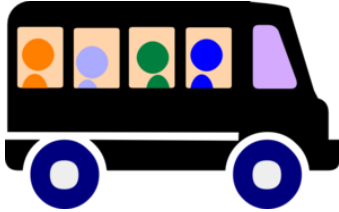


WHAT'S ON



Transport



Care for Guildford

Good neighbour scheme serving the old borough of Guildford: the town centre, Onslow Village, Park Barn, Burpham, Merrow and Stoughton. They provide transport to GP surgeries, clinics, dentists and hospitals. They also do shopping on behalf of someone and do small one off jobs in the home like putting up shelves or changing light bulbs.

Tel: 01483 566 635. Lines are open Monday-Friday: 9am-1pm and 2pm-4pm

Guildford Community Transport (provided by Guildford Borough Council)

Provides a variety of services to residents such as dial a ride, door to store, social trips and transport to social centres for older people. They help those who can't easily use public transport, including those who are:

- over 60 years of age
- of any age but have a physical disability or mobility problem
- of any age but are suffering short or long term ill health
- of any age but have learning difficulties
- of any age but have mental health issues

Tel: 01483 458052 or Email: communitytransport@guildford.gov.uk

Footcare Services



Private Chiropodist

This is a private chiropodist; her name is Vida Bonell. Vida runs appointments on Tuesdays. She is able to do more involved treatments. You can contact her directly to book an appointment or discuss pricings (this is currently approximately £27.00). Tel: 07941 994878 Email: vida@thefootnurse.co.uk

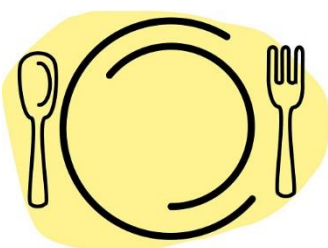
Age UK Footcare Service

Provides basic foot care such as nail cutting and giving advice. The appointments are currently £16.00 each and are held at the Park Barn Centre, Guildford and St John's Church, Merrow. To find out when the clinics are held please contact:

Park Barn, Guildford Tel: 01483 458055

St John's, Merrow Tel: 01483 454646

Food Support Services



Community Meals (provided by Guildford Borough Council)

Provided to Guildford Borough Council residents. Their choice based menu includes a main course and dessert. They deliver 7 days a week, if required and deliver meals between 11.30am and 2pm. The current cost per meal (including dessert) is £4.10. Tel: 01483 503010

Guildford Salvation Army Drop-In and Food Crisis Centre

They run a drop-in centre for anyone who fancies a cup of tea and a bit of company.

They also provide food parcels to those in need. Please call for up-to-date details of opening times. Tel: 07952 092735. Address: Salvation Army, 24 Dunsdon Avenue, Guildford Surrey GU2 7NX

North Guildford Foodbank & Free Café

Opening times: Wednesdays: 8:45 – 10:45am and Fridays from 5.30 to 6.30pm (closed on Christmas Day and New Year's Day). Works on a referral/voucher system: can be obtained from St Saviours & North Guildford Churches amongst others. Café offers refreshment and cake along with a listener.

email: northguildfordfoodbank@gmail.com Address: St Clare's Church, Cabell Rd, Park Barn, Guildford, GU2 8JW

Merrow Food Bank & Free Café

Opening times: Thursday afternoons from 4.30pm to 6.30pm at the Bushy Hill Community Centre, Bushy Hill Drive, GU1 2UG. They have a free café whenever the Food Bank is open which is available for anyone to drop in. There is always someone ready to listen or talk through any situation you are experiencing.

Works on a referral/ voucher system: can be obtained from Age UK, GP Surgeries & many Guildford Churches amongst others. Email: northguildfordfoodbank@gmail.com

Information & Advocacy Services



Guildford Hub

The Hub offers access to advice and signposting to services for disabled people, older people, carers and families. No appointment or referral necessary, just pop in for fast, efficient and knowledgeable information and signposting. The Guildford Hub does not currently have a fixed

location so please call for monthly opening dates & venues. Tel: 01483 410396

Christians Against Poverty (CAP)

Free advice for debt problems. They run money management courses at local venues to help people budget. CAP courses are run across the borough and most locally at Westborough United Reform Church.

Tel: 0800 328 0006

Citizens Advice Bureau (CAB)

Free, confidential advice on a range of issues including debt, benefits, housing, employment and immigration.

Guildford Branch Tel: 01483 576699 Web: www.guildfordcab.org.uk

Ash Branch Tel: 01483 315569 Web: www.ashcab.org.uk

They also hold outreach sessions at the Oaks Surgery & Stoughton Road Surgery. To book an appointment or find out more please contact the Guildford branch on the number provided above.

Services & Activities to Help You



Mindfulness Meditation

Mindfulness helps people observe the way they think and feel about their experiences, whether good or bad. This can change the way individuals manage and react to stressful situations, giving them a valuable tool to stay mentally healthy. The sessions are free and open to all. They run from St Nicolas' Church, Bury Street, Guildford, GU2 4AW. Mondays 7 - 8pm.

For further information Tel: 01483 790335

Email: suzette.jones@cofeguildford.org.uk.

The Therapy Garden

A Centre specialising in horticultural therapy for disabled people, as well as people with mental health issues, learning difficulties or special needs.

Adult services are more tailored to help with rehabilitation of illnesses such as depression, anxiety, dementia, schizophrenia, post stroke rehabilitation, motor neuron disease, cerebral palsy and Parkinson's.

The Centre is located on: Manor Fruit Farm, Off Glaziers Lane, Normandy, Guildford, Surrey, GU3 2DT

Tel: 01483 813846 Email: admin@thetherapygarden.org

Dementia Care Café

The Café is for anyone who has any form of cognitive impairment including Alzheimer's, Vascular Dementia, Lewy Body, Parkinson's, Stroke, head injury and early onset Dementia. Carers are invited to come along with the individual they care for between 12 – 2 pm on the second Friday of every month. They will be asked for a donation of £5 per person (£10 per couple) which also includes a buffet lunch. It is held at Worplesdon Cricket Club, Worplesdon Memorial Ground, Bagshot Road, Guildford, GU3 3RF. Tel: 01483 447771 or 01483 447772

Dementia Navigator – Alzheimer's Society

Dementia Navigators work with those experiencing dementia and their carers, signposting them to help and support as needed. They can, and do, work closely with GPs, Community Mental Health and Social Care Teams and other partners both statutory and voluntary. The Guildford Borough Navigator is David Drew. Tel: 01932 855582 or 07971 610988

Sunflower Café Guildford

A support group for people living with dementia and their carers. They meet every 2nd Thursday of the month 2-4pm at Guildford United Reform Church. It is a great opportunity to chat to other carers or people with dementia, share ideas and find out what's going on locally. Run by Right at Home. Tel: 01483 662400 Email:

hello@rightathomegf.co.uk

Action for Carers Surrey

They champion carers' rights and makes sure carers' opinions and experiences are known to the decision-makers.

They provide some practical Surrey-wide services to carers and signpost carers to the people and places who can offer other essential specialist support. Tel: 01483 302748 Email: info@actionforcarers.org.uk

Hearing Aid Maintenance Clinics

These are run by the Diocese and provide basic hearing aid maintenance free of charge. Please see more information about what these clinics can offer on the attached flyer. The two clinics detailed below are the closest to Fairland's.

Venue	Person	Day/Time	
Seminar Room Guildford Library 77 North Street Guildford GU1 4AL	Tracey Wade tracey.wade@cofeguildford.org.uk 07531 268476	Tuesday 10.00 am - 12 noon	25th July 29th August 29th August 26th September
All Saints Church Vicarage Gate Onslow Village Guildford GU2 7QJ	Rosemary Woodcock and Richard Pointer riwoodcock@aol.com 01483 569825	Mondays 2:15-2:45pm Home visits by arrangement	19th June 17th July 21st August 18th September
Guildford Chemist 125 Worplesdon Road Stoughton Guildford GU2 9XA	Sue Hammond m_hammond@talk21.com 07724 153716	Tuesdays 2.00 – 4.00 pm	6th June 4th July 1st August 5th September

Sight for Surrey

Sight for Surrey is an organisation in Surrey working with people who are visually impaired, Deaf, Hard of Hearing or who have combined sight and hearing loss. They help individuals whose eyesight or hearing has become a cause for concern, to help them lead full and independent lives. Contact:

Voice Line for Deaf/Hard of Hearing: 01372 869961

SMS: 07860 026269

Tel: 01372 377701

Fax: 01372 360767

Minicom: 01372 361517

Email: info@sensoryservices.org.uk

Safe Haven (Guildford)

An evening and weekend drop-in service for anyone experiencing a mental health crisis. They are open to residents of any district or borough within this area. e.g. if you live in Epsom you could drop in to the Guildford Safe Haven.

Contact Details:

Address: Oakleaf Enterprise, 101 Walnut Tree Close, Guildford, Surrey, GU1 4UQ

This is a drop-in service, no phone number is available

Opening Times:

Open daily 6-11pm including Bank Holidays.

Cruse Bereavement Care

Provides support after the death of someone close. If someone you know has died and you need to talk, **call freephone on 0808 808 1677.**

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when they are open until 8pm.

Careline (Provided by Guildford Borough Council)

Careline is a 24-hour emergency call system, helping people live independently in their own home, safe in the knowledge that help is at hand at the touch of a button. The standard package (alarm unit with pendant) is £4.25 a week or £55.25 per quarter.

12 week free offer: If you have recently been discharged from hospital, or have been a victim of distraction burglary, you can receive a free 12 week Careline and Telecare package. Tel: 01483 502334

Guildford Poyle

Guildford Poyle Charities is a registered charity that helps people in need by giving grants to individuals and to organisations helping them afford basic essentials such as kitchen items, furniture or clothing. To be eligible for a grant, you must live in the central area of Guildford.

Address: Guildford Poyle Charities, 208 High Street, Guildford, Surrey, GU1 3JB.

Telephone: 01483 303678 Email: admin@guildfordpoylecharities.org

Furniture Link

They provide free (or low cost) furniture, white goods & other household items. Please visit Furniture Link at: Unit 2b, Merrow Business Park, Merrow, Guildford, GU4 7WA. Email: Enquiries@furniturelinkguildford.com

Tel: 01483 506504 or 07917 148940.

Besom

They provide support with gardening, decorating, DIY, furniture & finding white goods. They can also help with moving house. Open Tuesdays, Wednesdays & Fridays. Tel: 07929 037101 Email: info@guildfordbesom.com

Household Help Services



Handyman Scheme (provided by Guildford Borough Council)

They assist with small works to your property, if you are over 60yrs old, disabled or vulnerable and live in Guildford Borough. Examples of work include: Installing key safes, small carpentry works, plumbing repairs or small alterations, shelving, assembling units. Current cost is £18 per hour or £11.50 for those on mean tested benefits. Tel: 01483 444476

Care & Repair (provided by Guildford Borough Council)

They assist older, vulnerable people & those with disabilities who are in private rented accommodation or homeowners requiring repairs or improvements to their homes. They offer practical solutions to: income maximisation, security measures, energy efficiency, adaptations e.g. stair lifts, ramps, railings. Tel: 01483 505050

Time For You Cleaning

They provide house cleaning, ironing, carpet & upholstery cleaning. All cleaners are DBS checked. Current cost is £11.95 p/hr weekly or £12.95 p/hr fortnightly. Minimum of 2 hrs a week or 3 hrs a fortnight. Tel: Trish Wales 01483 538212 Email: guildford@timeforyou.co.uk

Home Support Services

Home support for the elderly, disabled & vulnerable in Guildford. Support includes: cleaning, shopping & other domestic help. Tel: 01483 454331 Email: info@hssg.org.uk Web: www.hssg.org.uk

Age UK Surrey Help at Home

Domestic & gardening support at home for those over 50. Help with cleaning, ironing, laundry, paperwork, light meal preparation, dog walking and shopping. Tel: 01252 331352 (Guildford Office) Email: enquiries@ageuksurrey.org.uk

Social Activities



Men in Sheds

Welcomes men of all skill levels from beginners to the more experienced who like making and repairing stuff, trying out new skills or sharing old ones and experiences with others. You might just like to come along for a bit of company with plenty of tea drinking and chat. There is also a cafeteria at the Centre for snacks and lunches. The workshop is next to Shawfield Social Centre, Shawfield Road, Ash, GU12 6QX. Open Tuesdays and Wednesdays.

Tel: 07722 753074 or 01252 331352 Email: john.fairs@ageuksurrey.org.uk

Stoughton Hearts and Voices Community Choir

The choir is all about: community, fun, wellbeing, getting to know new people and sharing the uplifting experience of singing together. The atmosphere is informal and relaxed. They meet up every Wednesday evening from 7.30-9pm at the QE Centre on Railton Road, GU2 9LX. It costs £5 per session. If you want to join in (and why wouldn't you?!), please contact Anthea Prince by text on 07739 321158

Emmanuel Church – Pensioners Lunch & Friendship Club

Pensioners Lunch

On the second Monday each month (except August) from 12.30-2.30pm they invite those who are retired to come along for a two course lunch for £3. You'll find plenty of people to chat with, good food and a nice relaxing atmosphere to enjoy. Please ring the Parish Office for more details (see below).

Friendship Club

A club for retired people every Wednesday from 11am-12.30pm. £1 to cover refreshments etc. Choose from a variety of activities, like table tennis, crafts, bowls, scrabble pool and triominos (triangular dominoes) – they even have some armchair exercises! If you'd rather just sit and chat you are welcome to do that too. During the year they have days out and short breaks away. Address: Emmanuel Church, Shepherds Lane, Guildford GU2 9SJ
Tel: 01483 561603
Email: parish.office@emmanuelchurch.co.uk

Tea Dance

Enjoy ballroom & Latin dance or just the ambience and nostalgia. £2.50 per session including tea and biscuits. Every third Thursday of the month at 2:30pm at the URC Church Hall, Portsmouth Road, Guildford. Tel: 01483 538515

Chit Chat

Chit Chat is designed for people from other countries living in Guildford who may be finding it difficult to cope with speaking English or with the challenges of living away from their own country. Chit Chat runs every Wednesday at St Mary's from 10.00am to 11.30am. Contact:

Susan Snashall – Email: snashallsusan@gmail.com

Andrea Campion-Smith – Email: andreacampionsmith@hotmail.com Tel:01483 505230

Tuesday Lunch Club

A two course meal, cooked on site with fresh, seasonal produce for senior citizens. It runs the first Tuesday of each month at 12:30pm at the Trinity Centre (Holy Trinity Church). Cost: £3. All our welcome. Contact: Sue Bull Tel: 01483 569727

Tea & Memories

Enjoy a great place to chat with old friends, meet new people and share memories over a pot of tea and a slice of cake in a 1940's vintage tearoom. It is run from the Lockwood Day Centre at Slyfield, Guildford. £3 per visit. Free transport can be provided. Tel: 01483 532502

Coffee Morning (Salvation Army)

A chance to enjoy a cuppa, friendship, table-top games, adult colouring, and on the first Tuesday of the month - craft*. £1.50 for refreshments (*£1.00 extra for craft session). Every Tuesday from 10-11.30am at Guildford Salvation Army, Woodbridge Road, Guildford, GU1 4QQ. Tel: 01483 506763

Coffee Morning (Merrow)

Held every Wednesday morning from 10.30-11.30am in the foyer of St John's Church Centre. Meet for coffee, biscuits and a chance to chat with old friends and to make new ones. (They close for two weeks over Easter, three weeks at Christmas and do not meet in August.) Transport can be arranged for those members unable to get to us by themselves. Other activities include:

- an annual coach trip to Worthing with tea on the pier and some sea air
- a fish and chip lunch in February at the Church Centre
- "Carols and Sherry" at Christmas
- monthly Fairtrade stall
- marmalade and jam sales to support the work of Water Aid

For more information contact Paulene Lambert. Tel: 01483 538217.

Computer Club at Dray Court

Come along to a computer drop-in club where you can use one of the computers provided at Dray Court. They are connected to the internet. You can also bring your own laptop, Ipad, Tablet or mobile phone and use the Wi-Fi connection provided. No matter how big or small the question the team will do their best to help you solve and understand your problem. The club is held at Dray Court on Madrid Road, Guildford, GU2 7UW, weekday mornings 10am- 12 noon.

Tel: 01483 452944

Email: computerdropin@ageuksurrey.org.uk

***This is not an exhaustive list of what is available in your community. More information can be found from*:**

Surrey Information Point: www.surreyinformationpoint.org.uk

The Guildford Hub: 01483 410396 or www.thesurreyhubs.org.uk

Voluntary Action Southwest Surrey: 01483 504626 or info@vasws.org.uk

This leaflet has been produced by the Communities Engagement Team at the Diocese of Guildford. For more information please contact: Tel: 01483 790324 E: cet@cofeguildford.org.uk

Hearing Aid Drop-in Clinics



What support do the clinics offer?

Our Hearing clinics can provide support with the following:

- Check the hearing-aid is working properly
- Re-tubing, ear mould cleaning and battery replacement
- Checking the fitting of the hearing aid in the ear
- Advice on maintenance and cleaning of hearing aids
- Advice and support on making the most of the hearing aids
- Information and signposting to other services and useful equipment

Cost

The service is free and available to anyone with a “behind the ear” NHS hearing aid. Training and the provision of sundry supplies is funded by the local NHS audiology departments in partnership with the Diocese of Guildford.