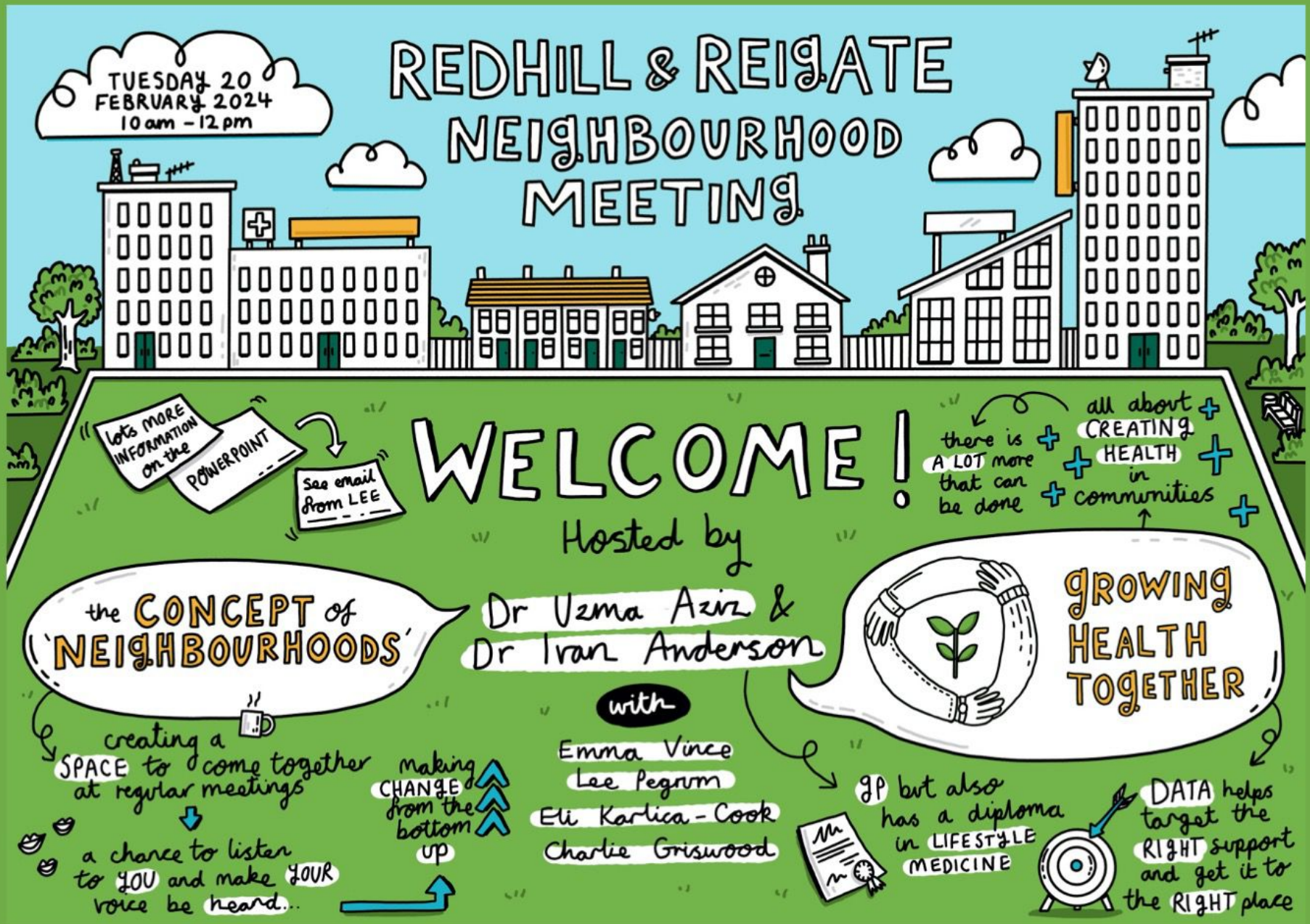
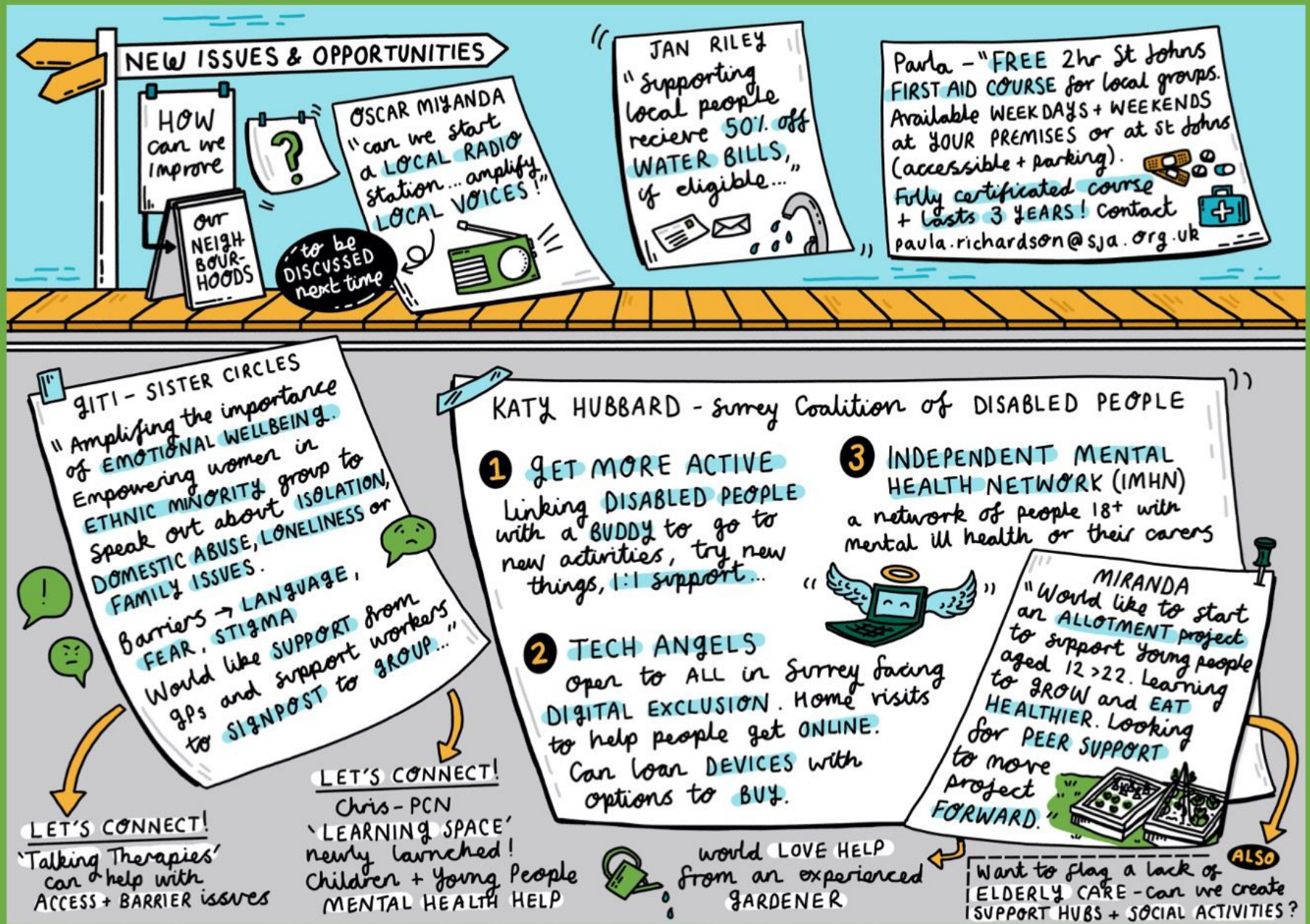

TUESDAY 20 FEBRUARY 2024
10 am - 12 pm
REDHILL & REIGATE NEIGHBOURHOOD MEETING
Lots MORE INFORMATION on the POWERPOINT
See email from LEE
WELCOME!
there is A LOT more that can be done
all about CREATING HEALTH in communities
Hosted by
Dr Uzma Aziz &
Dr Ivan Anderson
with
Emma Vince
Lee Pegrum
Eli Karlica-Cook
Charlie Griswood
the CONCEPT of 'NEIGHBOURHOODS'
creating a SPACE to come together at regular meetings
a chance to listen to YOU and make YOUR voice be heard...
making CHANGE from the bottom up
GROWING HEALTH TOGETHER
GP but also has a diploma in LIFESTYLE MEDICINE
DATA helps target the RIGHT support and get it to the RIGHT place

FEEDBACK
from the
REDHILL, REIGATE + MERSTHAM WORKSHOP
desire for ANTENATAL and POSTNATAL care
improved CHILDREN and YOUNG people services
ADDITIONAL needs SUPPORT, especially during school holidays
Making HEALTH SUPPORT more ACCESSIBLE in local hubs and Sports centres
New groups starting e.g: group consultations on BLOOD PRESSURE at Greystone House Surgery
Addressing SOCIAL ISOLATION via 'Living Well' programmes
More activities and initiatives to help with COST of LIVING crisis e.g: Employment and skills group + Free Food club
Health MOTs for Taxi Drivers
Living well better session for those OVER SIXTY.


NEW ISSUES & OPPORTUNITIES
HOW can we improve
OUR NEIGH-BOUR-HOODS
"to be DISCUSSED next time"
OSCAR MIYANDA
"can we start a LOCAL RADIO station... amplify LOCAL VOICES!"
JAN RILEY
"supporting local people reciere 50% off WATER BILLS, if eligible..."
Paula - "FREE 2hr St Johns FIRST AID COURSE for local groups. Available WEEKDAYS + WEEKENDS at YOUR PREMISES or at St Johns (accessible + parking). Fully certificated course + lasts 3 YEARS! Contact paula.richardson@sja.org.uk
GITI - SISTER CIRCLES
"Amplifing the importance of EMOTIONAL WELLBEING. Empowering women in ETHNIC MINORITY group to speak out about ISOLATION, DOMESTIC ABUSE, LONELINESS or FAMILY ISSUES.
Barriers → LANGUAGE, FEAR, STIGMA
World like SUPPORT from gps and support workers to SIGNPOST to GROUP..."
KATY HUBBARD - Surrey Coalition of DISABLED PEOPLE
1 GET MORE ACTIVE
Linking DISABLED PEOPLE with a BUDDY to go to new activities, try new things, 1:1 support...
2 TECH ANGELS
open to ALL in Surrey facing DIGITAL EXCLUSION. Home visits to help people get ONLINE. Can loan DEVICES with options to BUY.
3 INDEPENDENT MENTAL HEALTH NETWORK (IMHN)
a network of people 18+ with mental ill health or their carers
MIRANDA
"World like to start an ALLOTMENT project to support young people aged 12>22. Learning to GROW and EAT HEALTHIER. Looking for PEER SUPPORT to move project FORWARD."
LET'S CONNECT!
'Talking Therapies' can help with ACCESS + BARRIER issues
LET'S CONNECT!
Chris - PCN 'LEARNING SPACE' newly launched! Children + Young People MENTAL HEALTH HELP
world LOVE HELP from an experienced GARDENER
ALSO
Want to flag a lack of ELDERLY CARE - can we create SUPPORT HUBS + SOCIAL ACTIVITIES?

HEALTH CHAMPIONS at GREYSTONE HOUSE delivering FIRST AID COURSES

SHIRLEY - HOLISTIC HARMONY

CIC offering COMPLMENTARY THERAPIES (i.e. reflexology) every other WEDNESDAY, 10am to 5pm

also LGBTQ+ group are the 2nd LARGEST GROUP who suffer from mental health issues - SUPPORT IS LACKING - what can we do? There is a MASSIVE need -- Where do they go for SUPPORT?

Let's CONNECT and CREATE something in the area

ALSO set up the EAST SURREY HAWKS

RACHEL - PM ACTIVE

INCLUSIVE sports and activities at WOODHATCH Community centre - space for 20 people per session. World like to EXPAND to different VENUES! Any Ideas?

PENNY - include.org

"creating a WORLD where no-one is excluded because of COMMUNICATION DISABILITIES"

♫ INCLUDE CHOIR ♫♪ and EASY READ resources (FREE on website) - quizzes, healthy eating information, internet Safety etc...

also set up a facebook peer support group for parents of NEURODIVERSE children. Currently ONLINE only, but looking to move to a physical MEET UP... are there any SPACES AVAILABLE?

Sue - St Catherines Hospice

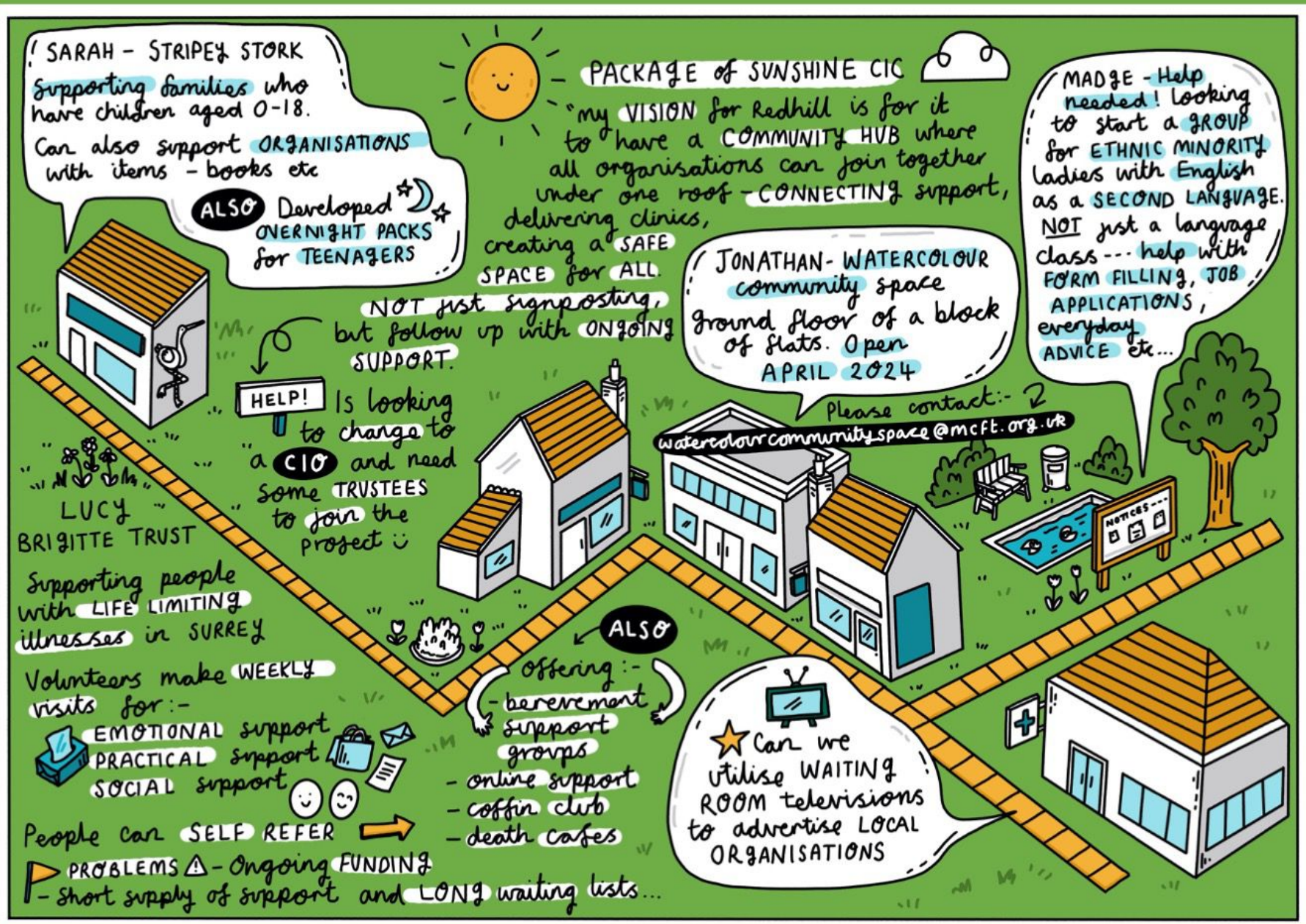
NEW site at PEASE POTTAGE. Not currently CONNECTING with local groups especially LGBTQ+ and ETHNIC MINORITY groups.

ALSO want to improve TRANSPORT LINKS via volunteer driver scheme

AND want to INCREASE the understanding of what HOSPICES DO! Let's DE-MISTIFY IT!

AIM to develop WELLBEING PROGRAMME for carers + more OUTREACH, DEATH CAFES etc

REDHILL & REIGATE



REDHILL & REIGATE

RESEARCH READY SURREY

Delivering across SURREY HEARTLANDS

Supporting groups and organisations who are conducting RESEARCH, SURVEYS, FOCUS GROUPS, INTERVIEWS etc...

Mapping to see what research is happening to help avoid DUPLICATION.

JENNY - LUCY RAYNER foundation

Support for young people in schools and colleges.

Offering:-

- a 20 min CHECK-IN service
- Ongoing support
- online refferal via WEBSITE
- help for 14 > 39 year olds

EXPANDING support to keep up with DEMAND...

KATE - LOVEWORKS

Food bank charity in Reigate and Merstham

Now have support workers at the Food Banks as there are COMPLEX ISSUES ARISING.

People are often frightened to say too much about their STRUGGLES and ISSUES... how do we REMOVE this FEAR?

DIANA - VICTORIA ALMSHOUSES

How do we improve the process for our elderly in our care to TRANSITION well into RESIDENTIAL CARE?

Currently a LONG, drawn-out process and lacking ADEQUATE SUPPORT. People are SUFFERING - something is NOT working...

Can there be LINKS with:-
- Anticipatory Care Hubs
- Adult Social Services
- Dementia Advisors

SARAH - IPIMHS

a BROAD intervention service working alongside GP's.

World like:-

- MORE contact with social services
- help ELIMINATE fears

Can see people within 1-2 weeks - over 18's only.

DEBORAH - HEALTHWATCH SURREY and LUMINUS CIC

Encouraging you to link with us.

We're here to LISTEN to concerns, problems etc... If you're struggling to ACCESS a certain service, get in contact.

Hotline or via website

YES

Q. Will this be SHARED and escalated HIGHER to SURREY COUNTY COUNCIL?

Top level feedback within Adult Social Care. Senior Level team can also be invited to these MEETINGS.