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Community Cash Fund completed projects 2016-2017

Community Cash Fund



Now in its third year, our Community Cash Fund provides funding to enable individuals and groups to undertake small projects that boost wellbeing in their local community. These projects can make a big difference to the lives of local people!

All Community Cash Fund projects aim to increase the involvement of hard to reach or seldom heard communities in health and social care services and give Healthwatch Surrey a chance to get valuable feedback about their experiences.

We were delighted to receive more than 40 applications for our 2016/17 fund. This summary gives a brief outline of the fantastic achievements of the nine projects that were funded this year.

Kate Scribbins,
Chief Executive,
Healthwatch Surrey



“The impact of having someone focus on them; touch their hands or face, sing to them or play with them is momentous.”

Renée Canter, Us in a bus

Intensive interaction sessions for people with profound learning disabilities and complex needs

Us in a bus provide a simple, intuitive way of exploring early stages of communication with people whose learning disabilities and complex needs can create barriers to connection and result in isolation. Their specially trained practitioners provide intensive interaction to understand, on an individual basis, how each of their service users are communicating and then aim to ‘speak’ with them in their own language.

The Community Cash Fund enabled Us in a bus to upgrade its sensory equipment, musical instruments, toys and games which added a different dynamic to the sessions and encouraged further interaction and enjoyment for its service users based throughout Surrey.

AT A GLANCE

- Building connections and communicating with people with profound learning disabilities and complex needs
- Upgraded sensory equipment, musical instruments, toys and games
- Increase level of social engagement
- Empower, reduce isolation and have fun

For more information about their work:

www.usinabus.org.uk



AT A GLANCE

- Courses for 11-18 year old secondary school pupils in Reigate and Banstead and 13-16 year old vulnerable girls
- Help develop positive choices
- Activities for mental health wellbeing
- Build resilience
- Awareness of key and health and community based services

Wellbeing 4 Teens

Local transformational neuro-linguistic programming (NLP) and wellbeing coach, Kelly Egan, created a Community Cash Fund project to run wellbeing courses in secondary schools in Reigate and Banstead. The courses were aimed at helping children and young people to develop positive choices, take part in activities for mental health wellbeing and build resilience for those experiencing stressful or challenging home circumstances (eg: family bereavement, exam stress and separation from family). The course also worked with 13-16 year old vulnerable girls and taught techniques to bring greater inner calm and relaxation.

At the end of the sessions, time was made available for informal questions around current issues including gaps in services that could improve wellbeing. There was also the chance to offer signposting to other services and raise awareness with the children about the key health and community based services currently available to them either in or outside of school time.



KeepING Active

As part of its pastoral work, St Peter's Church in Newdigate, Dorking identified a need to support parishioners who have been ill and are recuperating or those who are older and not regularly socialising. They used the Community Cash Fund to buy a table tennis table and have created a friendly and fun environment for parishioners to play table tennis, socialise, improve hand to eye coordination and their general fitness. They are supported by volunteers and an international standard veteran player who mentors the players.

During the table tennis sessions, they also publicise local health and care services including occupational therapy facilities.

AT A GLANCE

- Weekly table tennis for older people, those with a disability or recovering from illness
- St Peter's Church, Newdigate
- Socialising and fitness
- Publicise local health and care services
- Friendly and fun

For more information about their work:

www.stpetersnewdigate.co.uk



Educating and supporting young people to achieve better physical and mental health

Healthy Happy Me work with children to help them feel good both physically and mentally. Their counsellors, personal trainer and nutrition expert used the Community Cash Fund to deliver fun, interactive and age appropriate workshops in schools for children and young people aged five to 18 years.

The workshops covered a range of physical and mental health topics such as anxiety, exam stress, bereavement, family breakdown, weight, diet and fitness.

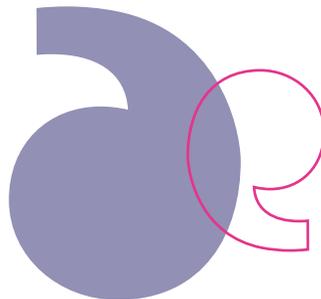


AT A GLANCE

- Workshops in schools
- Children and young people aged 5 - 18 years
- Better physical and mental health
- Counsellors, personal trainer and nutrition expert
- All areas of Surrey

For more information about their work:

www.healthyhappyme.org.uk



Come Knit With me

A small dementia carers support group that meets three times a week in Englefield Green village centre and Woodham & New Haw Day Centre noticed that a couple of the carers had started bringing knitting to the meetings. When they realised many of the other carers could also knit they created a formal respite knitting session.

Their Community Cash Fund has enabled the club to start two knitting clubs so carers can meet and have some respite and relaxation while their loved ones are being looked after by the club's activities assistant.

The club has already started selling the knitted products at charity fairs and as presents to help fund materials and to raise awareness of the club with other people who might benefit from the club's support.

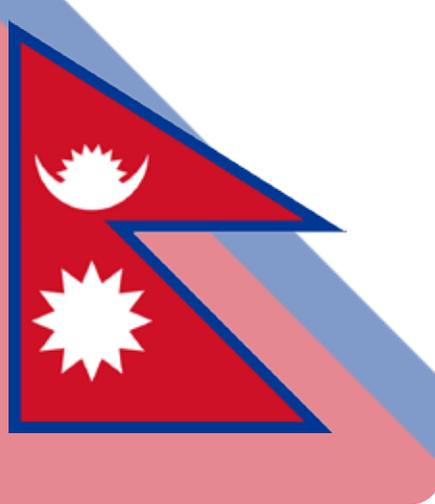


AT A GLANCE

- Dementia carers support club
- Knitting for relaxation, socialisation and respite
- Three times a week
- Activities Assistant looks after those with dementia
- Sell their products
- Raise awareness

For more information about their work:

Tel: 01932 342910



AT A GLANCE

- Nepali community in Camberley
- Weekly health and wellbeing activity
- Health education learning
- Conversational English
- Awareness about GP and NHS services
- Practical skills to visit pharmacies and order prescriptions

Social and wellbeing sessions for the Nepali community

The biggest barrier Nepali's can face is a lack of welfare advice and information when they have a limited ability to communicate in the English language.

The Community Cash Fund project enabled representatives from the **Camberley Nepali Forum** to work with a **Big Fish Ministries'** health and wellbeing tutor and blended learning tutor to run a weekly health and wellbeing activity which included health education learning.

The sessions included advice on GP medical terms and being able to describe symptoms or pain. They also helped with the practical skills needed to visit pharmacies and order prescriptions.

The sessions had the added benefit of supporting the community to gain access to conversational English and basic online skills which will help to break down communication and isolation barriers for the Nepali community.

For more information about their work:

www.bigfish117excellentproject.vpweb.co.uk/default.html



Emotional wellbeing and prevention of chronic illness workshops

Liaise Women's Centre's main focus of work is to support women and disadvantaged groups, including stay at home mothers recently arrived from war-torn countries, and provide a community centre for learning and socialisation.

The Community Cash Fund provided the opportunity for them to hold a series of workshops, including two especially for the Liaise Women's English Class, to raise awareness of what is available and how to access facilities provided by health and social care services. The workshops included cancer awareness, emotional wellbeing, art, music and dance and a cookery demonstration to emphasise the importance of healthy cooking.

Following the success of the workshops, a walking group has been established and a healthy cooking recipe booklet is ready to be printed by the English class. The English class is also planning awareness and information workshops.

AT A GLANCE

- Women, disadvantaged groups and recent arrivals from war-torn countries
- Workshops
- Emotional wellbeing
- Prevention of chronic illness
- Art, music and dance
- Cookery demonstrations
- Raise awareness of what is available and how to access it



Understanding the needs and experiences of adults affected by domestic abuse

Domestic abuse is linked to a host of health outcomes and is a risk factor for a wide range of both immediate and long term conditions. The health impacts may show as physical symptoms together with depression, self-harm and PTSD, anxiety, substance and alcohol abuse and thoughts of suicide. East Surrey Domestic Abuse Services (ESDAS) is an independent charity providing outreach and associated services in the borough of Reigate & Banstead and the districts of Mole Valley and Tandridge to anyone affected by domestic abuse and violence.

The Community Cash Fund project enabled ESDAS to run a Service User Advisory Group to capture the views of survivors of domestic abuse who have accessed health and social care settings locally. The results were collated into a report and ESDAS plan to share the views and key findings, along with its recommendations to strategic boards in Surrey.

AT A GLANCE

- Domestic abuse
- Reigate & Banstead and Mole Valley & Tandridge
- Service user advisory group
- Views about health and social care services

For more information about their work:

www.esdas.org.uk



Fit and fun families for male carers

There are very few forums for male carers to get together and discuss birth, early childhood, children's needs and starting school.

Xtreme Training Academy and the Children's Centre at Caterham wanted to encourage more male carers to utilise the facilities available through the Sure Start initiative. The Community Cash Fund enabled them to provide informative and active sessions for male carers to come along with their children on a Saturday morning.

The sessions centred around fit kids, family wellbeing and nutrition. It gave male carers the opportunity to talk about services offered to their family, understand how to interact with their children in a fun way and demonstrated how they and their children can work together through exercise.

Male carers were also encouraged to give feedback about developmental services including health and children's centre services



AT A GLANCE

- Male carers of their young children
- Healthy family lifestyle
- Saturday mornings
- Fun and learning
- Give feedback
- Understand services available

For more information about their work:

www.xtremetrainingacademy.org