CHEER, your local befriending service

CHEER has been operating in East Elmbridge for more than 60 years, supporting older people with advice and friendship. The service has recently expanded to cover the entire borough.

A weekly visit from a dedicated CHEER volunteer befriender can give you something to look forward to. It is not uncommon to hear CHEER clients say, "You made my day" or "I really look forward to your visit". A friendly chat can increase feelings of wellbeing and really make a difference to an older person’s life.

If you know some who could benefit from the service or you would like to enquire about volunteering for CHEER call: 01372 873211 or visit: cheer-elmbridge.org.uk

Say hello to Lucy, our fantastic apprentice

Lucy is currently undertaking her Health and Social Care apprenticeship with our Relief Carers Scheme. Here she tells us a little more about her role.

For me, supporting the Relief Carers Scheme is more than a job – my role has helped me grow as a person. At the end of the day I know I have done something good for my community. Supporting people with memory loss is very rewarding; the help I provide also gives carers the chance to relax and take time for themselves. Getting a diagnosis of memory loss can affect family and friends, but I want to show people there are services out there to make things a little easier.

For more information on memory loss services in Elmbridge: 01372 474547 or elmbridge.gov.uk/reliefcarers

Elmbridge trialling the new ElmAssist

Residents from across the borough are currently trialling the new ElmAssist mobile phone. This compact device has an emergency assistance button for easy two-way calling and gives users greater freedom than the classic community alarm, as it works whilst you are out and about, not just at home.

If you would like more information on ElmAssist or community alarm and telecare solutions, including pricing options call the community alarm team on: 01372 474 560 or elmbridge.gov.uk/communityalarm

Healthy hydration - Hydrate with 8 this summer

Did you know water makes up around 60% of your body weight? The ideal amount to drink is at least 8-6 glasses of fluid per day to stay hydrated. Water found in fruit also counts – summer favourites such as cucumber and lettuce are 96% water. More hints and tips can be found online at: elmbridge.gov.uk/css/hydrate-with-8

Quick Quiz? Word search and fun fact

We have hidden six healthy summer reminders in the word search below. Can you find them all?

1. Water
2. Active
3. Friends
4. Laugh
5. Meals
6. Sunscreen

Fun fact

Bananas are curved because they grow towards the sun.

Weybridge Centre for the Community
Hersham Centre for the Community
Molesey Centre for the Community
Thames Ditton Centre for the Community
Walton Centre for the Community
Weybridge Centre for the Community

In this edition

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Community projects – CHEER and Men in Sheds
Coffee culture
(continued from the front page)
If you are looking for somewhere new to enjoy the long summer days you will always find a warm welcome at our centre cafés. Over the last 18 months, our communities have had a make over so there has never been a better time to pop in for a catch-up with friends over a tea (or coffee) or two.

If you fancy a light bite, then you can enjoy freshly prepared hot food – along with a tea (or coffee) or two. The centres also offer a 3-course lunch for the members’ price of £4.30.

Question time with Monica, a Hersham Centre member

Monica has been a regular Hersham Centre member and volunteer for over 25 years. She has kindly taken some time out of her day to tell us more about what makes the centres for the community so important to her.

So Monica, what do you enjoy most about coming to the Centre?

It’s definitely the people. It really feels like I’m part of a big family when I come to the centre. Getting involved, talking to people and helping out is great fun.

What are some of the activities you have taken part in at the Centre?

Over the years I have joined in with Zumba, line dancing and tai chi classes. I also keep up to date with new movies at the centre film club and frequently attend the weekly bridge get togethers.

What would you say to someone interested in coming to the Centre?

Let’s be honest, most of us could do with being a little more active. On the bright side however, Surrey has more ways to make some small but very important changes. We offer a range of activities for all levels; from dance and gym classes, to more chair-based classes that have been created for people who are less mobile. Specialist classes are even available for those in cardiac or stroke rehabilitation.

For more details on specific exercise classes available at your local centre for the community download an events programme online: elmbridge.gov.uk/centres

Men in Sheds, building on success

The Men in Sheds project is going from strength to strength since its launch almost 4 years ago.

Recently, the Shredders have taken on larger commissions, including dog kennels and elaborate bird tables. Men in Sheds is perfect for developing new or existing woodworking skills and making new friends.

If this sparks your interest speak to the Thames Ditton Centre Manager on: 020 8398 5921

Dust off those trainers and put a spring in your step

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Recipe inspiration - Lesley’s rock buns

Originating in the UK, rock buns (or cakes) are the perfect summer treat, packed with a variety of delicious fruit. Lesley, the cook at Molesey Centre for the Community has shared her favourite recipe with us so that you can make these sugary snacks at home.

Bake Off here we come!

Preparation time: 10 minutes  Cooking time: 18 minutes

Ingredients (serves 8-9)

200g/7oz self-raising flour
100g/3.5oz granulated sugar
1 egg
100g/3.5oz butter (or margarine)
50g/2oz mixed fruit
1-2 tbsp milk (if needed)

Method

1. Pre-heat your oven to 165°C (gas mark 4) and grease a baking tray.
2. Cream the butter and sugar together until the mixture is almost white and smooth.
3. Sieve the flour into a mixing bowl, adding the egg, mixed fruit and the butter and sugar mixture until combined.
4. If your mixture seems a little dry, add 1-2 tbsp of milk.
5. Place good amounts of the mixture (a handful) on the baking tray and cook for 18 minutes until golden brown.

In need of a bit of pampering?

If you are looking for a new place to have your hair done or want to try a beauty treatment, have you thought about visiting the salon at our centres of the community?

Join us for a healthy walk

Enjoy walking and being in the great outdoors? Why not join us for one of our free weekly healthy walks? They are an excellent way of increasing your activity levels and filling your lungs with fresh air. Check out the quarterly programme: elmbridge.gov.uk/healthywalks

Win two tickets to a centre special lunch

We are offering one lucky winner two free tickets to their local centre special lunch. To be in with a chance of winning, please send your name and address to: commservices@elmbridge.gov.uk putting CW Competition in the subject bar. Closing date for entries is Friday 30 August 2019. The winner will be contacted by Friday 6 September 2019. T&C’s apply

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