

Briefing for local stakeholders with an interest in social care, health and communities

Adult Social Care | Information and Engagement Team



Monthly briefing Information correct as of 21 February 2023

Spreading the Word Survey

We'd like to understand the full extent of our readership for this regular briefing and would be grateful if you could [answer two very quick questions](#) on Surrey Says. Thank you.

Help shape a central directory of support for adults

Adult Social Care is currently re-procuring their directory of support for adults in Surrey. The current directory Surrey Information Point (SIP), jointly branded with the NHS, is aimed at adult residents, but also helps professionals signpost people to support in their community and also includes private care providers.

We are seeking to have an improved product with better functionality, search results and user experience, maximising access to more residents and professionals and making it easy for residents to know what options are available to them navigating the health and care environment.

There are currently many access points in Surrey that residents might turn to for help. Wouldn't it be great if everyone used the same information to support them and in a personalised way?

The system vision is to have a single, central resource that residents and professionals can use, that would help with the quality, accuracy and consistency of information provision and signposting.

The project is being co-designed with key stakeholders and partners, with a multi-agency reference group overseeing the procurement process, the evaluation, joint business case with the NHS and the appointment of a supplier. The next stages of the process are the development and user testing stages so that optimal user experience is ensured and we can meet the information needs of partner agencies.

To be involved and help shape the product please: Email:

asc.engagement@surreycc.gov.uk

Men, is it time to talk?

Surrey County Council has partnered with [Mentell](#) to provide the opportunity for men, aged 18+ to talk in a safe, confidential space, which is free from advice and judgement.

[Mentell](#) provide online circles for men every Monday at 7pm, as well as local in-person circles at different venues around the country.

Hear Here – a free service for people with NHS hearing aids

Hear Here is a Guildford Diocese initiative in partnership with the NHS, which provides a free service for people with NHS hearing aids and offers basic maintenance, battery supply, cleaning and re-tubing as well as trouble shooting and advice at the Westway Community Café and Wellbeing Centre every first Thursday in the month 10.30am-12noon.

For more information contact: Telephone: 01883 347230 Email: info@thewestway.org

New Domestic Abuse campaign goes live

A new campaign highlighting the different types of coercive and controlling behaviour has gone live with the aim to help both victims and perpetrators to recognise this behaviour as a criminal offence.

The QR code on the campaign materials links directly to information about support services.

For more information: Telephone: 01483 776822 (Surrey Domestic Abuse Helpline) Telephone: 999 (in an emergency) Website: [Surrey Against Domestic Abuse](#)

Making time for young carers in Surrey

Join Surrey Carers Partnership Board for a virtual seminar to hear national and local perspectives of young carer needs and support in schools, colleges and in wellbeing and mental health on Thursday 16 March 2023, 12.30-3pm. The Keynote speaker at the event is Andy McGowan from Carers Trust and Young Carers Alliance.

[More information and tickets](#) can be found on eventbrite.

Make a Difference Award from BBC Radio Sussex and BBC Radio Surrey

The Make a Difference Award is to say a thank you for someone who has made a difference to someone's life or has improved where someone lives.

The categories people can be nominated for are:

- Volunteer
- Community Group
- Fundraiser
- Carer
- Great Neighbour
- Bravery
- The Green Award
- The Together award.

The nominations close on Sunday 5 March 2023 at 11pm and the winners will be announced at the BBC Make a Difference Awards ceremony which will be held in September 2023.

The [BBC Make a Difference](#) page has more information about each category and how to nominate people.

First ever group exercise programme to support Long COVID patients is introduced in East Surrey

In January, First Community, in partnership with Sport England and Active Surrey, started offering the [first ever group based exercise class](#) at Merstham Hub in Redhill to support patients suffering from Long COVID.

The six week group exercise programme will support complex Long COVID symptoms including breathlessness, palpitations, chest pain and dizziness.

Patients who have been referred to the Long COVID Rehabilitation Team by their GP and those who are physically and mentally ready are able to access the six week programme.

The exercise programme is funded until September 2023.

Upcoming courses from Active Surrey

Living Longer Better Physical Activity awareness training

A free online course on [Wednesday 8 March, 10-11am](#) or [Wednesday 21 June, 12.30-1.30pm](#), specifically for people who work with or support older people including care workers, care assistants, community centre assistants, professionals and volunteers working in the voluntary sector.

The course will cover the importance and benefits of remaining active as people age, sharing tips on how to encourage people to be more active and suggest different ways that movement can be incorporated into people's daily routines.

For more information contact Ruth Hards: Email: ruth.hards@surreycc.gov.uk
Telephone: 07977 587015

Physical activity awareness training

A free online course on [Wednesday 24 May 2023, 10-11am](#), covering the importance and benefits of being active, national guidelines and tips, positive conversation skills and local signposting opportunities.

The session is ideal for any professionals or volunteers working with adults in a resident facing role including healthcare assistants, social prescribing link workers, health and wellbeing coaches, other wellbeing professionals and those working within the leisure sector who are new to physical activity.

For more information contact Ruth Hands: Email: ruth.hands@surreycc.gov.uk
Telephone: 07977 587015

Physical activity for the prevention and management of long-term conditions (PACC training)

Active Surrey is facilitating OHID's free training "Physical activity for the prevention and management of long-term conditions, on [Tuesday 21 March 2023, 12.30-2pm](#) or [Thursday 23 March 2023, 6.30-8pm](#).

The training is delivered by Surrey GP and OHID Clinical Champion Dr Joe Morwood and provides the opportunity to:

- Access evidence based resources proven to increase knowledge and confidence and support clinical practice in line with guidance (e.g. NICE)

- Improve management and care of patients with 30+ long term conditions e.g. type 2 diabetes, depression, some cancers
- Help reduce service demand and costs.

The Get U Better app - a new app for patients with musculoskeletal conditions

The [Get UK Better app](#) is being introduced across Surrey Downs and has been shown to hold several benefits including ensuring that patients have quick access to advice and rehabilitation to optimise recovery and management of musculoskeletal conditions.

The free app, is available to anyone over the age of 18, is easy to use, and helps patients' self manage their muscle, bone or joint injuries and conditions.

The app allows patients to access support without even having to contact or see a healthcare professional and can be used on a smartphone or via the web.

Seven healthy habits which can reduce your risk of dementia

There is growing evidence that all the habits understood to be good for the heart are also good for the brain.

Research has shown that up to 40% of dementia cases are down to factors that can be influenced, with surveys also suggesting that few people are aware it's possible to reduce their risk of getting the condition in later life.

Find out about the [healthy habits and the support, tips and local services](#) that can help.

The Care Quality Commission (CQC) is asking people over 55 to share their experiences of care

CQC is asking people over 55 to help them understand the quality of care people get from hospitals, care homes, GPs or any type of health or social care service.

People's feedback plays an important part in helping NHS decision makers to spot safety issues.

Latest news from Healthwatch Surrey

The [January 2023 Insight Bulletin](#) from Healthwatch Surrey is now available and focuses on:

- Praise and thanks
- Barriers to GP access
- The impact of not communicating with compassion
- The Impact of wider determinants of health
- Information about recent and future engagement sessions.

To sign up to receive the Insight Bulletin: Email:

enquiries@healthwatchsurrey.co.uk

New online hoarding programme launched

The Mary Frances Trust, in partnership with Surrey and Borders Partnership NHS Foundation Trust (SABP), has launched a new, free online hoarding

programme which is open to anyone aged 16 and over, living in Surrey who identifies hoarding as an issue they experience, with or without a formal diagnosis.

The programme starts on 9 March 2023 and runs until December 2023 on the second Thursday in the month from 7-9pm on Zoom. The course has two parts (a practical course and peer support group) and people can book on either or both parts.

Spaces are limited. Interested participants need to register with Mary Frances Trust first, before they can book a place. People wishing to register for the practical course need to do so by 23 February 2023 and be committed to joining the course every month until it ends.

For more information: Email: info@maryfrancestrust.org.uk Telephone: 01372 375400 SMS: 07929 024 722.

No waiting list for Reconnections

Reconnections is for anyone over 65 years who is feeling lonely or isolated in the Guildford and Waverley area, which includes Farnham.

Reconnections offers a bespoke service, taking time to understand how best to help someone connect, find new friends, get active, learn a new skill or share experiences including for those who are less mobile or housebound. If someone needs support, please make a referral to the Reconnections Team.

Referrals can be made via social prescribers or direct by using the [Reconnections online referral form](#).

For more information contact the Reconnections Team: Telephone: 01483 654422.

Online Energy Advice Tool launched to help Surrey residents save money

If someone owns or rents a property in Surrey, they can get recommendations for financial support and measures to help improve energy efficiency in their home.

The [Energy Advice Tool](#) will ask for information on financial circumstances and information about the property for the most accurate information to be given.

Depending on the answers given, the tool will offer tailored information on grants, support and advice and non-financial help including:

Free or part funded schemes to make homes more energy efficient

Signpost to debt relief grants

Where to find additional services such as clothes and food banks

Fuel vouchers.

For help using the Energy Advice Tool contact Surrey County Council Community Helpline: Telephone: 0300 200 1008

Complete the: [community helpline enquiry form](#)

Textphone (via Text Relay): 18001 0300 200 1008

SMS: 07860 053 465

VRS: [Sign language video relay service](#)

Shared home scheme for adults is transforming lives

[Shared Lives](#) is a way of supporting people with care and support needs to live as part of a household in a family home, enabling them to develop life skills in a supportive, safe environment and connect with their local communities. It's similar to fostering but for adults in need of support.

A new short film shows how [Shared Lives](#) has made a difference for Shannon since she moved in with Kuldip, her Shared Lives carer.

For Shannon, and others Shared Lives is a long term place to call home, but it can also be used in other ways, for short breaks to give family carers a break from their caring responsibilities, for regular days per week and as a stepping stone for an individual to move into their own home.

For more information: Email: ldcommunications@surreycc.gov.uk SMS: 07929 863582

No Smoking Day is Wednesday 8 March 2023

The theme for this year's No Smoking Day on Wednesday 8 March 2023 is "Stopping smoking improves your brain health". Research has shown that dementia is the most feared health condition for people over the age of 55. Only 18% of smokers know that smoking causes dementia, compared to over 70% who know that smoking causes lung diseases and cancers.

[Today is the Day](#) has more information on the help available, why someone should quit and a toolkit for professionals.

Surrey and Sussex Cancer Alliance (SSCA) is establishing a voluntary and community sector (VCS) forum

Surrey and Sussex Cancer Alliance (SSCA) is currently establishing a Voluntary and Community Sector (VCS) forum and are inviting expressions of interest from organisations, charities and support groups on their database, with a view to developing a representative group from those interested.

The SSCA VCS forum will facilitate and enable a constructive relationship between SSCA and the voluntary and community sector in Surrey and Sussex, ensuring that consultation and engagement work adheres to the SSCA joint working principles for engaging communities.

SSCA will provide updates on projects and work plans and VCS organisations will have the opportunity to provide meaningful feedback from their respective membership, which will enable SSCA to consider and where appropriate adapt material and plans accordingly.

Membership will consist of up to ten organisations and meetings will be held three times per year. Anyone interested will need to complete an expression of interest form and return it before Friday 3 March 2023.

Forms can be requested from Boba Rangelov: Email: boba.rangelov@nhs.net

Voluntary Action South West Surrey's Sparks Fund supports communities impacted by COVID 19

The [Sparks Fund](#) will support communities that have been impacted by COVID 19 and its wider impact on health and wellbeing, with grants of up to £2,000 available for small scale community-led initiatives that benefits the local community.

The areas to be supported are Guildford – Ash Wharf, Stoke and Westborough, and Waverley – Godalming, Central Ockford and Farnham – Upper Hale.

Priority will be given to applications that:

Invest in resident and community led activity that will benefit local residents and neighbourhoods

Will help build community connection and resilience, while mitigating the impact of COVID 19 and increases in the cost of living.

To apply complete [VASWS online form](#), and for more information contact:

Email: i.ross@vasws.org.uk

Email: c.keith@vasws.org.uk