

LIVING & AGEING WELL IN THE HORSLEYS



A guide to
community
services in East &
West Horsley

AUTUMN 2019

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This is not an exhaustive list of what is available in your community.

More information can be found from:

- East Horsley Parish Council:
www.easthorsley.info
- West Horsley Parish Council:
www.westhorsley.info
- Surrey Information Point:
www.surreyinformationpoint.org.uk
- Voluntary Action Southwest Surrey:
01483 565456 or info@vasws.org.uk

Neighbourhood Connections

- **Would you like to speak to someone about local activities?**
- **Do you need some help navigating the maze of social services?**
- **Are you feeling isolated or lonely?**
- **Or are you concerned about someone you know or care for?**

Neighbourhood Connections is a community run project in Horsley that provides residents with information about all sorts of help and support available in and around the village.

Trained volunteers from your village will be on hand to help and provide a listening ear. They can also help direct you to relevant support, including support for health needs, local social activities or help around the home. Appointments are currently running from Horsley Medical Practice with new venues coming as the project grows.

To book an informal and confidential appointment with a volunteer please speak to a receptionist, your doctor, or call Horsley Medical Practice on **01483 284151**.

This service is for anyone in the local community, whatever your age or situation.



Services to Help You

Mindfulness Meditation

A monthly, Monday 7-8pm Mindfulness Meditation group, open to all at St Nicolas Church, Bury Street, Guildford, GU2 4AW. These facilitated sessions open with a practice to ground and an exercise to still us into the present moment, followed by guidance and tips to keep us 'Mindful' in life rather than living with a 'Mind Full'! concluding with a further practice. For Monday dates please contact the email below.

Tel: 01483 790335

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

Connect

A group for carers and partners living with dementia. It is held fortnightly at St Lawrence's Church Hall, Browns Lane, Effingham KT24 5NL at 10.00-12.00 noon on Thursday mornings. Come and join us for refreshments, friendship, chat and activities, monthly outings also arranged. For more information contact:

Kim Plumpton Tel: 01932 586988

Gill Walker Tel: 01372 457987 or Email: GillianMWalker@gmail.com

Dementia Navigator

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.

Tel: 01932 855582

Carers Support Guildford

An independent Charity that offers confidential advice and information to Carers and Parent Carers in the Borough of Guildford. The service they provide is free.

Tel: 01483 458123

Email: office@carersguildford.co.uk

Hearing Aid Maintenance Clinics

These are run by local churches and provide basic hearing aid maintenance free of charge in the community. Please see more information about what these clinics can offer on the attached flyer. The two clinics detailed below are the closest to the Horsley area.

Venue	Person	Day/Time	Date
The Canterbury Rooms St Martin's Church Ockham Road South KT24 6RL (behind the church)	Geoffrey & Margaret Read gandmread@yahoo.co.uk 01483 282038	Second Thursday of the month 10.00am – 12.00 noon	Contact Organiser
The Church of the Holy Spirit, New Inn Lane, Burpham, Guildford, GU4 7HW	Jean Davy jean.davy1@btinternet.com 01483 566591	Thursday 10.30– 11.30 am	Contact Organiser
	Batteries are also available	Third Thursday of the month	

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 377701

SMS: 07860 026269

Tel: 01372 377701 Fax: 01372 360767

Email: info@sightforsurrey.org.uk

Talking Newspaper

They edit, record and distribute, free of charge, news from the Leatherhead Advertiser and other local publications to blind and partially sighted people within Bookham, Ashted, Effingham, Fetcham, Horsley and Leatherhead areas. Contact: John Miles.

Tel: 01372 458558

Email: john.f.miles@talktalk.net

Website: www.milessoft.org.uk/tn

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.

Website: www.cruse.org.uk

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.

6 week free offer: If you have recently been discharged from hospital, or have been a victim of distraction burglary, you can receive a free 6 week Careline and smoke alarm package.

Tel: 01483 502334

Horsleys Community Fund

Horsleys Community Fund is a significant and exciting local grant making fund specifically for the benefit of the Horsleys and its residents.

Local community members have worked with the Community Foundation for Surrey to create a fund which provides financial support to: vulnerable local residents, improve local facilities, increase access to clubs, activities and sports and preserve and enhance the villages' heritage, culture and environment. For more information please call:

Tel: 01483 478092 Email: info@cfsurrey.org.uk

Website: cfsurrey.org.uk/fund/the-horsleys-community-fund

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.

Tel: 01483 506504 or 07917 148940

Email: Enquiries@furniturelinkguildford.com

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

Transport

West Horsley Wheel of Care

This good neighbour scheme is there to help any person residing in the parish of West Horsley who is in need of assistance and offer help, support, transport and activities which provide exercise, companionship and friendship. Whether you are new to the area or have lived there all your life, young or old, in need of regular assistance or occasional friendship, the Wheel aims to provide the help that people of West Horsley need.

Tel: 01483 281703

10am – noon, Mon – Fri (excl. bank holidays)

Website: www.westhorsleywheelofcare.co.uk

Horsley Community Bus

Community bus operated by a number of volunteer drivers. They provide door to door shopping services in and around the Horsleys on a weekly basis. It operates for the benefit of elderly and/or infirm residents in the community. For further details please contact the Chairman or the Secretary.

Tel: 07530 167283 or 01483 283314



East Horsley Care

East Horsley Care is a service provided to the local community. It offers transport to hospital, doctor's, dental appointments etc. for those who would be unable to reach these appointments without assistance. The scheme is operated by volunteer drivers and organisers who make the arrangements.

Tel: 01483 284802 and leave a message

Effingham Volunteer Car Service

Provides transport for residents of Effingham and Little Bookham to local surgeries or hospitals when family or friends cannot help. Contributions of 40p per mile are requested towards the petrol costs of the volunteer drivers (minimum contribution £1). To use or enquire about the scheme, contact Barbara Henry.

Tel: 01372 452024

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 Email: communitytransport@guildford.gov.uk



Food Support Services

Cobham Area Foodbank

Serving Cobham and surrounding villages. Vouchers provided by professionals from statutory and voluntary organisations entitles the holder to a minimum, of three days' worth of food which can be collected from the foodbank on Friday. The food can be collected from: Methodist Church Hall, Cedar Road, Cobham, Surrey, KT11 2AA. Further information can be found at www.easthorsleychurch.org.uk.

Telephone: 01932 450282

Email: manager@cobhamarea.foodbank.org.uk

Website: cobhamarea.foodbank.org.uk

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 £4.30.

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: 01483 506763/01483 575128 Email: guildford@salvationarmy.org.uk

Salvation Army, Woodbridge Road, Guildford Surrey GU1 4QQ

Merrow Food Bank & Free Café

Opening times: Thursday afternoons from 4.30pm to 5.30pm 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 901488

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 Burpham Church.

Tel: 0800 328 0006

Citizens Advice Bureau (CAB)

Free, confidential advice on a range of issues including debt, benefits, housing, employment and immigration. They also hold outreach sessions at Merrow Park Surgery. To book an appointment or find out more please contact the Guildford branch on the number provided below.

Guildford Branch Tel: 01483 230840 Website: www.guildfordcab.org.uk

Ash Branch Tel: 01252 315569 Website: www.ashcab.org.uk



Household Help Services

Handyperson 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 £24 per hour or £13.50 for those on means 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 444304

Email: careandrepair@guildford.gov.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

Website: 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: 01483 503414 Email: enquiries@ageuksurrey.org.uk

Easy Horsley Bowling Club

A combined mens and ladies club. They have a well-tended green together with a modern clubhouse with good facilities. Bowls is a sport that can be enjoyed by all age groups and abilities. As a club they offer a wide range of opportunities to participate or if you prefer just watch.

If you are an experienced bowler or have never played bowls before why not join East Horsley Bowling Club? They actively welcome and support new members to reach their potential and aspirations whatever these may be. If you would like more information please contact:

Chairman Mary Coburn: 01372 452970

Captain Marilyn Murphy: 01483 284701

The Probus Club of the Horsleys

The name Probus derives from two words – PROfessional and BUSiness. It is an association of retired male Professional and Business people who join together to provide regular opportunities to keep their minds active and enjoy the fellowship of others with similar interests. The Probus Club of the Horsleys meets at the Drift Golf Club on the second Monday of each month. To apply for membership please contact one of the following:

Tel: 01483 283728 Email: davidmdavis@btinternet.com

Beehive Knitting Group

Beehive is a knitting club that meets at 2:00pm every fourth Thursday of every month. They work together on projects such as making blankets, and neonatal supplies with time for a cup of tea, piece of cake and a chat whilst making a difference to others in need. If you would like to help but cannot manage the meetings, perhaps you would be willing to do a bit of knitting at home? For further details, patterns etc. Please contact:

Margaret Read Tel: 01483 282038 Olive Ridler Tel: 01483 283787

Seated Dance Class (West Horsley)

This takes the form of gentle exercise whilst sitting comfortably so may be particularly helpful for someone whose balance isn't as great as it used to be but who still wants to keep active. It is great fun and is led by a professional exercise teacher. It takes place on Wednesdays between 10.45-11.30am (term-time only) – with coffee/refreshments from 10.15am in the Cedar Room (fully wheelchair accessible) at West Horsley Village Hall, The Street, KT24 6DD. A donation of £2.50 is requested as a contribution towards running costs. Wheel of Care provide free lifts to residents in the Horsleys.

West Horsley Wheel of Care Tel: 01483 281703

10am-noon, Mon-Fri (excl. bank holidays)

Sitting and Standing Parkinsons Pilates class

Pilates is perfect for Parkinsons sufferers because it improves co-ordination and control whilst stretching the muscles that get stiff and ridged. They are also working to help regain good posture and balance as well as increasing the flexibility of the spine and all the other joints. The classes are held at West Clandon British Legion Hall West Clandon, Guildford GU4 7TD, Wednesdays at 1.30pm and 2.30pm. £10 per session partners free. If you would like to know more about the classes and 'free taster session' please call Sue Buckland.

Tel: 01483 285111 Website: www.pilatesperfection.co.uk



Tuesday Café (Clandon)

Come along for a cup of tea and a chat in the Poppy Room at Royal British Legion, West Clandon. Every third Tuesday of the month. 2:30-4:30pm.

Tel: 01483 222822

Coffee Morning (West Horsley)

Every Thursday there is a Coffee Morning from 10.30 to midday, to which everyone is welcome. Held at West Horsley Methodist Church, The Street, West Horsley, Surrey, KT24 6DD next to the village hall.

Coffee Morning (Send)

St Mary's Church hold a coffee morning on the third Monday of each month in the Church Rooms from 10am to 12 noon. Send Help can arrange transport for you (Tel: 01483 225255). More information is also available on the St Mary's website.

Tel: 01483 222193 Website: www.sendparishchurch.co.uk

The Wheelhouse Café

82 East Lane, West Horsley. Open every Friday 10.30 – 12noon (Except Good Friday and Christmas). Come and connect with your neighbours, join us for free coffee and cake. Lifts to and from the Wheelhouse Café can be arranged. For more information drop into St. Mary's Church Office at the Wheelhouse or contact us at:

Tel: 01483 281898 Email: office@stmaryswesthorsley.co.uk



Meeting Point – St Mary’s Church, West Horsley

Meeting Point is a gathering of people (members age range is from about 55 years old upwards) who live within the local area of West and East Horsley. They meet once a month at St Mary’s Church, West Horsley for a short informal service followed by a ploughman’s lunch. This is friendly group and all new people are welcome to the services and outings. The outings are varied and include visits to National Trust Properties and numerous other places of outstanding interest. To join please contact: Janet Strode.

Tel: 01483 281898 Email: office@stmaryswesthorsley.co.uk

Film Club (West Horsley)

The films shown over the past few years have varied enormously but they are normally recently released films or much-loved classics and are greatly enjoyed by everyone who comes. It takes place once a month, always on the second Monday of every month at 2.00pm with tea and homemade cakes served after the film. It is held in the Wesley Room at The Methodist Church, The Street, West Horsley KT24 6DD (fully wheelchair accessible). A small donation of £2.50 is requested as a contribution towards running costs. Wheel of Care provide free lifts to residents of the Horsleys.

West Horsley Wheel of Care Tel: 01483 281703
10am-noon, Mon-Fri (excl. bank holidays)

St. Martins Film Night

These film nights bring people together to watch a film and discuss it informally. Entrance is free but donations to cover costs are appreciated. Films screened in the Canterbury Rooms (behind the St Martins Church) and include those recently released on DVD and classics. Films are followed by a light supper and informal discussion. They are run once a month (usually the third Sunday at 6.00pm).

Contact the Parish Office for details.

Tel: 01483 654263

Email: parishoffice@easthorsleychurch.org.uk

Movement to Music (West Horsley)

Weekly keep fit class which is designed to promote fitness and balance amongst those attending particularly to try and prevent falls. Movement to Music takes place on Thursdays between 2.15-3.00pm (term-time only) at The Wheelhouse, 82 East Lane, KT24 6LQ. With tea and biscuits afterwards. A small donation of £2.50 per person is suggested to go towards running costs. Wheel of Care provide free lifts to residents of the Horsleys.

West Horsley Wheel of Care Tel: 01483 281703
10am-noon, Mon-Fri (excl. bank holidays)

West Horsley Good Companions (West Horsley)

For residents of West Horsley, over 60yrs. They meet every second Wednesday of the month at Wesley Hall from 2-4pm. There is a speaker or entertainment plus homemade afternoon tea provided. Annual sub of £20.00. Transport can be provided. Further information Ros Horstead.

Tel: 01483 898999

Scrabble Club (West Horsley)

Come along and have some fun playing scrabble, whilst enjoying a cup of tea and a delicious piece of cake! Held every Tuesday afternoon between 2.00-3.45pm. Scrabble Club meets in the Wesley Room at The Methodist Church, The Street, KT24 6DD (fully wheelchair accessible). A small donation of £1.50 is requested as a contribution towards running costs. Wheel of Care provide free lifts to residents of the Horsleys.

West Horsley Wheel of Care Tel: 01483 281703

10am-noon, Mon-Fri (excl. bank holidays)

Horsley Garden Society

Based in West Horsley, Surrey. They hope that by sharing our love of gardening through talks, shows, plant sales and social gatherings they can spread the word about how much fun gardening can be in Horsley and the surrounding villages, and how much you can enjoy the company of like-minded people while you learn more.

All events are held at West Horsley Village Hall, usually on a Wednesday evening.

Email: shows@horsleygardensociety.org.uk

Horsley Women's Institute

East Horsley WI... meets on the 3rd Wednesday of the month at 8.00pm meetings are held at East Horsley Village Hall. Please see the programme of events in the notice board outside the Hall.

West Horsley WI... meets on the 1st Tuesday of the month at 8.00pm meetings are held at West Horsley Village Hall. Please see the programme of events in the notice board outside the Hall.



Lovelace Social Club

Come along for talks and entertainment. They meet on the first Wednesday of every month at East Horsley Village Hall, Kingston Avenue, East Horsley, KT24 6QT. Contact Joan Hattersley.

Tel: 01483 282507 Email: jopethat@hotmail.co.uk

Horsley Lunch Club

Lunch club held on the second Thursday of each month at Horsley Evangelical Church, Ockham Road North, East Horsley, KT24 6NU. Lifts are available. Contact Esther Ruscoe.

Tel: 01483 282985

Horsley Choral Society

A friendly mixed choir welcoming all voice parts and abilities.

For further information contact:

Gill Walker (Chairman) Tel: 01372 457987

Lindsey Holman-Hirst (Secretary) Email: secretary@horsleychoralsociety.com

Grace & Flavour is a community garden in West Horsley

This is a community garden, the purpose of Grace and Flavour is to grow food for the people who live and/or work in the surrounding areas. Crops grown are distributed to those working on the project, those wishing to buy them (through local retailers), and 10% is set aside for free distribution to those in our community who do not have access to fresh, locally grown produce.

Email: mail@graceandflavour.org

Horsley U3A

Horsley U3A is a self-help voluntary organisation for people no longer in full-time employment . It serves East and West Horsley and surrounding districts in Surrey, and provides a wide range of educational, creative and leisure activities and interests for its more than 600 members. Horsley U3A holds Monthly meetings with invited speakers that are open to all its members. In addition currently over 50 specialist Activity Groups cover everything from Art Appreciation and Astronomy, through Films and History to Ukulele and Wine Appreciation. There is also a Getting Out And About Group for those who find it difficult to get to regular group meetings.

U3A also organises occasional Outings to places of cultural and historical interest, and Theatre Visits , Concerts and Overseas Holidays open to all Horsley U3A members. Horsley U3A membership costs £15 a year, renewable on April 1st each year. To enquire about membership please contact:

Tel 01483 283906

For a full list of Activity Groups and activities see: www.horsleyu3a.org.uk



Helping with Dementia

Let's all help to make our community Dementia-friendly

The Alzheimer's Society do amazing work to raise awareness of dementia, the impact it has and ways to help those suffering from it or being affected by it.

One way we can all help is to get onboard with their dementia-friendly communities programme which encourages everyone to share responsibility for ensuring that people with dementia feel understood, valued and able to contribute to their community.

Here in The Horsleys there is strong public support from residents, the Parish Council, business owners and the GP's to become a dementia friendly so here is a little more about what it involves.

What is a dementia-friendly community?

A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported.

In a dementia-friendly community people will be aware of and understand dementia, so that people with dementia can continue to live in the way they want to and in the community they choose.

Why are dementia-friendly communities important?

Dementia-friendly communities are vital in helping people live well with dementia and remain a part of their community.

Too many people affected by dementia feel society fails to understand the condition they live with, its impact or how to interact with them. That's why people with dementia sometimes feel they need to withdraw from their community as the condition progresses.

Research carried out by The Alzheimer's Society identified that over a third of people with dementia told them that they have felt lonely recently and more than a quarter of carers surveyed said they felt 'cut off from society' too.

This isn't okay. People affected by dementia still have an incredible amount to offer to their community. If appropriately supported, they can continue to play an active and valuable role even years after diagnosis.

Who can help make their community dementia-friendly?

Everyone. From governments and local shops, to book clubs and churches, we all have a part to play in creating communities where people with dementia feel active, engaged and valued. People affected by dementia have the most important role in any dementia-friendly community. By sharing their experiences and connecting with others, they ensure that communities keep the needs of people affected by dementia at the heart of everything they do.

How do I find out what's already happening in my area?

There may already be a group in your area. By joining, you'll be working together to encourage more people, groups and organisations to become dementia-friendly.

Website: www.alzheimers.org.uk/get-involved/dementia-friendly-communities/making-your-community-more-dementia-friendly

The above link is a great resource for people wanting to know more and later in the year Lucinda Kalupka, Registered Manager of Home Counties Carers will be giving an awareness session on dementia with Carers on hand to talk about their experiences.

Website: www.alzheimers.org.uk/get-involved/dementia-friendly-communities



This guide is sponsored by:



Registered Charity No: 1087632

We are delighted to be involved in the production and distribution of this publication and we hope that all residents will find it helpful. West Horsley Wheel of Care was set up with the primary aim of meeting the needs of the residents of West Horsley, enabling them to lead independent, fuller and richer lives, whilst preventing social isolation. We run four fun and friendly clubs which are also open to residents from neighbouring villages and transport can be provided, if required.



To find out more, including about the clubs:
01483 281703 (Mon-Fri 10am-noon)
www.westhorsleywheelofcare.co.uk



East Horsley
Parish Council



Horsley Community
Fund



WEST HORSLEY
West Horsley
Parish Council