**
Surrey Heath**

#

# **Warm hubs**

A Warm hub is a warm community space that offer a safe space to spend time, work or meet others. Usually get a warm drink often more.

# **Warm places to go**

# **St Martins Church**

231 Upper College Ride, Camberley, GU15 4HE

* Wednesday Cafe: 10am to 11.30am
* Saturday Cafe: 10am to 11am
* Sunday Free Community Breakfast: 10am to 2pm

**Camberley Library**

Knoll Road, Camberley, GU15 3SY

* Monday, Wednesday, Thursday and Friday: 9.30am to 5.30pm. Tuesday: 9.30am to 7pm
* Saturday: 9.30am to 5pm

**The Hope hub**

**Rear of Camberley Library, 01276 581174**

* Tuesdays & Thursdays:  10-1pm : Refreshments, Lunch & Activities. Living Well Workshops

**High Cross Church**

Knoll Rd, Camberley GU15 3SY

* Tuesdays 2.15-4.15pm

**Frimley Library**

Beech Rd, Frimley Green, Camberley GU16 6LQ

* Monday: 1pm to 5pm
* Tuesday, Thursday and Friday: 10am to 1pm then 2pm to 5pm. Saturday: 9.30am to 4pm

**Frimley Green Methodist Church**

The Green, Frimley Green, Camberley, GU16 6HF

* Monday: 10.30am to 2.15pm
* Thursday: 1pm to 4pm

### **Frimley Parish Church**

St Peter's Church Hall, Parsonage Way, Frimley, GU16 8HZ Monday from 12pm to 1.30pm

**St Peter's Church**

Frimley Green Rd, Frimley GU16 7AQ

01276 27855

* **Winter Warmer** – every Monday from 12-1.30

### **St Michaels Church**

286 London Road, Camberley, GU15 3JP

* Wednesday from 10am to 1pm

**The Brook Church**

The Square, Bagshot GU19 5AY

* **Warm Space** - Thursdays 12.30-4pm

01276 479316 office@brookchurch.uk

<https://www.brookchurch.uk/>

**Mytchett Community Centre**

Mytchett Rd GU16 6AA

* **Pay It Forward Café/Warm space** - including free hot soup & drinks (donations welcome). Fortnightly Fridays (from the 9th Dec) at 11.30am-3pm

**Grant for warm hub**

[Emergency Food & Fuel/Energy Scheme | SURREY HEATH BOROUGH COUNCIL](https://www.surreyheath.gov.uk/emergency-food-fuelenergy-scheme)

# **Support & Information**

**Surrey Information Point**

Directory of local care, health and community support options. <https://www.surreyinformationpoint.org.uk/>

**Citizens Advice Surrey Heath**

For on-going face-to-face and telephone support with debt and benefit advice and grant information please contact Citizens Advice Surrey Heath on 0808 278 7936

[www.citizensadvicesurreyheath.org.uk](http://www.citizensadvicesurreyheath.org.uk ) email:

client@camberley.cabnet.org.uk

**Surrey Heath social prescribing**

FREE service for Surrey Heath residents that puts you in touch with a wide range of local services and activities in the community to support you to improve your overall wellbeing

[Surrey Heath Social Prescribing Service | SURREY HEATH BOROUGH COUNCIL](https://www.surreyheath.gov.uk/residents/communities-wellbeing/community-services/surrey-heath-social-prescribing-service)

**Surrey County Council**

Adult Social Care - Information & Advice Line

Open Monday to Friday, 9am – 5pm

Tel: 0300 200 1005

Email: contactcentre.adults@surreycc.gov.uk

SMS: 07527 182 861 for deaf/hearing impaired

Textphone: 18001 0330 200 1005

**Community Transport**

Transport around Surrey Heath & nearby [Community Transport | SURREY HEATH BOROUGH COUNCIL](https://surreyheath.gov.uk/residents/communities-wellbeing/community-services/community-transport) Tel: 01276 707655

**Local transport + gardening, handyman and more**

**Camberley Care** 07718 688711 <http://www.camberleycare.org/home/handyperson-service/>

**Surrey Good neighbour scheme**

[Find a Good Neighbour - Surrey Community Action (surreyca.org.uk)](https://www.surreyca.org.uk/find-a-good-neighbour/)

**Homelink**, Woking, also cover Surrey Heath.

01483 743668

**Surrey Heath Age Concern**

Telephone befriending. General help and support, 07902 772585 (9 am – 9 pm), office@sh-ac.org.uk

**Voluntary Support North Surrey**

Time to Talk , telephone and in person befriending 01276402789, plus more support and advice.

**The Hope hub**

Housing and homeless advice and support

01276 581174

**Domestic Abuse Support**

**Your Sanctuary Surrey**

Open 9am – 9pm, 7 days a week

Tel: 01483 776822 Website: [www.healthysurrey.org.uk/domestic-abuse](http://www.healthysurrey.org.uk/domestic-abuse)

**Safe Spaces**

**What it is?** UK SAYS NO MORE is working with various retailers and banks across the UK to provide Safe Spaces for people experiencing **domestic abuse**. [Safe Spaces Locations - UK SAYS NO MORE](https://uksaysnomore.org/safespaces/)

### **Bright Sky App information and support to anyone in an abusive relationship**

Free to download [mobile app](https://www.hestia.org/brightsky) is now available in four languages: English, Urdu, Punjabi & Polish.

# **Socialising**

**University of the 3rd Age (U3A)**

A variety of activities across the country

[Camberley & District U3A (cu3a.org.uk)](https://cu3a.org.uk/)

# **Safety**

[**SCAMS – Friends Against SCAMs**](https://www.friendsagainstscams.org.uk/)

<https://scc.newsweaver.co.uk/tradingstandards/ywh4mymr5022qtlbcj6go0?email=true&a=11&p=56685271>

**TO REPORT A SCAM OR SUSPICIOUS ACTIVITY** Citizens Advice consumer helpline on 03454 04 0506

**Concerns of Abuse and Neglect**

**MASH (Multi Agency Safeguarding Hub)**

Monday to Friday 9am to 5pm

Tel: 0300 470 9100

Email: ascmash@surreycc.gov.uk

Out of Hours Emergency Tel: 01483 517898

Email: edt.ssd@surreycc.gov.uk

SMS: 0780 000 0388 (for deaf/hearing impaired) Textphone: 18001 0148 351 7898

**Relationship help**

**Relate**

For any general enquiries or to book an appointment - Tel: 0300 003 0396

Website: [www.relate.org.uk](http://www.relate.org.uk)

# **Carer Support**

**Action for Carer’s** If practitioners want to make a referral to Action for Carers, they can use the link: [Action for Carers | Supporting carers of all ages across Surrey](https://www.actionforcarers.org.uk/)

**Surrey Young Carers**

Tel: 01483 568269

Email: syc@actionforcarers.org.uk

**Carer Information Centre (CIC)** is available or email CarerSupport@actionforcarers.org.uk or **call**

**us on 0303 040 1234** or text on 07714 075993. The Service is open 9am-5pm on Mondays, Thurs & Fri, and 9am-6pm Tue & Wed

**Carer Card**

Details regarding the Carer Card: [Carercard - Prepaid Shopping Card for Carers -](https://carercard.com/?gclid=EAIaIQobChMIwJL5hLWC7gIVaoBQBh1LUgQ8EAAYASAAEgKWOfD_BwE)

# **Mental Health/ Wellbeing**

**Samaritans:** A 24-hour emotional support helpline (Free to call) 116 123

**Every Mind Matters Resources**

<https://campaignresources.phe.gov.uk/resources/campaigns/82-every-mind-matters/resources>

**SHOUT**

Shout is the UK’s first free 24/7 crisis text line available for anyone, anytime, anywhere. The service is anonymous. If you’re experiencing a personal crisis or unable to cope and need immediate help. Text **SHOUT** to **85258** from anywhere in the UK, 24/7. <https://www.giveusashout.org/>

**Mental Health Crisis Helpline (SABP)**

Emergency support for individuals experiencing a mental health crisis. Lines are open 24 hours a day, 365 days a year Tel: 0800 456 8342 SMS: 07717 9898342

**Support with Anxiety** Tips: [Anxiety - Every Mind Matters - NHS (www.nhs.uk)](https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/?WT.tsrc=Search&WT.mc_id=Anxiety&gclid=EAIaIQobChMI_c7_2pWL9AIVD7_tCh06LgENEAAYASAAEgJRI_D_BwE&gclsrc=aw.ds)

**Safe Havens – out of hours help**

Safe Havens provide out of hours support to people and their carers who are experiencing a mental health crisis or emotional distress. Open 365 days a year from 6pm to 11pm – a safe alternative to A&E when in crisis.

Each of the Safe Havens are staffed by a mental health practitioner from Surrey & Borders Partnership Trust. They are also all offering a daily online service from 6 – 9pm.

[Safe Havens :: Surrey and Borders Partnership NHS Foundation Trust (sabp.nhs.uk)](https://www.sabp.nhs.uk/our-services/mental-health/safe-havens)

# **Addiction Support**

**Surrey Mental Health Crisis Line - 0800 915 4644** – open and available 24/7

**Surrey Drug and Alcohol Care- 0808 802 5000** – open and available 24/7

**Drinkaware**  also has lots of information and support available and if you’re worried about someone else’s drinking call Drinkline on **0300 123 1110** or talk to a trained advisor anonymously online via [Drinkchat](https://u6122735.ct.sendgrid.net/ls/click?upn=ngyhxfR4-2FB-2B-2FnGqaQKBriZn6gGx7u-2Bmix8QIOJoLER12Kl7LylUq6eQl8oWjRJnO5PNp2ruoy5vSytCshAmt4A-3D-3D6aKd_7uoCbQ36w2SMzaVVh81gdnMIvmUKlLq7GCndpCdg-2Fi-2BCmw3oAROuS2B1Air3XXdq0nuMP0ICr-2BHLM-2BrQHWUGux0HtYi0uK-2FaA4T-2BkOYcKM6sEwv4jFryu5NLoi451YQDQnP7oO67LOoZwinX2QvfmQWZ-2F3wmeO5R3VrvQNtwIvSp1HZGDgE8QU3Ou1SrlzXpAcOoAKGUZlN-2BHG-2B02TjuapsEyUXdnDG-2B4-2BSOzJHOM-2FTR1RuPow3vjbNlHSNJtkHm2CocLGoveKU6Nrs37pBccALHlY2fsarIH4C-2FMcGgzAuYTnClVN-2BpG49s-2FUGRoBW5NLh7r7QcMFTGKCEnNREIUqlOzqMJTHjmvNX5mbqlioRGi3i94DTPLxh7V2BEhQDEJ32CBNenWp0eP1Rv6fFeQj1KF3ZFRN9sPph3YcdxGC-2F6RUms4qN0fXPZcb8CVVh-2FF6HepNaciDyDM8CV-2BAX3ieLFtisVLeNLXieV2G-2FqIzw-3D).

**Catalyst Support**

Working with people in Surrey who are dealing with issues stemming from drug and alcohol misuse and mental health. If you support or advice please get in touch. Tel: 01483 590 150

[www.catalystsupport.org.uk](http://www.catalystsupport.org.uk/)

Open Monday - Friday 9am-5pm.

**i-access Drug and alcohol services**

[i-access Drug & Alcohol Service :: Surrey and Borders Partnership NHS Foundation Trust (surreydrugandalcohol.com)](https://www.surreydrugandalcohol.com/)

# **Armed Forces & Veterans Support**

**Royal British Legion** Contact Centre (0808 802 8080) [www.rbl.org.uk](http://www.rbl.org.uk)

**SSAFA – The Armed Forces Charity** Call: 0845 1300975, email: info@ssafa.org.uk or visit [www.ssafa.org.uk](http://www.ssafa.org.uk)

**Veterans N Families Listening project** Support and advice in Surrey Heath

veteransnfamilies@yahoo.com [www.vflp.org.uk](http://www.vflp.org.uk)

# **Health & Wellbeing**

**Surrey Minority Ethnic Forum (SMEF)**

A unified and diverse community with an active focus on improved wellbeing for all in Surrey. [Surrey Minority Ethnic Forum (smef.org.uk)](https://smef.org.uk/)

### **British Deaf Association**

[British Deaf Association - Home (bda.org.uk)](https://bda.org.uk/)



**Surrey Heath Macmillan Community Cancer Navigator**

The free service signposts anyone who life is affected by cancer (patients, carers or family members) to personalised help is needed to empower people to make informed choices about their lives.  Please get in touch:

shcp.cancernavigator@nhs.net 07880 502267

[www.surreyheathcommunityproviders.co.uk/services/cancer-services/](http://www.surreyheathcommunityproviders.co.uk/services/cancer-services/)

**Disabled Living Foundation (DLF)**

The DLF is a charity offering impartial advice <https://www.livingmadeeasy.org.uk/>

**Memories Café**

A place to meet, socialise and relax for people, friends and their families living with Dementia. A friendly environment to talk to others, get support and do some fun activities. First Wednesday High Cross Church, Camberley 2pm-4pm

**Alzheimer café Camberley**

Provide support, advice, zoom calls and more maureenhume01@gmail.com

**Melody for the mind**

Singing and socialising, High Cross Church, Camberley, 1st and 3rd Friday each month 130- 3. [Melody for the Mind (highcrosscamberley.co.uk)](https://highcrosscamberley.co.uk/index.php/community/melody-for-the-mind)

**Young people with dementia**

[Introduction | Younger People With Dementia (YPWD)](https://www.ypwd.info/introduction)

**Alzheimer’s Society**



Alzheimer’s Society in Surrey supports people affected by dementia

**Relish**

This is useful resource for people with dementia who are at home – games etc:

<https://www.active-minds.org/uk/>

[Active Minds](https://u6122735.ct.sendgrid.net/ls/click?upn=ngyhxfR4-2FB-2B-2FnGqaQKBriQ-2FXAp1wuuK0dpRRdsKZu6fZDWbYOWyHiwlWePBCDY7PIyOW_7uoCbQ36w2SMzaVVh81gdnMIvmUKlLq7GCndpCdg-2Fi-2BCmw3oAROuS2B1Air3XXdq0nuMP0ICr-2BHLM-2BrQHWUGux0HtYi0uK-2FaA4T-2BkOYcKM6sEwv4jFryu5NLoi451YQDQnP7oO67LOoZwinX2QvfmQWZ-2F3wmeO5R3VrvQNtwIvSp1HZGDgE8QU3Ou1SrlzXpAcOoAKGUZlN-2BHG-2B02TjuapsEyUXdnDG-2B4-2BSOzJHOM-2FTR1RuPow3vjbNlHSNJtkHm0PKnEWwCkwuaarTTFGO2JwJuYLU1wR8LmK8gOfqB-2FfcCNCok0ZTx1i-2FWt-2BAE96zAgjgdePuJx5UziFf8V51r40ov4U-2BepKajw9gtn1Pgu-2F0eWvQIbfP66WKADAIuiGCsrm7ojPy339Vd4wXdJbu-2BMbGiRbBmMKCA1zGHwYaQWvnFzyMCTdMOwkkjIaa5nshrEY4MFJrkb6XBQOjXWug-2By6Wb5YnBAnHYdyA8Px2HRhE-3D) has been developing activities to improve the quality of life for people living with dementia.

**Active Surrey**

[Home (activesurrey.com)](https://www.activesurrey.com/)

Helping communities in many different ways

**NHS Designed Exercises at home:**

Exercises designed by the NHS to do at home:

**Flexibility exercises**

<https://assets.nhs.uk/prod/documents/NHS-flexibility-exercise.pdf>

**Balance exercises**

<https://assets.nhs.uk/prod/documents/NHS-balance-exercise.pdf>

**Strength exercises**

<https://www.nhs.uk/livewell/fitness/documents/NHS_strength_exercise.pdf>

**Sitting exercises** <https://www.nhs.uk/livewell/fitness/documents/NHS_sitting_exercise.pdf>

<https://10today.co.uk/> For more information please contact: bettertogether@anchorhanover.org.uk or Tel: 07483 911705

# **Food Support**

**Free Christmas day meal**

Our aim is to provide food, entertainment and company to people living in Rushmoor and Surrey Heath who would otherwise be on their own on Christmas day.

[Christmas Community Lunch (hispeed.co.uk)](https://hispeed.co.uk/xmas-lunch)

**The Hope hub Christmas**

**Rear of Library, Knoll Road, Camberley, Surrey GU15 3SY, 01276 581174**

Festive Buffet : 12-2pm : 20-12-22

Christmas Lunch : 11-2pm 23-12-22

Referrals for Christmas Lunch – will be delivered

Christmas Bags and Gifts for vulnerable, homeless, at risk of becoming homeless, unemployed

**Meals at Home Service**

Delivering meals to all of those who need a meal. [Meals at Home | SURREY HEATH BOROUGH COUNCIL](https://www.surreyheath.gov.uk/residents/communities-wellbeing/community-services/meals-home) 01276 707651

**Old Dean, St Martin's Church**

**Free community breakfast**, every Sunday 10-10.40, come, meet others and socialise.

**Free food Stall**, Sunday 12:30 to 13:30 in St Martin's car park.

**Besom**

Various packs, **referral only**. Food Packs, Kitchen Starter Packs, New Mum Packs, Bedding & Towel Packs, Small Electrical (Kettle/Toaster etc.) 07527 396683 camberleybesom@googlemail.com

Surrey County Council cannot endorse or recommend any services.  However, every effort has been made to ensure the accuracy and reliability of the information we supply.

Please feedback regarding any of the above services should they not meet your needs or expectations.

**If you have anything to add or any corrections, please get in touch**

Michael Rowlands , Community and prevention coordinator, Adult Social Care Surrey Heath locality

Michael.rowlands@surreycc.gov.uk