
Representatives from Veterans UK, SSAFA, Combat Stress & other agencies will be available for advice & support. No appointments necessary, walk-in's welcome.

**SHV&F-LP are located at Camberley Sea Cadets**, 2a Gilbert Road, FRIMLEY, Surrey; GU16 7RF Opposite the Matalan Store on the Frimley Road. SHV&F-LP meet every second Tuesday of the month.

#### Surrey Heath Veterans & Families - Listening Project 'Making Today, a Brighter Tomorrow'

Deborah Sellstrom, founder. Web: [shvflp.webplus.net](http://shvflp.webplus.net)

## Saturday 16<sup>th</sup> July

### Sight for Surrey



### Information Day, run in collaboration with OPTELEC

Saturday 16<sup>th</sup> July 10.00am-2.00pm

High Cross Church, Knoll Road, Camberley GU15 3SY



## Monday 18<sup>th</sup> July

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

### July 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)

## Saturday 23<sup>rd</sup> July

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

**July 23rd** Seeing the Isle of Wight Group.

**Our Discussion group normally meets on Sunday afternoons** at The Spike Heritage Centre, Warren Road, Guildford GU1 3JH. These are meetings for children and adults with Tourette's, family members and friends. The group is supported by Tourette's Action, the charity that helps and supports people with Tourette's in the UK. Their Office is based locally in Farnborough. We are also trained by Tourette's Action and work on their helpdesk three days a week. Adults chat over coffee, play for the children. Occasional activities include bowling and picnics. **Further details** from Dave Petersen (M) 07931 968583

## Monday July 25<sup>th</sup> July

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

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

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

**Also on the following Mondays in 2016: September 19, November 21**

**Home visits** can be arranged by contacting St Michael's Parish office tel: 01276 23602

Email: [office@stmichaelscamberley.com](mailto:office@stmichaelscamberley.com) They will pass on the number for Tony and Carol Moody.

## Wednesday 27<sup>th</sup> July



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

## Wednesday 27<sup>th</sup> July

### Surrey Heath Carers Support

#### Carers Support Group Meeting from 2.00 to 3.30pm

At The Lounge, St Mary's Church, Park Road, Camberley, GU15 2SR. No Need to book just turn up! For any questions you can contact us on 01276 27390 E-mail: [support@surreyheathcarers.org.uk](mailto:support@surreyheathcarers.org.uk)  
Carers Support Worker, c/o Ian Goodchild Centre, Knoll Road, Camberley GU15 3SY  
[www.surreyheathcarers.org.uk](http://www.surreyheathcarers.org.uk) Surrey Heath Carers – Charity No. 1082800

## Wednesday 27<sup>th</sup> July



**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 28<sup>th</sup> July

### Dementia Support Café

#### Lakeview – a Hallmark Care Home in Lightwater

Join us in the Woodland café on the **last Thursday of each month** from 10.30am until 12pm.  
An informal get-together for carers and people living with dementia to share experiences, develop friendships and access information from experienced guest speakers over a slice of cake and a cuppa or two.  
**To book your place** call Darren, Lakeview's Customer Relationship Manager on **01276 480430**.

## Sunday 31<sup>st</sup> July

### Bagshot Tea & Chatter

The July Tea and Chatter will take place at Meade Court, Guildford Road, Bagshot, GU19 5NH between 2.30 and 4.30pm. This tea group has recently been launched for local senior citizens.  
In future the Tea and Chatter group will meet on the last Sunday of the month.



#### **Please book a place:**

Gill at Surrey Heath Age Concern Tel. 01276 707585

Email: [ageconcern-fandc@hotmail.co.uk](mailto:ageconcern-fandc@hotmail.co.uk)

Danielle at Meade Court (Accent South Housing) : Tel. 07823 444285

## Other notices



### Supported Volunteering for you!

Contact: Denise Graves Coordinator for Guildford and Surrey Heath

[D.graves@vasws.org.uk](mailto:D.graves@vasws.org.uk) Tel: 07825 417204

**July 11<sup>th</sup> and July 25<sup>th</sup>** -Volunteer Support and Drop-in sessions – Denise will be in the lounge at High Cross Church in Camberley between 12-2pm, ideal for those who need friendly support and encouragement to take their next steps in volunteering.

- We will work together on your volunteering journey
- We can help you explore interests, skills, experiences and activities
- We can identify volunteering placement opportunities, and offer volunteering taster sessions
- We will provide individual ongoing support and Support routes to work

We will help build your confidence and reduce social isolation. **VOLUNTEERING - It's for everybody!**



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.

## **Holiday at Home**

**Frimley Baptist Church** on **Tues 2<sup>nd</sup>, Wed 3<sup>rd</sup> and Fri 5<sup>th</sup> August** 10.00am to 3.30pm with lunch. Wed is a coach trip to Christchurch in New Forest. The holiday is for elderly folk. If you know of anyone or organisations who might be interested let me know. People can come to all 3 days or just one or two days, cost is just £6 per day including coach trip.

**Anyone interested can contact** David Lasseter on Tel. 01276 25041 or mobile 07914974667.

## **Citizens Advice Surrey Heath**

**Free, independent, confidential and impartial advice** - This is offered to everyone on their rights and responsibilities. We provide advice for any problem— from benefits, to employment matters, consumer problems, debts, family difficulties or housing situation – anything!

You can get help checking you are getting the right benefits, help to fill in forms or to appeal government decisions, work out what your options are to tackle debts or increase your income, to find out how to access local services and support - if we can't help you we will know who can.

**Camberley Office** Tel: 01276 634342 - Mon to Thurs 10:00 – 16:00 open to drop in callers, appointments and by telephone. Email [admin@camberley.cabnet.org.uk](mailto:admin@camberley.cabnet.org.uk) website: [www.surreyheathcab.org.uk](http://www.surreyheathcab.org.uk)

**Outreach services** at- **Chobham Community Centre**: 15:00 – 17:00 for drop-in or by appointment.

An adviser will be at the **Wellbeing Centre, Park Road Bagshot** every Wednesday from 10am till 12pm – just drop in or if you prefer call 01276 417900 and book an appointment.



## **Voice Network roadshow**

Get involved – make change happen in health and social care in Surrey. Are the health and social care needs of your members or service users being met? What issues concern them and how can **Healthwatch Surrey** make sure these are heard?

**Surrey Community Action** is co-ordinating a series of events around the county in partnership with **Healthwatch Surrey**, each with a different theme. We are particularly keen to hear from smaller organisations who may not have participated before and who struggle to have their voices heard.

**Our next meeting takes place on 1 September in Staines** between 2.00 to 4:00pm and we would like to encourage community groups and charities and faith organisations which represent people with health and social care needs in north Surrey to come along and participate. **Register now** at [www.voicenetwork.org.uk](http://www.voicenetwork.org.uk)

Surrey Community Action Contact person: Kelly Young, [kellyy@surreyca.org.uk](mailto:kellyy@surreyca.org.uk) Tel: 01483 447125

SMS: 07470955866 Website: [www.surreyca.org.uk](http://www.surreyca.org.uk)



## **Alzheimer's Society**

### **If you are affected by dementia...**

Our specialist services are designed to help you maintain your independence and improve your well-being. Trained staff are on hand to provide you with tailored information and support that meets your needs and interests.

**Get in touch with our dementia support team. Tel: 01932 855582** [surrey@alzheimers.org.uk](mailto:surrey@alzheimers.org.uk)



## Catalyst – The Welcome Project

183a London Road, Camberley GU15 3JS  
Telephone: 01276 409415 / Text: 07860021253  
[welcomeproject@catalystsupport.org.uk](mailto:welcomeproject@catalystsupport.org.uk)  
[www.welcomeprojectsurrey.co.uk](http://www.welcomeprojectsurrey.co.uk)

The Welcome Project has been developed by Catalyst (formerly SAdAS) and began in 2013. We work in partnership with other charities and volunteers to provide a variety of activities, support, guidance and opportunities for people who feel isolated, have lost their focus, suffer from anxiety or need a change of direction and live in the areas of Surrey Heath, Guildford or Waverley and are between the age of 18 and 65.

Referral to the project and to start accessing our services is easy. We accept referrals from GPs, Community Mental Health Teams, voluntary organisations and you can also self-refer. Our activities run from Monday to Friday and are held in varying locations around Surrey Heath.

### SURREY HEATH ACTIVITIES FOR July 2016

Wellness Recovery Action Planning Workshop // Expressive Art Mindfulness Group // Drop-In Volunteering Support Session at High Cross Church, Camberley // Film Group // Meeting Point // Karaoke // Creative Writing // Relaxation Workshop // Gym // Cooking Group // Wellbeing Walk // Job Club Drop-In Session at the Adult Education Centre, Camberley // Cooking Group // Knit & Stitch Group // Football

**Email for the full programme details.** [welcomeproject@catalystsupport.org.uk](mailto:welcomeproject@catalystsupport.org.uk)

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

**OPEN DOOR 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, and importantly a listening ear and companionship. Food and refreshments are provided.

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

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

Open Door has three more meetings before the summer break on 6th, 13th and 20th July.

- On **Wednesday 6th July** we are meeting in the Hall car park first and then going out for a meal.
- On **Wednesday 13th July** we meet in the Hall as normal.
- On **Wednesday 20th July** Open Door is hosting in the Hall a Drumming for Wellbeing Workshop led by Ray Watters founder of "Drum With Us", starting approx. 6.30pm.

We re-start on **Wednesday 7th September** but hope to have an outing during the summer break. Please call 07768296515 if you are interested in joining us for any of these dates and events.

## GetWise

### Changes to GetWise

There has been a recent funding reduction to our Getwise benefit service, which has impacted on the service to customers. Some of these changes are as follows:

#### **ADVICE LINE**

A benefit advice line is open every Monday, Wednesday and Friday from 10am – 3pm.

**Advice Line Number: 0300 030 1002** - for benefit information/advice only.

## Extending our Learning



### Surrey Choices - a range of courses

Let us help you prepare for a job with our amazing summer activities!

Do you know what you want to be when you leave college? Don't worry if you don't, because we have a range of courses for you to try during your Summer Holidays 2016!

Our courses run from Monday 1 August until Friday 26 August 2016, with each course running for a week long.

**If you are 18-30 years of age and have support needs**, please get in touch so we can tell you what we have to offer. **Call us now** on 01483 806806 for more information or to book!

[www.surreychoices.com](http://www.surreychoices.com)



## Carer Information and Support Programme (CrISP)

### Do you care for or support someone with dementia?

#### **CrISP 1 course in Bagshot, starting on the 8<sup>th</sup> August**

Venue: The Wellbeing Centre, r/o Windle Valley Centre, Bagshot GU19 5AQ

**A 4 week course on the following Mondays: 8th, 15th, 22nd August and 5th September**, it will be with the introduction included in the first session. The time of the course will be from 1.30 to 3.30 with 15 minutes at the end for attendees to talk to each other so finish at 3.45. Our carer information and support programme offers information sessions in a group environment where carers can share experiences and identify local services.

**CrISP 1 has been designed specifically for carers, family members and friends of people with a recent diagnosis of a dementia. It consists of four essential sessions, each lasting 2.5 hours.**

#### **CrISP includes two courses:**

- **CrISP1** - a four session programme aimed at family members and friends who support a person with a recent diagnosis of dementia. Topics covered include; understanding dementia, legal and money matters, providing support and care and coping day to day.
- **CrISP2** - a three session programme covering issues that arise as dementia progresses. Topics covered include; understanding change as dementia progresses, living with change as more help is needed, and living well as dementia progresses.

**There will be a CrISP 2 course in October.** For more information about the courses and to book a place, please contact Wendy Wilmot on 01403 213019 or email [wendy.wilmot@alzheimers.org.uk](mailto:wendy.wilmot@alzheimers.org.uk)



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

### Hearing Aid maintenance training

Education Centre, Guildford Cathedral, Guildford, GU2 7UP

24th May, 21st July, 8th September, 6th & 8th December 2016 Times: 10am—4pm

**Hearing Champions Training will include:** Checking the hearing aid is working / Replacing the battery, battery life / Re-tubing / Fitting the hearing aid in the ear / Hearing aid controls / T-loop / Use of hearing aid / Assistive listening devices / Communication tactics / Outline of audiology pathways in your area.

**Contact:** Tracey Wade, Sensory Inclusion Adviser, Communities Engagement Team, Diocese of Guildford  
tel: 01483 790327 or 18001 01483 790327 - mobile/SMS (txt/voice): 07531 268476  
email: [tracey.wade@cofeguildford.org.uk](mailto:tracey.wade@cofeguildford.org.uk)

Tracey's webpage now has all the latest training sessions, hearing aid maintenance clinics etc.

<http://www.cofeguildford.org.uk/about/communities-engagement/sensory-inclusion>

## Regular & Recurring Activities

**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)

**For all other Regular events please refer to the June issue – see the website links on the first page.**

## The next 'Notice Board'

**Brief notices**, news, events and training opportunities are very welcome for the **August 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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