

# 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 25 January 2024

### Surrey Mental Health Stigma survey

Mental health problems are very common – with approximately 19% of adults experiencing anxiety and or depression in the past week. Unfortunately, stigma and discrimination due to people's poor mental health are also prevalent. Nearly nine out of ten people with mental health problems say that stigma and discrimination have a negative effect on their lives ([Mental Health Foundation](#)).

[End Stigma Surrey](#) is the local campaign and programme to raise awareness and reduce negative attitudes and stigma around mental health. To help target this programme to where it is most needed, people with experience of mental health issues (either direct or indirect e.g., as a carer, family member, friend) are encouraged to share details of any stigma or discrimination they have experienced, or may experience.

The [Surrey Mental Health Stigma online survey](#) should take no longer than 10-15 minutes to complete. [Alternative versions of the survey](#) in Easy Read, Screen Reader Accessible and Large Print formats are also available online or can be requested using the contact details below.

Professionals are encouraged to share details of the survey with people they support.

- **Email:** [public.health@surreycc.gov.uk](mailto:public.health@surreycc.gov.uk)
- **Telephone:** 0208 5417976
- **Text (SMS):** 0784 1724 938
- **British Sign Language:** [www.surreycc.gov.uk/bsl](http://www.surreycc.gov.uk/bsl)

### Weybridge Hub – Drop-In Engagement Event 25 January 2024

Surrey County Council is hosting an in-person engagement event on 25 January 2024 at Weybridge Library from 4pm - 7pm.

The event is for everyone who wants to find out more about the plans for the new Weybridge Hub and the timetable for the refurbishment of the library due to open in Spring 2025.

Further information about the [Weybridge Hub Engagement Event](#) is available online.

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## Planning for your future events for 2024

Age UK Surrey, in partnership with Surrey County Council, are holding a number of [Planning for Your Future](#) events to help people plan ahead to live the life they want.

The campaign hopes to encourage people to have early discussions about their future care and support preferences, understand support options, the importance of financial planning, and help them to make the right decisions in times of crisis.

The events are being held at venues across Surrey throughout January to March 2024.

For further information and to book an event, please visit [Planning for your future](#)

## Your Councillor Community Fund – Final call for applications

The [Your Councillor Community Fund](#) (YCCF) is open for community groups to apply for grants to improve their local area. Last year the Fund (previously known as the Members Community Allocation) funded over £390,000 of grants to community groups via Surrey County Councillors. The funding is flexibly designed to help with costs that can range from purchasing sports equipment for local clubs, to the creation of websites to reach more residents.

Applications for this year are open until 31 January 2024.

For further information please contact:

- **Email:** [yccf@surreycc.gov.uk](mailto:yccf@surreycc.gov.uk)
- **Website:** [www.surreycc.gov.uk/communityallocation](http://www.surreycc.gov.uk/communityallocation)

## New CQC guidance on alcohol in care homes

The Care Quality Commission (CQC) has worked with the University of Bedfordshire to produce guidance for members of the public and care home managers on the availability and management of alcohol in care homes.

The guidance is based on a study on alcohol use in care homes which found that residents, families, staff and inspectors felt strongly that people living in care homes should be able to continue drinking alcohol when they move into a home.

The [research findings and new guidance](#) are available online.

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## Help promote veteran mental health services in your area

NHS England has launched a campaign to raise awareness of [Op COURAGE](#) (the Veterans Mental Health and Wellbeing Service). Aimed at individuals who are due to leave the military, reservists and those who've served in the UK Armed Forces and are struggling with their mental health, the campaign features well known veteran JJ Chalmers, talking to other veterans about their experience of getting help from Op COURAGE.

Organisations are asked to support this important campaign using the [communication assets](#). Available across England, Op COURAGE is a dedicated mental health and wellbeing service for anyone who has served in the UK Armed Forces.

## Valuing People Groups are changing

Look out for information about [local valuing people groups](#). These meetings will be happening online and in local communities. Surrey County Council wants more people with a learning disability and carers to come along and focus on local issues to share information and make change happen.

Please share with people you support.

If you would like more information and want to get involved, contact:

- **Email:** [ldcommunications@surreycc.gov.uk](mailto:ldcommunications@surreycc.gov.uk)
- **Telephone/Text:** 07929 863582.

## Police and Crime Commissioner's Council tax survey 2024/25

Police and Crime Commissioner Lisa Townsend is asking Surrey residents for their views on the amount of council tax they would be willing to pay to support Surrey Police teams in 2024/25. Residents are encouraged to share their views by completing the [council tax survey](#).

## NHS Digital Weight Management Programme

The [NHS Digital Weight Management Programme](#) supports adults living with obesity who have a diagnosis of diabetes, hypertension, or both to manage their weight and improve their health. GP's and local pharmacists can refer people to the 12-week programme, which is easily available via a smartphone, tablet, or computer.

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## Sensory Services by Sight for Surrey - Breaking Down Barriers Workshops

Sensory Services by Sight for Surrey is running Breaking Down Barriers Workshops throughout 2024. The sessions will offer professionals in Surrey an overview of the importance of inclusion, accessibility, and independence for the people who they work with, who include people who are deaf, hard of hearing, blind, partially sighted and deafblind.

The workshops will be at 9.30am – 3.30pm on the following dates:

- 31 January 2024
- 25 April 2024
- 16 July 2024
- 16 October 2024.

[Further information and registration](#) is available via Eventbrite.

## RNIB Voice of the Customer Focus Groups

The Royal National Institute for Deaf People (RNIB) is having online group discussions for adults who are blind or partially sighted, to talk about how sight loss impacts social relationships. They will be discussing people's experiences with family and friends, romantic relationships, peers, and local communities.

People will be invited to attend two groups over a two-week period. Each group will last approximately two hours fifteen mins (fifteen-minute break included). The groups will be held online, via Teams. People who do not have Teams can be dialled into the call if needed.

The groups will be held on the following dates:

- Thursday 1 February 2024 (10am – 12:15pm) - limited availability
- Tuesday 13 and 27 February 2024 (5:30pm – 7:45pm)
- Wednesday 13 and 27 March 2024 (2pm – 4:15pm).

To take part, please complete the [Voice of The Customer focus groups sign up form](#). Alternatively, please contact the RNIB helpline and ask to sign up to the Voice of the Customer Focus Groups:

- **Telephone:** 0303 1239999

For further information, please contact RNIB.

- **Email:** [customervoice@rnib.org.uk](mailto:customervoice@rnib.org.uk)

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## Three Minute Online Hearing Test

The Royal National Institute for Deaf People (RNID) is offering [free online hearing tests](#) for people who are aged eighteen or over and have not been diagnosed with hearing loss.

## Race Advisory Group

Surrey Police is launching a Race Advisory Group (RAG). The group's aim is to work in partnership with the diverse ethnic minority communities in Surrey to improve the trust and confidence between different groups representing race and ethnicity. It's hoped the group will act as a critical friend to advise, challenge, and inform the police on a variety of topics, traditions, and practices related to the protected characteristics of race.

Details of how to become a member of the [Race Advisory Group](#) and further information is available online.

## Bereavement Support Training for Professionals and Key Volunteers

St Mark's Church, in partnership with Princess Alice Hospice and Banstead Primary Care Network, will be providing training to support professionals and volunteers who are supporting people who are experiencing grief and bereavement.

The course will include:

- Understanding grief and loss
- Active listening and how to ask appropriate questions about bereavement
- How to offer appropriate comfort, help and advice
- Mental health issues associated with grief and loss
- Relevant local and national support groups

**Venue:** St Mark's Church, Great Tattenhams, KT18 5RB

**Date:** Thursday 15 February 2024

**Time:** 11.30am – 2.30pm

For further information or to book a place, please contact:

- **Telephone:** 07948 273075
- **SMS (Text):** 07948 273075
- **Email:** [minister@stmarkschurch.me.uk](mailto:minister@stmarkschurch.me.uk)

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## Bereavement Support Group

The Brigitte Trust is running free structured eight-week bereavement programmes, run by a professional facilitator for anyone in Surrey struggling with their own grief and bereavement. The sessions are limited to a maximum of twelve people and will be offered in different parts of Surrey, according to need.

The aims of the programme are to:

- provide support with focus
- encourage mutual support
- share experiences
- learn new coping strategies
- develop some altered thought patterns.

Programme dates:

- Ashted – Wednesday 10 January and 28 February 2024 (10am – 12:00pm)
- Ripley - Wednesday 6 March and 24 April 2024 (10am – 12pm)
- Further session dates to be announced.

For more information or to book a place, please contact Sarah Pattenden:

- **Telephone:** 07469 932192
- **SMS (text):** 07469 932192
- **Email:** [sarah.pattenden@brigitte-trust.com](mailto:sarah.pattenden@brigitte-trust.com)

## Dementia Friendly Spelthorne Launch Event

Dementia Friendly Spelthorne is raising awareness of dementia, and encouraging community organisations, businesses, and charities to help create a dementia-friendly borough.

The launch event will be an opportunity to meet the people behind the project, find out how individuals and organisations can get involved, and to sign up to their Make a Pledge initiative.

Details of the launch event are as follows:

- **Venue:** Address: The Burlington, 68 Manygate Lane, Shepperton, TW17 9EE
- **Date:** 6 February 2024
- **Time:** 6pm – 8pm

For further information and to book a place, please contact Kirsty:

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- **Telephone:** 01483 968 898
- **Email:** [admissions.burlington@boutiquecarehomes.co.uk](mailto:admissions.burlington@boutiquecarehomes.co.uk)

## Loneliness and Social Isolation JSNA Survey

According to the World Health Organisation's [Commission on Social Connection](#) (2024 – 2026), social connection is 'a global health priority'. People lacking social connection face a higher risk of early death. Social isolation and loneliness are also linked to anxiety, depression, suicide, and dementia and can increase risk of cardiovascular disease and stroke. Social isolation and loneliness are not just problems for older people. Between five and fifteen per cent of adolescents' experience loneliness, which can have serious implications for their education and wellbeing.

Voluntary Action South West Surrey is keen hear the views of anyone that might have experience of working with people experiencing loneliness or social isolation. They would like to find out who is experiencing loneliness and social isolation in Surrey, and why?

The data from this stakeholder survey will inform the chapter on Loneliness and Social Isolation (LSI) that is being prepared for [Surrey's Joint Strategic Needs Assessment](#) (JSNA).

For further information and to complete the [Loneliness and Social Isolation JSNA survey](#), please visit Surrey Says.

## Talking Mental Health Newsletter

The first edition of the [Talking Mental Health Newsletter](#) is now available to read on the Surrey Coalition of Disabled People website. Keep up to date and find out about the latest updates and events from the Independent Mental Health Network (IMHN) and FoCUS (Forum for Carers and people who Use our Services).

## Healthwatch Surrey Community Engagement

Throughout January, Healthwatch Surrey is visiting North East Hampshire and Farnham, and Surrey Heath to listen to people's experiences of health and social care services.

The details of their next event are:

- **Venue:** Farnham Centre for Health, Hale Road, Farnham, GU9 9QS
- **Date:** 29 January 2024
- **Time:** 10am – 12pm

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People can also contact Healthwatch Surrey to share their experiences in the following ways:

- **Phone:** 0303 303 0023
- **SMS (text only):** 07592 787 533
- **Email:** [enquiries@healthwatchsurrey.co.uk](mailto:enquiries@healthwatchsurrey.co.uk)
- **Website:** <https://www.healthwatchsurrey.co.uk/feedback-centre/>

## Residents invited to have their say on improving Surrey's paths

Surrey County Council is seeking the views of residents on the county's Rights of Way to help drive improvements. The county council is responsible for around 2,164 miles (3,482 km) of paths known as public rights of way in both the countryside and urban areas. Accessing these paths is important for residents to enjoy and explore, travel to work or school and for health and wellbeing.

The [Rights of way survey](#) is open until 10 March 2024 and can be accessed on the Surrey Says website.

## Frimley Academy Wavelength Programme now open

Frimley Academy is recruiting for the seventh cohort of their Wavelength Programme.

Wavelength is a five-month leadership programme to develop the skills, mindset, knowledge, and relationships that support effective, joined up digital transformation across the Frimley Health and Care Integrated Care System (ICS).

- Closing date for applications is 9 February 2024
- Programme dates: March to July 2024.

Further information about the [Wavelength Programme](#), including programme dates and how to apply is available online. Alternatively, please contact:

- **Email:** [emma.dickson6@nhs.net](mailto:emma.dickson6@nhs.net)

## Race Equality Week: Ambitions for an equitable Surrey event

Surrey Minority Ethnic Forum (SMEF) is working with the Voluntary, Community and Social Enterprise (VCSE) Alliance, its partners, and Surrey County Council to host an event as part of their work to support the ambitions for an equitable Surrey. The event will explore race as part of enabling inclusive and equitable organisations and communities in Surrey. This will be held



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during Race Equality Week 2024 (5–11 February 2024) to link with national conversations and initiatives.

The details of the event are:

- **Venue:** Dorking Halls, Reigate Road, Dorking, RH4 1SG
- **Date:** Monday 5 February 2024
- **Time:** 9am to 2pm (a light lunch will be provided)

Further information about [Race Equality Week](#) and to book a place is available online.

## Proactive care: Providing care and support for people living at home with moderate or severe frailty guidance

NHS England has published [Proactive Care Guidance](#). It supports a more consistent approach to proactive care across England for people living at home with moderate or severe frailty, in line with the latest evidence and best practice.

A proactive care approach aims to improve people's health outcomes and their experiences of healthcare by slowing the onset or progression of frailty and enabling people to live independently for longer.

This guidance is for Integrated Care Boards (ICB) and provider organisations involved in the design and delivery of proactive care. It has been developed with a wide range of health and social care organisations, professionals, and subject matter experts.

## Latest groups and courses from Mary Frances Trust

Mary Frances Trust (MFT) runs a range of groups and courses to support adults across Surrey. Their newest courses include:

- Online Nature Nurture Group – three weeks from 16 January 2024
- Sleep Hygiene Drop In, Safe Haven Epsom – 30 January 2024
- Coffee and Craft Mornings, Banstead
- Online Let's Talk Stigma Around Addiction - eight weeks from 16 January 2024.

A full list of the courses and groups is available via the [MFT calendar](#), which is now more accessible and offers the option of a talking calendar.

To attend, people will firstly need to [register with MFT](#) on their website before contacting MFT to book a place:

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**Telephone:** 01372 375 400

**Text:** 07929 024722

**Email:** [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## **Current open Surrey County Council consultations**

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

## **Submitting an article for the ASC 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](mailto: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.

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