

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

Adults, Wellbeing and Health Partnerships
Information and Engagement Team



Monthly briefing

Information correct as of 23 May 2024

New major adaptations for disabled and older people web content is now live

Adaptations can help people who are older or have a disability, stay in their own homes safely and for longer. Major adaptations can include things like converting conventional bathrooms into wet rooms or installing a ‘through the floor’ lift.

Help for those wishing to carry out changes - in the form of expertise and potential grants - is already available from Surrey County Council (SCC) and local councils, but residents have fed back that they don’t know where to start as the process is complicated.

A collection of new webpages, [Major adaptations - for disabled and older people](#) is now available to provide people with comprehensive, step-by-step guidance to help them navigate the process.

Developed and tested with help from residents themselves, SCC occupational therapists and district and borough councils, the pages explain everything from the first step of getting an Occupational Therapy (OT) assessment and how to apply for a Disability Facility Grant, right through to what permissions might be needed and what to expect during any building work if you are successful. Links to local councils’ planning and building departments who may need to be consulted are also included.

To find out more, please visit: www.surreycc.gov.uk/adultmajoradaptations

Carers Week 2024

Carers Week runs from Monday 10 June until Sunday 16 June 2024. The week aims to raise awareness of caring, highlighting the challenges family and friend carers face, and acknowledge the huge contribution carers make.

It’s also a time to help people who don’t think of themselves as carers, to identify as carers and then access much-needed support.

This year, Action for Carers Surrey has chosen to focus on ‘Looking after you’ – helping carers to prioritise just a little time for themselves, for self-care. Caring can be stressful, isolating and hard work. They will be running sessions to help carers share what works best for them in terms of wellbeing, and launching a new booklet - ‘Relaxation for Carers’, which is full of practical exercises that can be done in a short time, to help restore energy and calm.

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Action for Carers Surrey will also be holding celebratory events and activities at 10 of their drop-in hubs, plus additional in-person and online events, looking to recognise and celebrate Surrey's carers. There are now 15 hubs (the latest starting in Merstham), plus an online offer of support groups and events which include mindfulness, relaxation and yoga via Zoom, for those carers unable to leave home.

Further [information about Carers Week 2024](#) is available online.

Further [information about the Carer Hubs](#) is available online.

Health and activity trackers now reservable for free in all Surrey Libraries

Surrey Libraries have been working with Active Surrey to develop services and programmes to positively impact the health and wellbeing of residents, focusing on physical activity.

During the pilot last year in six libraries, more than half of the people (58%) made positive changes to their physical activity/exercise whilst wearing the tracker, and even more people were planning to make positive changes in the future as a result of wearing the tracker. Six out of 10 people said they would recommend the tracker or a similar device to friends and family.

All adult (18+) Surrey Library members can now reserve and borrow for free, a health and activity tracker (smartwatch) from any one of Surrey's 52 libraries to track their activity levels, improve their health and wellbeing, and get more active.

The loan period is six weeks, and borrowers can renew the tracker once (in person or online) for another six weeks. (unless the tracker is reserved by another borrower).

To [reserve a health and activity tracker](#), please visit the online catalogue. Further information on [health and activity trackers](#) is available online.

For professionals working on a health and wellbeing programme that would like to refer residents to this service, please contact Jules Salmon:

- **Email:** jules.salmon@surreycc.gov.uk

Update from Healthwatch Surrey

The [Healthwatch Surrey Insight Bulletin](#) focuses on the three key areas of focus for decision makers, mentioned in the Healthwatch England Annual report, as these also reflect what has been heard locally. These are:

- making the NHS easier to access and navigate

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- tackling health inequalities
- building a patient-centred culture

The bulletin also provides details of recent engagement sessions, as well as drawing people's attention to the survey about neurodivergent people's experiences of hospital outpatient services and provides an update on the previous GP and pharmacy survey.

The [Healthwatch Surrey Quarterly Impact Report](#) highlights the impact made throughout quarter four of 2023/24.

Additionally, the [Giving Carers a Voice Reports page](#) is also available online.

New videos shine a light on people providing Mental Health crisis support

A new social media video campaign shines a light on staff at Surrey and Borders Partnership NHS Foundation Trust and the support they offer people struggling with a mental health crisis.

The videos are part of the Faces of Support campaign run in partnership with Surrey County Council. The campaign aims to encourage people struggling with their mental wellbeing to seek support when they need it.

[Nina's video](#) and [Emily's video](#) are both available online.

Further information about the [Mental Health Crisis Helpline](#) and the other services and resources available in Surrey for individuals experiencing a mental health crisis is available online.

Shout about Sex event in Surrey

A community event for people with learning disabilities and those who support them is being held at the North East Surrey College of Technology (Nescot) on 18 June 2024. The event will include information on:

- getting help with sexual health
- consent
- healthy relationships
- sex and contraception
- LGBTQ+

In advance of the event, a slotted time between 12pm-3pm must be booked.

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Further information including how to [book a place at the Shout about Sex event](#) is available online.

Work set to start on new Community Hub in Weybridge

Work on a new Community Hub in Weybridge is set to start at the end of the month, the first in a series of new Community Hubs that will see shared spaces at the heart of communities.

Weybridge Hub will be on the site of the existing Weybridge Library in Church Street, Weybridge, KT13 8DE opening in Spring 2025. The library is being temporarily relocated to a site in Churchfield Place, Weybridge. The new community space proposals include a modern flexible library, a place for targeted youth support, accessible community spaces for hire and commercially lettable space.

The new hub will operate as a gateway to the town and a central point for information for support and advice. The hub looks to include integration with partners such as Citizens Advice, Voluntary Action, Spelthorne Museum, and other lettable space. Work to integrate the museum into the layout of the library to create an enhanced resident experience is also planned.

More information on the [Weybridge library transformation and Community Hub plans](#) is available online.

Joint Strategic Needs Assessment chapter published: Substance Misuse

Surrey County Council has recently published a new Joint Strategic Needs Assessment (JSNA) chapter on [Substance Misuse in Surrey](#). This chapter was developed with Surrey's Combating Drugs Partnership, which includes health, the local authority, criminal justice, and community partners. Luminus, an independent community organisation, captured lived experience of people affected by alcohol and drugs.

Looking at data and listening to people's stories, helps to identify ways to prevent and reduce substance misuse, provide help to those in need, and create a healthier, safer environment for everyone. The chapter highlights recommendations for action to improve outcomes for individuals, families and communities.

Please do share the chapter with colleagues who have an interest or work in this area.

Comments, queries or feedback can be sent to Surrey County Council:

- **Email:** jsnafeedback@surreycc.gov.uk

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Surrey Non-Emergency Hospital Transport Service

Surrey Heartlands' Non-Emergency Hospital Transport Service is available to any patient (and escort, if applicable) registered with a Surrey GP, provided that they meet the eligibility criteria and need assistance to get to appointments or place of care because:

- they have a medical need such as requiring oxygen or specialist equipment to travel safely
- they have limited mobility (e.g. needing a wheelchair or stretcher)
- they have a cognitive or sensory impairment

Further information about the [Surrey Non-Emergency Hospital Transport Service](#) including Easy Read is available online.

Surrey rape crisis centre launches new text-based chat service

Rape and Sexual Abuse Support Centre (RASASC) is a small charity based in Guildford. It works with people to provide information and emotional support to survivors of rape or sexual abuse, and to people who are supporting survivors. Residents of Surrey can get support four evenings a week Monday to Thursday, from 7.30pm to 9.30pm by telephoning 01483 546400.

A new, confidential text-based chat service which can be accessed through a phone, tablet or computer is now also open on Monday and Wednesday evenings between 7.30pm to 9.30pm.

Visitors will be able to access the chat through the website by clicking on the orange speech bubble. The speech bubble will only be visible when the live chat service is open.

Further [information about RASASC](#) is available online.

Woking Safe Haven temporary relocation

Woking Safe Haven has recently moved to the Moorcroft Community Centre to allow for renovation work to be carried out at their usual location.

The Safe Haven continues to open as usual at the following address: Moorcroft Community Centre, Old School Place, Woking, GU22 9LY.

Active Surrey's Health Resource Hub Update

Active Surrey has updated their [Health Resource Hub](#) to make it even easier for professionals to find the resources to encourage the people they support to move more. There is also a new page containing a variety of [training and e-learning opportunities](#) to provide professionals with

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the knowledge and confidence to include physical activity in more conversations with patients and clients.

Surrey Wheelchair Service User Engagement Forum

Surrey Wheelchair Service is holding an online User Engagement Forum on 3 July 2024 (1pm-2pm) for wheelchair users, carers, or families of a wheelchair user.

To have a say and provide feedback on what's working or what needs improving, book a place as follows:

- **Telephone/Text:** 07949 400 347
- **Email:** SurreyCHEO@rosscare.co.uk

Update on financial support in Surrey

Over £20m awarded for projects through Your Fund Surrey

Surrey County Council's Cabinet has approved funding for several key projects aimed at transforming community spaces and facilities across the county.

So far, over £20 million has now been awarded across 43 Your Fund Surrey large community projects since the fund launched in 2020.

Five more Your Fund Surrey projects were approved in March 2024, including funding allocations for three projects in Tandridge:

- £95,000 for new inclusive play equipment for Stychens Lane Playground in Bletchingley
- £44,113 for the Bletchingley Village Primary School Community Garden
- £69,935 for Kingswood Shetland and Friends to install a garden building to provide shelter and a learning space for the community
- £114,500 to Peaslake Village Hall in Guildford towards a new extension
- £370,100 to the Sunbury and Walton Sea Cadets in Elmbridge towards the internal fit out of a new waterborne training centre

As well as large community projects, there is also funding available via Councillors for Your Fund Surrey Small Community Funding and Your Councillor Community Funding. To find out more, please visit: www.surreycc.gov.uk/yourfund

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86,000 Surrey households provided with financial support through continuing Household Support Fund

The fifth round of the [Household Support Fund](#) (HSF) funded by the government was announced recently, as Surrey County Council looks to continue the work that saw 86,000 households provided with much needed financial support last year.

In addition to the HSF, the second round of Sparks Funding totalling £160,000 has been provided to five charities in Surrey to support small scale, community-led initiatives focusing on health and wellbeing. These have been concentrated in areas known as [key neighbourhoods](#) which have been identified as geographical areas which experience the poorest health and wellbeing outcomes in Surrey.

Details of other [community funding available in Surrey](#) can be found online.

The [Community Helpline](#) continues to be available to help residents check that they are getting all the financial support they are entitled to and maximising their income.

The [online Health and Welfare support hub](#) is also there so people can check what they are entitled to.

Introducing the Surrey Heartlands Health and Social Care Academy

Developed in partnership across health, social care and the wider voluntary and community sector, the innovative Surrey United Talent Strategy takes a fresh look at how to collectively support, recruit and plan the health and social care workforce across Surrey.

A key strand within the strategy, the Surrey Heartlands Health and Social Care Academy, is bringing together workforce planning, education, learning and development opportunities across the wider health, social care and voluntary/community workforce – all accessible via their unique digital one-stop shop.

The academy also supports those getting started with their health and social care careers, by providing more detailed information on the many varied careers and professions available, information on returning to practice and access to vacancies.

The academy has four main aims:

- improve access to learning, development and work opportunities
- help attract and retain the workforce across health, social care and voluntary community and faith partners
- provide access to good work with fair terms and conditions and flexibility in line with evolving workforce expectations

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- use a modern learning and development approach to enable the offer of exciting, rewarding and sustainable career pathways

Further information about [Surrey Heartlands Health and Social Care Academy](#) is available online.

Memory Lane sessions at the Clockhouse

Age UK Surrey offers a range of activities at the Clockhouse Community Centre in Milford, including Memory Lane sessions on Monday and Thursday, 11.00am - 12.30pm.

Open to people with any type of dementia diagnosis or with mild cognitive impairment, Memory Lane sessions aim to help maintain memory and mental functioning. They cost £15 per session and booking is required.

Trained staff, supported by volunteers deliver the Maintenance Cognitive Stimulation Therapy (MCST) sessions, the only non-drug treatment recommended by NICE.

For more information or to book a place, please contact the Clockhouse:

- **Telephone:** 01483 503414
- **Textphone (via Relay UK):** 18001 01483 503414
- **Email:** clockhouse@ageuksurrey.org.uk

Sign up for #30DaysWild

30 Days Wild is The Wildlife Trust's annual challenge event, where everyone involved does one wild thing a day throughout the month of June.

Many other recent studies have examined the multiple benefits of local green space and routine contact with nature and the great outdoors.

Regular physical activity can reduce the risk of many chronic conditions including coronary heart disease, stroke, type 2 diabetes, cancer, obesity, mental health problems and musculoskeletal conditions. Even relatively small increases in physical activity are associated with some protection against chronic diseases and an improved quality of life.

Further [information about 30 Days Wild](#), including specific resource packs is available online.

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Spreading the Word Survey results

Thank you to all who completed our Spreading the Word Survey last month. We had an 18% response rate which helps us to evidence the impact of our monthly briefing. Some key findings are:

- **83%** stated that they found the briefing very useful or useful
- **69%** stated that they cascade relevant articles or the whole briefing onto colleagues, partners or members with a number cascading it to over 100 contacts each month

As a result of the survey and to make it even easier for partners to share the briefing, we have created a new shortcut URL linking to our website: www.surreycc.gov.uk/adultsbriefing

Current open Surrey County Council consultations

Find all [open Surrey County Council consultations](#) on Surrey Says.

Submitting an article for the Adults, Wellbeing and Health Partnerships Information and Engagement Team Briefing

If you would like us to include an article on behalf of your organisation in the next edition, please email: asc.engagement@surreycc.gov.uk

Please note that we are unable to include attachments when we circulate the briefing, so please ensure that any documents that you wish to reference are uploaded to your own organisation's website or a partner website.

You can unsubscribe from the Adults, Wellbeing and Health Partnerships Information and Engagement Team Briefing by contacting us at: asc.engagement@surreycc.gov.uk

Sharing the Adults, Wellbeing and Health Partnerships Information and Engagement Team Briefing

If you would like to share the Adults, Wellbeing and Health Partnerships Information and Engagement Team Briefing with other professionals, the latest edition is available from: www.surreycc.gov.uk/adultsbriefing