

NOTICE BOARD

October 2018



New Initiatives in Spelthorne

I can't possibly know of all the new actions, projects and thoughts at work in our neighbourhoods, but the following have come to my attention and I'm pleased to announce them.

- ❖ **ADHD group** A new group has been formed for Spelthorne see their information on Page 5.
- ❖ **Bereavement Café** The King's Community Church at St. Martin's Court, Ashford is opening a bereavement café group on 19th October, having been assisted by the Princess Alice Hospice of Esher. See Page 8 (the October diary section).
- ❖ **Community Allotment** especially for anyone who is living with a life limiting illness, is a carer or who has been recently bereaved. This is part of the community work of the Princess Alice Hospice. See Page 3.
- ❖ **Staines Good Neighbour Scheme** – this is in the making and through a meeting on October 9th the hope is to form a steering group to set-up the scheme which will serve the elderly and others with needs in terms of transport to appointments, shopping, other visits, and some further help where necessary. See the October diary entry on Page 7.
- ❖ **Leacroft Youth Café** has got off to a good start and is there to serve local residents and business staff with lunches prepared by those gaining experience for the workplace. It's at the Leacroft Youth Centre in Staines. See page 4 for details.

Do you know of new neighbourhood activities that should be brought to the attention of others? Do let me know!

Yours, working for our neighbourhoods,

Nigel

This NOTICE BOARD is for Health and Wellbeing matters with vulnerable people of all ages and the elderly in mind.

The monthly editions are produced by Nigel Drury, Community Connector for Spelthorne Borough Council. Do be free to share this more widely with your groups, team or colleagues.

The Spelthorne Council website now has this Notice Board through the following link:

<https://www.spelthorne.gov.uk/Care-Connections-NB>



2018 Surrey Carers flu jab voucher scheme

Surrey is encouraging all carers to get vaccinated against flu. This year the Surrey CCG collaborative, Surrey County Council and The Surrey and Sussex local pharmaceutical committee have approved a Surrey Carers flu jab voucher aimed at improving the uptake of Carer flu vaccination. **These vouchers will be available through front line Carers Support Services** and will be passed on to eligible carers to be presented at participating pharmacists.

The seasonal flu vaccine is the best way to protect carers and the person they care for from the illness and will also help prevent the caring arrangement breaking down because the carer becomes unwell.

The latest 'State of Caring' survey shows there are 115,000 carers in Surrey providing unpaid care. Carers report that they find it difficult to attend routine medical appointments and are often forced to put off treatment themselves because of their caring responsibilities. Without proper support, carers are frequently pushed to breaking point which can affect their own health. This year's Winter Wellbeing Campaign will spotlight carers' health.

These free vouchers can be taken to participating pharmacists to be redeemed. The aim is to end a three year decline in carer flu vaccination uptake. Carers say it is often more convenient for them to visit their local pharmacist to receive a flu vaccine. The vouchers provide community pharmacies with assurance that 'the carer is known to carers services here in Surrey and is therefore entitled to a free vaccination.

For further information contact Debbie Hustings, Partnership Manager Carers, via email at debbie.hustings@nhs.net

Surrey Heartlands
Health and Care Partnership



Get Online Week

With more services moving online, it has never been more important for residents to understand how to use the internet, particularly older people and those with disabilities.

This year Surrey County Council and partners will once again host a range of FREE digital sessions across the county during Get Online Week to give residents a chance to try one thing using the internet.

Wednesday 17 October Stanwell Rose Community Centre, Mulberry Avenue, Stanwell TW19 7SF • Free drop-in with digital champion Call 020 8825 1247 9.30am-10.45am

Friday 19 October The Fordbridge Centre, Clarendon Road, Ashford TW15 2PU • One to one tutoring sessions Call 01784 243880 9.30am-12.30pm Booking essential

More dates and venues are available on

<https://www.surreyinformationpoint.org.uk/Information/GetOnlineWeek2018>

A free events guide is available to pick up in libraries.

Learn the basics – FREE one-to-one sessions at your library

Develop your confidence using the computer and learn basic computer skills (including keyboard and mouse, how to set up an email account and store files) with help and one-to-one support from one of your local library's friendly staff and volunteers. • Bring your own device if you prefer. • All branches have free WiFi, screen reader software, large screen computers, large keyboards and trackball mice. • Drop-in sessions may also be available on the day, with the option to book longer appointments with one of the 40 digital buddies. • Free access to computers for library members. • Please note, charges apply to non-library members. If you'd like to book a place or find out more, please call 03456 009 009 or pop into Ashford Library.

Friday 19 October at Ashford Library, Church Road, Ashford TW15 2XB
10.30am-12.30pm; 1.30pm-3.30pm



Community Engagement Allotment – The Clumps Allotments, Ashford

Come and join in – come and work the land!



Would you like to meet new people, grow healthy food, have a chat and get closer to nature?

Our allotment sessions are open to anyone who is living with a life limiting illness, is a carer or who has been recently bereaved. To find out more please contact us on 01372 461856 or email allotment@pah.org.uk



Ashford Helping Hands – A team of caring volunteers ready to help you if you live in the TW15 postal area.

We personally interview and check the references of all our volunteers who are DBS (Disclosure & Barring Service) checked. **We can help in many ways**, including:

- Light housework • Minor household repairs • Dog walking
- Letter writing and form filling • Visiting elderly, disabled or housebound clients
- Accompanying you on medical appointments if required • Light gardening jobs
- Shopping, collecting prescriptions • Help with essential transport

If we cannot help, we may be able to direct you to an organisation which can assist.

To contact us please phone 07754 083 502 between 10am and noon Monday – Friday.

To talk to a Duty Officer who will try to arrange help. See our web site:- <http://www.ashfordhelpinghands.btck.co.uk/>

Free Workshop

The National Autistic Society Autism Workshops For parents and carers, pre & post autism diagnosis

A Series of workshops for parents and carers of children and young people who have a diagnosis of autism or are seeking one.

Our workshops provide practical support, ideas and strategies to help you to help your child.

Book Now: 01483 521744 SeResourceCentres@nas.org.uk

(Already held: Understanding and Managing Behaviour: Friday 21st September 2018 Reigate)

Places must be booked. Book now for:

Sensory Processing Differences Friday 19th October at Manor Mead School, Shepperton

Social Skills Wednesday 21st November at Maybury Centre, Woking

All workshops run from 10:30 – 1pm

The National Autistic Society is a charity registered in England and Wales No. 269425 and in Scotland SC039427



Extended phone support for Carers in Surrey

Action for Carers Surrey are trialling an extension of our phone opening hours to be more accessible to carers in Surrey with support, information, advice and more. The trial runs through September, October and November.

Find out how we can help you on 0303 040 1234

Open 8am – 6pm Monday to Friday; 9am – 12noon Saturday

CarerSupport@actionforcarers.org.uk Text 07714 075993



Action for Carers, Astolat, Coniers way, Guildford GU4 7HL Charity Reg. No. 1116714



We are now accepting Harvest Donations.

Please contact us for further details: Tel: 07549 952161

Email claire.hopkins@stsaviourssunbury.org.uk



Staines Children & Young Persons Haven

Leacroft Youth Centre, Raleigh Court, Staines, TW18 4PB

Additional Opening Hours

The CYP Haven is a safe space for children and young people aged 10-18 where you can talk about worries and mental health in a confidential, friendly and supportive environment. Opening times currently: **Tuesdays** – 4pm – 8.30pm; **Saturdays** – 12pm – 6pm

From 1st August it will also be open on Wednesdays from 4pm – 8.30pm

For more information: <https://www.cyphaven.net/home/staines/>



Leacroft Youth Cafe – Great Menu!

We open on a Tuesday and a Friday 10 till 2pm

Leacroft Youth Cafe has been set up by Spelthorne Family Service. The aim of this provision is to increase young people's employability and aid their personal development, in an attempt to ensure their successful transition in to employment. **An excellent selection of Sandwiches, Toasties, Jacket Potato with toppings, Salads (Dressings Balsamic Glaze or French Vinaigrette), Snacks and Drinks**

Email us an order for local delivery

or take time out and come in to Leacroft Youth Centre for Lunch.

All orders need to allow for 45 minutes before arrival – Last delivery orders 1pm

Hope Again - the youth website of Cruse Bereavement Care. It is a safe place, where young people who are facing grief can share their stories with others. You can find information about their services, a listening ear from other young people, and advice for anyone dealing with the loss of a loved one.

Hope again provides somewhere to turn to when someone dies. They can offer a safe, youth friendly space where young people can work through their grief in their own time and own way accompanied by a trained and experienced volunteer who will work individually with the young person over a period of 6-8 weekly sessions.

The Sainsbury Centre, Guildford Road, Chertsey KT16 9AG **Telephone 08088 081677**

E-mail hopeagain@cruse.org.uk

Website hopeagain.org.uk/

Spelthorne Volunteer Drivers

Providers of transport for the elderly and/or disabled of the Borough of Spelthorne

We provide transport to medical appointments; doctors, chiropodists, dentists, hospitals etc. in our own cars for elderly and/or disabled residents of Spelthorne who find using public transport extremely difficult.

We make a small charge for this service. The charge is worked out on the driver's mileage from his/her home and back again. You will be asked to pay the driver direct at the end of the journey.

To make a booking contact the Duty Officer. You will be asked to give as much warning as possible, preferably a week. The jobs will then be allocated to the drivers available.

Duty Officer Tel No: 07817 926 736 during hours: Monday to Friday 10am to noon.



Elmbridge Community Link
A local charity enriching the lives
of people with learning disabilities

Many opportunities are available for local people with autism and/or varying degrees of learning disabilities. Based in Walton on Thames and Molesey, we have

exciting evening activities for young people (16yrs+) with autism and/or mild learning disabilities and evening and daytime activities for adults with learning disabilities. ECL is a warm and welcoming place to be where new skills are learnt and friendships formed.

www.eclwalton.org.uk Reg. Charity no 1035501 **Tel: 01932 241988**

Cruse Bereavement Care - Surrey North Area

Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. The organisation provides counselling, information, advice, education and training services.

6 The Sainsbury Centre, Guildford Road, Chertsey KT16 9AG

Contact- Area Help Line Telephone 01932 571177

E-mail surreynorth@cruse.org.uk

Website: www.cruse.org.uk/.../surrey-north-area



Somewhere to turn when someone dies

ADHD Spelthorne – newly formed

For information on where and when we are meeting See the website:

www.surreycommunity.info/adhdspelthorneuk



ADHD: From Daydream Believer to High Achiever...

- First hand insights into ADHD
- Latest research revelations
- Shared story and experiences
- Help and support

Shepperton Studios have let us use their Orangery Room for a fantastic ADHD Training event we have arranged on 13th October. This is a 3 hour training event by ADHD Wise UK, and Jannine Harris the presenter is amazing. Tickets are on sale now and we hope this will be a sell out:-

SATURDAY 13TH OCTOBER 2018

10am - 1pm (arrive from 9.30am) Ticket prices from £20.53

At Shepperton Studios – The Orangery,
Studios Road, Shepperton TW17 0QD

Tickets available from Eventbrite:

www.eventbrite.co.uk/49664380499



White Lodge Centre Holloway Hill, Chertsey, Surrey, KT16 0AE

Switchboard: **01932 567131** www.whitelodgecentre.co.uk Reg. charity no: 286238

White Lodge Centre supports disabled children, young people and adults, families and carers in Surrey and the surrounding areas - providing high quality planned services.

Leisure and life skills at our Rendezvous building – we offer a variety of activities during the week for adults who have a physical disability and/or neurological condition within our fully accessible Rendezvous building. Activities include discussion groups, music sessions, quizzes, craft, nature groups, accessible dance, fit and fun, ipads for all alongside various art sessions four mornings a week in our fully equipped art studio.

18-25 transition service – based within our Rendezvous building we are happy to announce our new transition service for young adults with a physical disability, neurological condition and/or learning disability. Offering activities both within the centre and out in the community based on the interests of the young people attending including, music, art, sensory, trips out to the local community such as cinema, farms and meals out!

Within rendezvous we have well-equipped bathrooms with showers and hoists where our staff will be able to help with your independence.

Mums, Dads, Grandparents Can you help?

Home-Start is a family support charity. Our volunteers offer friendship and emotional and practical support to young families who are experiencing difficult times. Volunteers will visit families in their own homes for a few hours a week to offer confidential, flexible support.

If you would like more information and an application pack for the FREE preparation course for volunteers which starts **SOON**, please contact:



**Support and friendship
for families**

Home-Start Spelthorne Tel No. 01784 463200

E-mail: home-startspelthorne@tiscali.co.uk

Website: www.home-startspelthorne.org

You can make a difference for families!!!

Home-Start is committed to equality of opportunity and diversity. Registered Charity No. 1160026



Spelthorne Sure Start Children's Centres

Offering a wide range of activities and services to local families with children under five including:

- *Play and Learn sessions
- *Help to find the services you need
- Opportunities for adult learning
- *Support in the home for you and your child
- *Breast feeding support
- *Parenting courses
- *Health Visitor clinics and Introducing Solids workshops
- *Advice about your child's development

Contact your local Sure Start Children's Centre



Clarendon Sure Start Centre, Knapp Road, Ashford TW15 2HZ
Tel: 01784 424759 www.clarendoncc.co.uk

Buckland Sure Start Centre

Buckland Primary School (within the grounds),
Berryscroft Road, Laleham TW18 1NB
Tel: 01784 227977
www.bucklandchildrenscentre.com



Stanwell Sure Start Children's Centre

Hadrian Way, Stanwell, TW19 7HE
Tel: 01784 241407 www.stanwellchildrenscentre.org.uk

Kenyngton Manor Sure Start Children's Centre

Bryony Way, Sunbury TW16 7QL. Tel: 01932 755110
www.kenyngtonmanor.org



Spelthorne Sure Start Children's Centre

Spelthorne Sure Start Children's Centre

Spelthorne School, Chertsey Road, Ashford, TW15 1SF Tel: 01784 251976 www.spelthornechildrenscentre.org.uk



Saxon Sure Start Children's Centre

Saxon School, Briar Road, Shepperton TW17 0JB
Tel: 01932 569742 www.saxonchildrenscentre.com

Calendar for October 2018

Wednesday 3rd October - Stroke Café Drop in at any time between 10.30am-12 noon.



We meet at the Riverside Café, Staines Community Centre, Thames Street, Staines TW18 4EA
The community centre is next door to Debenhams and there is parking across the road as well as some disabled parking behind the centre. There is flat access to the café and disabled toilets. **If you have any questions please contact me on 07515 596968 or e-mail me on**

Carolyn.cheetham@stroke.org.uk Future Wednesdays: 5th September and 3rd October



Wednesday 3rd October

Breathe Easy your Spelthorne COPD support group for anyone living with a lung condition including carers, friends and family. **1st Wednesday of every month 1.30pm - 3.30pm Meeting at St Matthews Church Hall, Muncaster Close, Ashford, Middlesex, TW15 2EE.** As well as finding out more about your lungs you will also be invited to attend outings and trips. **Please Contact: Patricia Reynolds**

(Secretary) Tel: 01784 458 623

Friday 5th October 9:30am – 4pm



Exhibitors displaying equipment and information
Driving related talks for young and old with disabilities
Accessible Aviation Training
FREE pre-booked assessments

Showcasing a fantastic range of disability products
Refreshments available



1 Metcalf Avenue, Carshalton SM5 4NR
www.qef.org.uk
mobility@qef.org.uk
Tel: 0208 770 1151 for more information

QEF Mobility Open Day

A chance to drive an adapted car on our track



Tuesday 9th October Veterans Support Association Support and Outreach Meetings



From 10am – 4pm Veterans and families drop in with several service charities in attendance offering advice and support all day. If you require a lift from Hampton Court station please call 07902 125508 as we may be able to help. Second Tuesday of Every Month at 3rd Molesey Scout Hut. St Peters Road. West

Molesey. Surrey. KT8 2QE **All veterans and families welcome.** Free Tea, Coffee, Biscuits and brunch.
www.veteranssupportassociation.co.uk John Joyce Founder Telephone **07902 125508**

Tuesday 9th October at 10.30am in **Staines Baptist Church**, 16 Hale Street, Staines-upon-Thames TW18 4UW
Staines Good Neighbour Scheme – you are invited to a meeting where we hope to mark the beginning of a new Good Neighbour Scheme for Staines. Find out more over tea and cake.

There are over 100 schemes in Surrey, but currently there is no dedicated scheme available for older people in Staines. Could you be part of a new scheme for people in need in your community?

E mail alison@voluntarysupport.org.uk for more information or just drop in.

Wednesday 10th October - Forget-me-Not Café and Support group

Meeting at **Ashford Baptist Church**, Church Road, Ashford TW15 2TT (behind the Tesco local)

Tel: 01784 557377 Every second Wednesday of the month 1:30 – 3:30pm. The café occasions are designed for people with memory loss, their families, friends and carers. There are activities, games and quizzes and outings.

Wednesday 10th October 1 - 4pm



World Mental Health Day At the Greeno Centre with Centre for Psychology

Admission is free - please contact the Greeno Day Centre to enrol. **Telephone: 01932 246173**

Address: Greeno Day Centre, Glebelands Gardens, Shepperton, TW17 9DH

- | | |
|--------|---|
| 1pm | Dementia Diagnosis Presentation – find out what it means to receive a diagnosis of Dementia with Dr John Newland, Consultant Clinical Psychologist at Centre For Psychology |
| 1.50pm | Mindfulness Workshop - learn some techniques to manage stress using mindfulness with Susan Smith, Cognitive Behavioural Therapist at Centre For Psychology |
| 2.30pm | Carer's Group Presentation – find out about the carer's group provided by the Centre for Psychology, teaching you techniques to help you manage symptoms of stress, anxiety and depression with Kate Squires, Senior Psychological Well-being Practitioner at Centre For Psychology |
| 3pm | Drop-in – see Dr Bansal for some one-to-one advice on how the Centre For Psychology could help you with Dr Gurjeet Bansal, Counselling Psychologist and Clinical Lead at Centre For Psychology |

Saturday 13th October ADHD Spelthorne event at the Shepperton Studios – see page 5.

Friday 19th October Bereavement Café at The Well, St. Martin's Court, Kingston Crescent, Ashford TW15 3NB. 2pm – 3:30pm. Arranged by The King's Community Church Ashford with the Princess Alice Hospice. Open to all who have been through a bereavement and seek appropriate company. It will run on the third Friday of every month. Contact the church on 01784 240660 or email: kccs-thewell@btconnect.com

Further ahead

Tuesday 8th, Friday 9th and Saturday 10th November - Book Now!

Staines Players present **Absurd Person Singular** by Alan Ayckbourne

At the Stanwell Village Hall. 7:45pm start. Bar / snacks available

Tickets £10. Early bird £1 off if booked by 10th October. Box Office 01784 511015

Sunday 25th November Santa Fun Run

Fun runners of all ages are invited to take part in one of this year's

Princess Alice Hospice Santa Fun Runs – 5k events held in beautiful parks, to raise funds for the local hospice.

Princess Alice Hospice has, for more than 30 years, provided free, high

quality, specialist end of life care to tens of thousands of people across a large part of Surrey including all of Spelthorne, south west London and Middlesex.



A fantastic new venue has been added this year – Painshill Park, the magnificent landscape garden at Cobham, less than 25 minutes by car from Staines. Here's a link to the Hospice webpage where entries are soon to open; there's an Early Bird 20% discount available till October 31st.

www.pah.org.uk/santafunrun

Tuesday 27th November Benwell Christmas craft coffee morning, 10am- 2pm.

Free tea/coffee and slice of cake, free entertainment at 1pm, a Tombola, craft stall and a raffle. *No lunch provided*

Benwell Centre, Downside, Sunbury-on-Thames, TW16 6RT

Tel: 01932-784232 Open times: Mon-Fri 9am-3pm

Thursday 29th November Trip for Christmas Shopping



To Festival Place, Basingstoke (All undercover) Prices: £18.00 per seat

Leaving Chestnut Court, Mulberry Avenue Stanwell. TW19 7SF at 10am. Leaving Basingstoke at 4pm

If you are interested **Phone 0118 950 7914 & speak to the Activities Team** or email them at activitiesteam@a2dominion.co.uk to book your seat. First come first served basis, as seats are limited. The coach is wheelchair accessible.



Regular and Recurring Events



Agein' with Attitude run groups in Stanwell, **for over 50s**, with no upper age limit! First and foremost these groups are fun and friendly, where people are able to socialise and make new friends. We go out of our way to make new visitors very welcome! We also go on day trips!

Currently, in Stanwell at Stanwell Rose Community Centre, Mulberry Ave, TW19 7SF - We are running:

'Stanwell's Let's get Moving... This is a fun and very friendly session where we exercise to music. **ALL** abilities are welcome as it is **partially or completely chair based**, depending on your fitness level. Everyone goes at their own pace! Great music!! Give it a try! £3.50 per session

Monday 11am – noon Thursday 2.30pm - 3.30pm

Included afterwards is tea/coffee and biscuits and a time to have a chat.

Stanwell Bingo sessions

Thursday 10.30 - Noon Stanwell Rose Community Centre, Mulberry Ave, TW19 7SF **£2.00** entry and **35p** per book inc. refreshments. We have a weekly raffle and Spud's Bucket! We also have access to chestnut court restaurant for lunch! **Both Bingo and Let's get moving... ARE FREE ON YOUR FIRST VISIT!**

Any questions please ring Gill on 01784 462454

Opal group (Older People Actively Living) for those needing additional support

Opal is a small supported group in a warm friendly atmosphere with activities for people who need a little extra help. Running from 10am to 3pm Monday to Friday at the **Greeno Centre, Glebelands Gardens, Shepperton, TW17 9DH**

- Entertainment and gentle exercise daily, with lots of activities throughout the day
- Suitable for dementia, stroke or someone who is lonely and needs extra support

Please call the Greeno centre 01932 246173

Transport is available



MONDAY

Spelthorne Club for the Partially Sighted Meets on the first Monday of the month 2.00-4.00pm

Meets in the lounge at Grove Barns Sheltered housing, Park Avenue, Staines TW18 2EY

A time of Entertainment and Tea. New members welcome! **For more Information call Rachel on 01932 780075**

St Saviour's Church Monday 9.30-12.30 Foodbank/ all welcome

just to sit and chat and spend time with us, or if you have a specific need.

Money skills available too. 205 Vicarage Rd., Sunbury-on-Thames TW16 7TP

www.st-saviours-sunbury.org.uk Tel. 01932 782800 Office Hours Monday, Tuesday & Thursday 9am – 1pm



Free knitting & craft group for all skill levels Learn and share a hobby with all materials and refreshments provided. This fun sociable group at the **Stanwell**

Rose Community Centre is open to all residents. Every other Monday at the

centre between 1-3pm, just turn up! For more information please call Danielle Coram 0208 825 1711



Next Steps Egham Wellbeing Group

We offer: Support and Encouragement * A chance to chat in a safe environment * FREE refreshments * Signposting to other organisations * Activities to boost your wellbeing

Mondays 1pm – 2.30pm at Virginia Lodge, 68a Station Road, Egham TW20 9LF

For more information please contact us. Tel 07473 404962 or 01483 757461 Or email: tasha@cornerhouse.cc

TUESDAY

The Coffee Pot – Tuesdays during term time from 10.30am – 12.30pm

We welcome visitors.

Open Door Church Centre Rooksmead Road, Sunbury on Thames, Middlesex. TW16 6QQ

Parents, nannies, carers and grandparents, with or without children, are all welcome. The sessions are informal with a large variety of toys. Biscuits, cakes, savoury snacks and drinks are provided. There is no charge.

Ashford Baptist Church Coffee Drop-in, Church Road, Ashford TW15 2TT (behind the Tesco local) Tel: 01784 557377 We now have several occasions when our coffee bar is open. There is a play area for children.

- **Tuesdays** 9.00am - 10.00am and during **abc tots** (Toddler Group) 10.00am to noon.
- **Wednesdays** 10.00am - noon and **Fridays** 9.00am – noon. All welcome.

WEDNESDAY

Computer Lessons for the over-50s **Benwell Community Centre**

Downside, Sunbury-on-Thames, TW16 6RT Sunbury. **NOW ON Wednesdays 9am-1pm.**

1-2-1 assistance. We have a computer, but please feel free to bring a laptop, tablet or smart phone.

Tel: 01932 784232 email: benwellcentre@spelthorne.gov.uk web: www.spelthorne.gov.uk/communitycentres

Forget-me-Not Café and Support group at

Ashford Baptist Church, Church Road, Ashford TW15 2TT (behind the Tesco local) Tel: 01784 557377 We meet every second Wednesday of the month 1:30 – 3:30pm

The cafes are designed for people with memory loss, their families, friends and carers.

Open Door Church Centre Rooksmead Road, Sunbury on Thames TW16 6QQ

ESOL - English for speakers of other languages. An opportunity to improve your English in a friendly, fun and informal class. Classes run during term time on **Wednesday lunch times 1.00 – 2.45pm**. There is no charge.



CornerHouse Wednesday evening Depression Support Group - Addlestone



The Depression Support Group is now be held at Addlestone Community Centre, Garfield Road, Addlestone KT15 2NJ. There is parking in the residential area around the centre or in Tesco over the road. There is also a car park at the centre for 50p per hour after 6pm. Any questions / further information please do get in touch - 01483 757461 or admin@cornerhouse.cc

The Friendly Club at Sunbury Methodist Church

The Friendly Club meets **every Wednesday** in the community hall of Sunbury's bright and cheerful Methodist Church on Staines Road East. **Over 60s gather from 10:30** for teas, coffees and a raffle, followed by a three course lunch and entertainment, talk or a quiz. **The day ends at 3 pm** and costs £5. Do contact Mrs Margaret Powell on **07780 873661** for further details or just come along and enjoy this cheerful gathering.

Ashford Baptist Church Coffee mornings Wednesdays 9.30am-12pm

All are welcome, cakes and refreshments available with children's play area. Held at Ashford Baptist Church (behind Tesco Express in Church Road). **Every Wednesday** Midday to 1:30pm Term time only.



St Saviour's Church, Sunbury Every Wednesday
205 Vicarage Rd., Sunbury-on-Thames, Middlesex, TW16 7TP
www.st-saviours-sunbury.org.uk Tel. 01932 782800

1-2.30pm Community Recovery group Tel. 01932 782800

The group uses the 12 steps principle and provides a safe space in which you move forward to be free from addiction. www.st-saviours-sunbury.org.uk



One to One - activities for adults with learning disabilities

This friendly Spelthorne group meets for a social and activity evening **every Wednesday from 7:30-9:00 pm** at St Peter's Church Hall, Laleham Rd, Staines-upon-Thames TW18 2DX. There is more information on our website at www.onetoonenws.org.uk Or call Monica on 01784 446279.

Stanwell Rose Community Centre Digital DIY offers FREE IT lessons

every Wednesday Mulberry Avenue, Stanwell TW19 7SF between 9.30am - 10.45am. Ever wanted to learn how to use a computer but don't know where to begin? Want to improve your existing skills? Our dedicated digital champions are here to help. This is a drop in session, so please just turn up, no need to book a place! Do call for more info. Danielle Coram **0208 825 1711**



Oak Tree Café –at The Jubilee Centre, Manygate Lane, Shepperton TW17 9EE

Wednesdays 7 – 9pm. A friendly, encouraging and relaxed place for adults experiencing mental ill-health.

Song time at Rodwell House Every Wednesday 11am to 12pm

Come and sing vintage pop and jazz with our friendly, relaxed choir at Rodwell House, Row Town, Addlestone KT15 1HH No auditions, just drop in! **Contact Rona on 07792643934**



THURSDAY

Boccia Spelthorne Boccia Club Boccia is a paralympic sport where seated players propel balls at a target ball. Intended for people with disabilities, the sport can be played by wheelchair users and people who have difficulty throwing. The club has coaching **sessions between 6.00pm and 7.00pm every Thursday** at **Spelthorne Leisure Centre**. The cost is £3 per session.





Café Culture

Come along and join us every
Thursday 2pm-4pm.

Anyone aged 50+ is welcome, no
booking required.

Notcutts Garden Centre, 150 Staines Road, Laleham TW18 2SF



Contact us on: staines.office@ageuksurrey.org.uk

www.ageuk.org.uk/surrey Tel: 01784 444200

Improving later life for people across Surrey

Coffee Morning at **St Matthew's, Ashford** TW15 2NY Open 10:00 to 12:00 every Thursday in the small hall at rear of church – in Muncaster Close. Drop in for a friendly neighbourhood atmosphere.

Coffee Shop at **'The Well'** By **St Martin's Court, Kingston Crescent, Ashford** TW15 3NB

Open 10am to 2pm Tuesdays to Fridays for reasonably priced tea, coffee and light snacks. Drop in for a friendly neighbourhood atmosphere.

Open Door Church Centre Rooksmead Road, Sunbury on Thames TW16 6QQ

- **The Tea Pot** - For older folk who like to meet together for refreshments and a chat each **Thursday from 10.30am – 12.30pm**. There are socials once a month and the other Thursdays include an opportunity to sing hymns and chat about the Bible. This is a child-free zone and there is no charge.
- **Love and Grace** - is open to anyone who is struggling with **addiction, depression, anxiety, alcohol, bereavement, loneliness**. It is on **Thursday evenings at 7.30pm** where you will be able to share the challenges you face each day.



FRIDAY

Pilates Class every Friday at 2.45pm -3.45pm at the **Fordbridge Centre,**

Claredon Road, Ashford TW15 2QA

Please Contact Jan or Janice on 01784 243880 £3.50 for members; £4.00 for non-members

- Come along get fitter and more supple
 - Make new friends...and see what else the centre has to offer!



Tea Dance Sunbury Methodist Church Fridays 1:45 – 4pm Please enquire Tel: 01932 787392

Support Group for those suffering mental illness

Sunbury Accord - We are a friendly supportive group for those suffering with a mental illness or caring for someone who is. Meeting in **Ashford Congregational Church Dudley Road** on a **Friday** from 7:30-10:30pm we can offer a hot meal (small charge), refreshments and good company with quizzes, craft activities and much more. **Join us on 6th January**. Call Lorraine on 01784420561 & follow us on Twitter @SunburyAccord

Stanwell Friday Club - Free Social Club for over-65s, Stanwell Rose Community Centre,



Mulberry Avenue, Stanwell TW19 7SF. Come along to this friendly group meeting twice a month on alternate Fridays, with a packed programme of entertainment, including performers, quizzes and much more! Refreshments provided. 10.30am - 11am - Coffee morning. 11am - 12.30pm A performer or an activity.

For more information please call Danielle Coram on 0208 825 1711.

Meeting Point 3rd Friday of the month (excepting August) - suited for ladies with a variety of activities

Held at **Ashford Baptist Church**, Church Road, Ashford TW15 2TT (behind the Tesco local).

Small, open and friendly meetings and no join-up, just come when you can. Tel: 01784 557377

SATURDAY

Saturday Activity Morning

Ashford Baptist Church Church Road, Ashford TW15 2TT ([entrance](#) behind Tesco Express)
10am-noon on the **second Saturday of each month** these mornings are for parents and children *under 11*. Come for the whole or part of the morning. Craft activities, games tables and a crèche corner. Refreshments available. Entrance is £1.50 per child (5-11). Call Graham Coldman for more information. **Tel: 01784 557377**

Spelthorne ParaSports Club - Aimed at young people 5-25yrs and their siblings,
Spelthorne ParaSports Club provides opportunities to play a range of sports. Activities and sports include football, basketball, boccia, new age curling, trampolining, table cricket, polybat, goalball and unihoc. All sessions are overseen by enthusiastic volunteers although parents/guardians are encouraged to stay on site during the sessions.



When? - Saturday 10.15 - 11.45am **Where?** - Spelthorne Leisure Centre

See website: www.surreycommunity.info/spelthorneparasportsclub/schedule/
£4 for the first child and £2 for siblings, payable on the day. Every fourth session is free.
For further information visit www.spelthorne.gov.uk/parasportsclub
email leisure@spelthorne.gov.uk or call us on 01784 446433

The next issue of Care Connections Notice Board

Brief notices of news, events, services and training opportunities are very welcome.

*** For the November 2018 issue - Your notices please by Friday 26th October ***

Email: n.drury@spelthorne.gov.uk Tel: 01784 448587

The NOTICE BOARD ...

- Concerns health and wellbeing matters relating to vulnerable people of all ages, the elderly and carers.
- Reaches leaders and coordinators of local organisations and projects, charities, faith groups as well as professionals working with the vulnerable.
- Is to widely circulate information on activities, events, training opportunities, up-dates in service provision.
- **IS NOT** for advertising jobs or calls for volunteers.

I welcome your notices if they concern the above.

Entries should be brief and impactful (normally not more than 150 words) with clear contact details for further information where necessary.

Please give me wording in a Word Document form or a slide that allows the cutting and pasting of text. Do include your organisational logo if possible as this helps bring interest to the notice.

Unsubscribe?

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