

Community Centre

Activity guide



All new members welcome



Sometimes all it takes is a cuppa and a chat.

If you think you may benefit from our centres please pop along for a visit and meet the centre staff.

If you have any worries about attending we can pop round and have a chat, even take you along on your first visit. Please call Independent Living for more information on 01784 446389.

Contents

The Fordbridge Community Centre, Ashford	1-2
The Greeno Community Centre, Shepperton	3-4
Staines Community Centre, Staines-upon-Thames	5-6
General Information Services for Older People	
OPAL (Older People Activity Living)	7
Volunteers wanted	8
Spelride	9-10
SPAN (Spelthorne Personal Alarm Network)	11-12
Disabled Facilities Grants	13-14
Meals on Wheels	15-16
Social prescribing	17-18
Free activity voucher	18
Sheltered and Extra Care housing	19
Handy Person	20

Large print copies of this booklet are available for blind or partially sighted residents. Call **01784 446389** or email **independentliving@spelthorne.gov.uk**

The Fordbridge Community Centre

About the Centre

Located in Clarendon Road, Ashford, is the Fordbridge Community Centre. It has on-site catering facilities that offer a choice of lunchtime meals and snacks. The hot and cold food is freshly cooked and prepared each day.

The Fordbridge Community Centre host a weekly WI coffee morning, an MS group and a tea and cake afternoon.

Activities

Fordbridge offers a variety of activities including:

- Pilates and Yoga
- Bridge
- Bingo
- Rummikub group
- Tai chi
- Quiz session
- Hairdressing
- Craft club
- Physiotherapy
- Darts
- Art
- Board games
- Beautician
- Knit and natter
- Scrabble
- Line dancing
- Special events and parties
- Book club
- Snooker table
- Chiropody
- Whist card group
- Computer lessons
- Day trips and holidays
- Shower room (disabled access)
- Chair-based exercise
- Bric-a-brac table



The Fordbridge Community Centre, Clarendon Road, Ashford, TW15 2PA

Telephone: 01784 243880

email fordbridgecentre@spelthorne.gov.uk

Opening hours:

For opening hours and more information please call the centre.

The Fordbridge Community Centre also offers two holidays a year, one in the spring and one in the autumn.

Tuesday afternoon tea parties are available on request for members having a birthday celebration.



Parking on site is limited. We are on the 117, 290, 555 and 216 bus route.

The Greeno Community Centre

About the Centre

Located in Glebeland Gardens, Shepperton, the Greeno Community Centre has its own on-site catering facilities that offer a choice of lunchtime meals and snacks, which are freshly cooked and prepared each day.

Community groups such as Purple Angels (specialist memory group) and Action for Carers run sessions from this centre.

Greeno run an Opal group for people with additional support needs (see page 7) and are working with the NHS on 'prepare to recover' exercise sessions with polar watch fitness and activity trackers, exercise and lifestyle session.

Activities

Greeno offers a variety of activities including:

- Spanish
- Beautician
- Pilates and Yoga
- Sewing club
- Greeno Shed
- Hairdresser
- Live entertainment
- Bingo
- Indoor kurling
- Line dancing
- Circuit training
- Gym equipment
- Chair based exercise
- Chiropody
- Art
- Shower (disabled access)

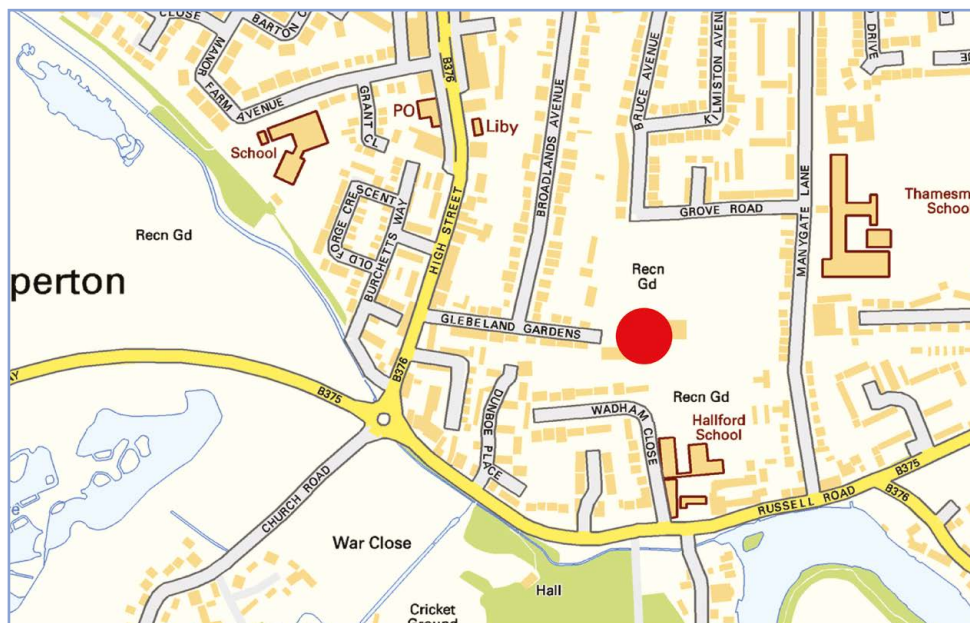


The Greeno Community
Centre, Glebeland Gardens,
Shepperton,
TW17 9DH

Telephone: 01932 246173

email greenocentre@spelthorne.gov.uk

Opening hours:
For opening hours and more
information please call the
centre.



Parking is available on site. We are on the 555 and 557
bus route.

Staines Community Centre

About the Centre

The Staines Community Centre is located on Elmsleigh Road, across from the Riverside car park and near to the Spelthorne museum. The centre has its own on-site catering facilities that offer a choice of lunchtime meals and snacks, which are freshly cooked and prepared each day.

The centre hosts a monthly Royal Association for the deaf social club and the older peoples forum meetings.

Activities

- Singing and music
- Art
- Physiotherapy
- Yoga
- Pilates
- Zumba Gold
- Carpet bowls
- Bingo
- Knit and natter
- Tai chi
- Books for sale
- Weekly quiz
- Chiropody and Hairdressing
- Computer lessons
- Spanish and French
- Bridge
- Creative writing
- Line dancing
- Extend Chair based exercise
- Parties and social events
- Scrabble club
- Day trips
- Bric-a-brac table
- Guest speakers



Staines Community Centre
Thames Street,
Staines-upon-Thames,
TW18 4EA

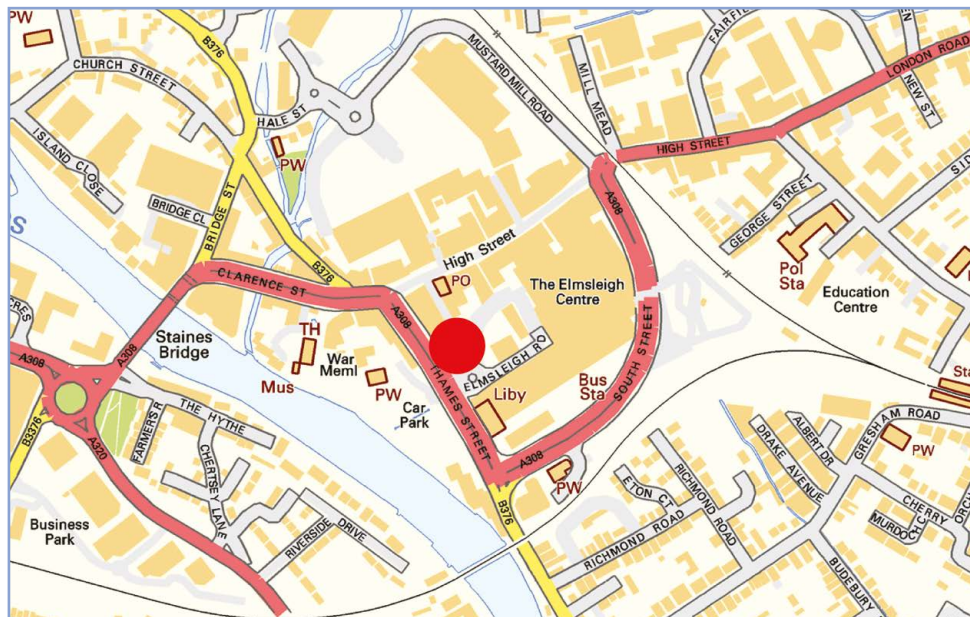
Telephone: 01784 463073

email

stainescommunitycentre@
spelthorne.gov.uk

Opening hours:

For opening hours and more
information please call the
centre.



There is no car park on site but parking is available in
the nearby pay and display. We are a short walk from
Staines bus station.

The OPAL group

(Older People Activity Living)



The Opal group is run from our community centers. The Opal is for older people who have some additional support needs, or who would struggle to manage if they were alone. This can include problems with mobility, memory loss, disability, sight or hearing loss.

OPAL members can be transported to and from their home by mini bus. A hot lunch is available along with snacks and refreshments during the day. Various activities such as games, quiz's, puzzles, exercise and crafts take place each day, which are designed to keep the brain active and to enable socialisation with others.

OPAL is a referral only service, not a drop in, and is staffed by its own support workers. There is a daily charge to attend the group, which can be met by the client themselves or as part of an adult social care package, in which case an assessment of need will be required.

For more information please call the Opal manager on **07515 188297** or email **Opal@spelthorne.gov.uk**

For Adult Social care, call **01932 795292**.



Do you have spare time on your hands? Make new friends and a real difference to your local community

Spelthorne Council's community centres are friendly and busy places where older people are valued and well cared for. As a volunteer you will provide companionship and support to people, helping them to take part in activities. There are also opportunities to help with delivering meals on wheels to people who can't make it to our community centres. You can help in the tea bar or help serve the lunches at our community centers.

You can volunteer for as much, or as little time as you like, and we guarantee you a warm welcome and friendly faces.

Please visit our centers to discuss volunteering opportunities. DBS checks might be required.

If you are interested in joining us email
independentliving@spelthorne.gov.uk or
call **01784 446389**.



Spelride

Who can use Spelride?

Any elderly or disabled Spelthorne resident who will struggle to get in to a car, or use public transport may use Spelride to travel around within the Borough.

When can I use it?

9am-11am and 2-4pm for transport to and from day centres and 11am-2pm daily for other trips.

How do I book a journey?

Call **01372 474550** between 9.30am and 1.30pm.

Bookings are accepted up to two weeks in advance. Bookings cannot always be accepted and alternative times might be offered.



How much will it cost?

There is an annual membership fee to pay and then a charge is made for a single or return journey. You will be invoiced each month for the costs of your journeys.

Will I get help getting on or off the vehicle?

Our drivers can help you to and from the our vehicles, which have tail lifts for wheelchairs and those with walking difficulties.

Can I bring an escort/carer/companion?

If you struggle to travel alone due to health or disability issues you may take an essential escort with you (care agency / registered carer) who can join for free but will be charged for the journey. Please inform us at the time of booking so a seat can be allocated. Guide dogs/ hearing dogs are welcome.

Can I cancel my booking?

Please cancel as early as possible so we can offer your seat to another customer.

For quires on travel options, costs and facilities, or to request an application form please contact:

Tel: 01784 446411

email: neighbourhoodservices@spelthorne.gov.uk

SPAN - Spelthorne Personal Alarm Network

Your Spelthorne Personal Alarm service is there to provide safety and security, and helps enable you to live independently in your own home. The benefits are peace of mind for the user, their family and friends, reduced sense of isolation and greater feeling of security. Importantly it is very easy to use.



How does it work?

Our alarm unit is linked to a care centre via your telephone 24 hours a day, 365 days a year. If you have no landline we can connect you with a mobile sim, similar to a mobile phone. The call centre staff are fully trained and in an emergency they will call for assistance.

The equipment is installed in your home. A lightweight pendant is supplied which usually works anywhere within an average sized home and garden. By pressing the pendant you are connected with the care centre.

We offer a wide range of linked products, such as pill dispensers, falls detectors, smoke detectors, bed/chair sensors, door sensors and gas detectors, to enable independence and safety in the home. We also offer GPS trackers for people who have memory issues and might wander.

Our span service is now managed by our colleagues in Mole Valley.

Tel: 01372 204500

email: molevalleylife@molevalley.gov.uk

Web: <https://molevalleylife.co.uk/independent/>



Disabled Facilities Grants (DFG)

What is it?

A DFG aims to meet the special needs of the chronically sick and disabled by providing grants up to £30 000 for facilities and adaptations to be made for those who are registered disabled, or eligible for registration as a disabled person. Approval for the grant must be given before starting work and all applicants are means tested.

Eligible work

Wet rooms and adapted WC's, widening doors, stairlifts, through floor lifts and ramps. We can make a dwelling safe for a disabled client, adapt kitchens, adapt lighting controls and improve access around the home.

Applying for a grant

An assessment by an Occupational Therapist is required before you can make an application.

For an assessment, please contact:

- Spelthorne Locality Team, Ashford Centre,
Stanwell Road, Ashford, Middlesex, TW15 3DU
Tel: 01932 795292.

If you are an A2D tenant and require a DFG, please contact:

- A2Dominion, Spelthorne House, Thames Street,
Staines-upon-Thames, TW18 4TA
Tel: 0800 432 0077
email: customer.services@a2dominion.co.uk

For all other residents of the borough, please contact:

- DFG, Council Offices, Knowle Green,
Staines-upon-Thames, TW18 1XB
Tel: 01784 448607
email: dfg@spelthorne.gov.uk



Meals on Wheels

What is the aim of the service?

Meals on Wheels supports people who are elderly, disabled, unwell, frail, those with memory issues and people who are not able to stand to prepare and cook food for themselves. It enables people to remain independent in their own homes and ensures they have at least one hot, nutritious meal a day.

What does Spelthorne Meals on Wheels offer?

We provide a selection of tasty, hot meals like, roast chicken dinner, cottage pie, chicken curry and lamb hotpot. We usually have a fish dish on a Friday like, fish in butter sauce or salmon supreme. If you are vegetarian or pescatarian we can offer pasta dishes and other meals like omelette chips and beans, vegetarian cottage pie and veggie sausage and mash.

Our hot puddings, such as, sticky toffee pudding, golden syrup sponge and jam roly poly all come with custard. We do a low sugar version for those who are diabetic. Our cold puddings include things like mousses, trifles, fruit cocktail and cheesecake, or we can offer a piece of fresh fruit. We can offer gluten free, halal and kosher meals, or a soft diet for those with swallowing difficulties.

Our meals are delivered between 11.30am-2.30pm Monday-Friday. We can also offer frozen ready meals for you to cook over the weekend.

For those who have no family, friends or carers to assist, and who cannot use an oven or microwave, we might be able offer a 7 day service.

If you prefer your meal later in the day we can offer an evening delivery between 5-8pm Monday to Friday. Alternately, if you would rather just receive frozen ready meals to cook at your convenience, we can help with that to. Please ensure that you have a freezer to keep these in.

All our meals, whether hot or frozen, are complete meals so do not require you to prepare any accompaniments.

If you require a sandwich as a snack or for tea time, we can deliver this with your hot meal. We offer sandwiches such as, cheese and tomato, ham, spam and pickle, salmon and cucumber, egg mayo and sausage. These can be on white or brown bread, and gluten free if required. Please call for our charges.

Making a referral

We take self referrals, referrals from family or friends as well as health and social care professionals. We will aim to start the service within 2 working days.

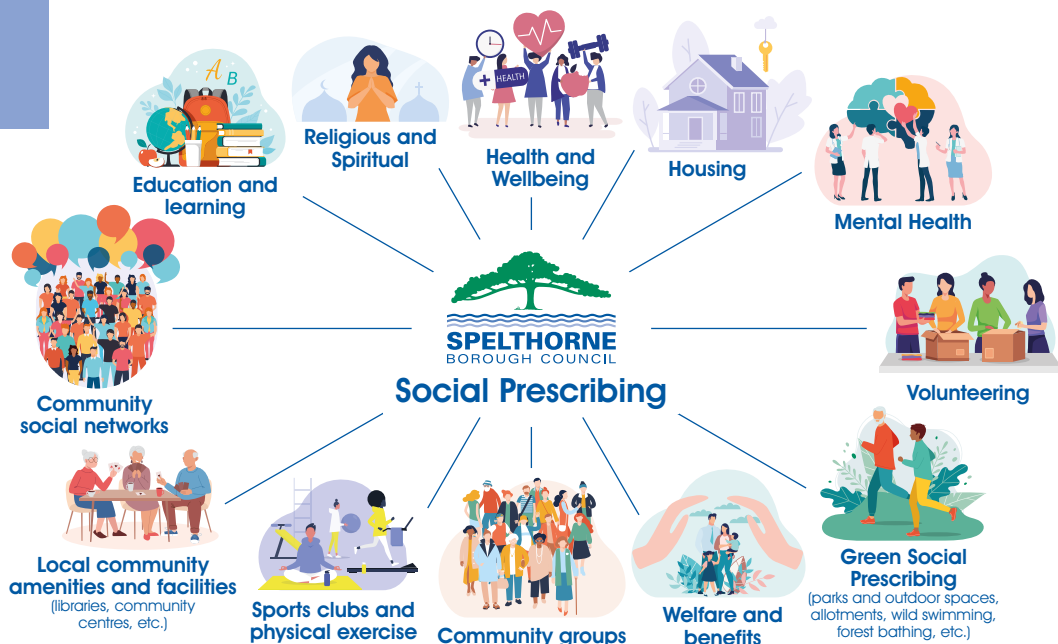
For information contact Meals on Wheels

Address: Spelthorne Meals on Wheels,
Spelthorne Borough Council, Knowle Green,
Staines-upon-Thames, TW18 1XB

Tel: 01784 444265

email: mealsonwheels@spelthorne.gov.uk

Social prescribing



Social prescribing is about linking people to activities and support in the local community that they might benefit from. Support can be considered for health and social needs such as loneliness, mental health difficulties, housing, finance or benefit issues, and for those with a disability or who require support with leisure activities, staying independent at home or getting out and about. This service does not offer medical advice or treatment.

A referral for wellbeing prescribing can be made for patients who have a GP in NW Surrey.

A visit, or phone call, will take place with you by the wellbeing advisor, this could take place at the GP surgery, community centre or other venue. If you are elderly or disabled this might take place in your home. During this visit/call, your support needs will be discussed and you will be signposted to the appropriate services. A follow up will be made with you around 6 weeks later to identify what positive changes have been made.

To be referred to this service please talk to your GP. Alternatively a health or social care professional or support worker can make a referral on your behalf.

Address: Social Prescribing, Independent Living Team,
Council Offices, Knowle Green,
Staines-upon-Thames, Middlesex, TW18 1XB.

Tel: 01784 446464

email: socialprescribing@spelthorne.gov.uk

Bring a friend - Free activity voucher

Take this voucher to your chosen centre for a free activity. Bring a friend and they can join you for free to.

This voucher is **not** valid for bingo, computer lessons, hairdressing, chiropody or any therapy sessions. It must be used on a **new activity** you haven't tried before. **Voucher expires: 31 March 2027.**



Sheltered and Extra Care Housing

Sheltered housing is social housing for the over 55's. People have their own flats but these units often have a community lounge so people can socialise. There are a number of properties across the borough

available via the housing register.

Please visit: www.spelthorne.gov.uk/article/17162/Affordable-housing-options

There are also units that can be bought or rented direct from the provider. Please visit

<https://housingcare.org/elderly-uk-sheltered-housing/area-2-spelthorne>

Extra care housing is for older or disabled people who want to live independently but require daily support or care. We have 3 extra care units, Chestnut Court (A2D) in Stanwell, Beechwood Court (A2D) and Mitchison Court (Housing 21), both in Sunbury. All have a communal lounge, garden, laundry facilities and 24 hour on site care for those who require personal care or support.

For more information and to register for these schemes:

- **A2Dominion** - 0800 432 0077 or email customer.services@a2dominion.co.uk
- **Housing 21** - 0370 192 4086 or email MitchisonCourt@housing21.org.uk
- **Housing Needs** - 01784 446380 or email housing.needs@spelthorne.gov.uk



Handy Person

Do you need help with minor adaptations around your home? If you are a Spelthorne resident, own your own home, are disabled or vulnerable, you can ask our handy person for assistance.

- **Safe Access:** half steps, external galvanised rails, small ramps, internal / external grab rails and stair rails.
- **Safety and security:** key safe install, adding a door chain, trip prevention, moving furniture to accommodate a hospital bed.

One application can be made per household. We do not offer emergency works or repairs. All contractors are DBS (police) checked.

Referrals can be made by a professional using our referral form or you can call to self-refer.

For more information:

Tel: **01784 448607**

email: **HP@spelthorne.gov.uk**

If you need minor adaptations and are privately renting, do please talk to your landlord. If you are an **A2Dominion** tenant, please call **0800 432 0077** or email **customer.services@a2dominion.co.uk** to talk to their Aids & Adaptations team.



