

**Our Mission is to prevent loneliness and isolation
amongst the elderly**

We provide a cure for loneliness

We receive a stream of referrals from Social Prescribing teams where loneliness has become a dangerous disease. We match their patients to our volunteers for our home visiting service.

We work to prevent loneliness

Our range of socialising events and services are set out to appeal to the wide age range and circumstances of our older population who live independently.

Every month we provide 250 places at events for our 'members'

We aim to engage with folks before loneliness has chance to become dangerous and bring them into our orbit. Once in, we work hard to keep in touch and build a relationship so that we can offer different services as people needs and capabilities change.

We make our events accessible - low cost or no cost

(which means we need help to fund our work - lots of help please!)

All our activities are over subscribed

We have 101 volunteers

For the elderly, who are young at heart, volunteering is a wonderful thing! It provides company, purpose and is great way to join the SHAC community. Some of our volunteers are over 90 we have 3 who are under 20!

We generate 8700 voluntary hours pa = circa £104,000

Our Policy of Partnering and Collaboration

seeks to harness the resources of the Borough. We have sought and welcomed collaborations that have enhanced our offer to the older residents of Surrey Heath.

We help deliver Surrey Heath BC's Corporate Objective :

'Helping older and vulnerable people to live independently and remain in their homes for as long as possible.'

**The growing challenge *19.7% of our population are 65plus
*12.2% of our households are occupied by lone residents 66+ years old**

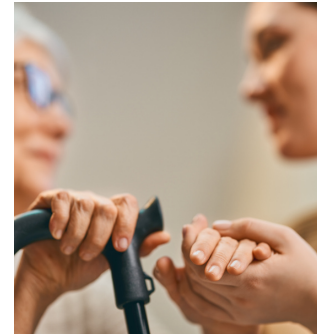
Social isolation and mental health have become even more of an issue due to Covid and a growing elderly population, we will continue to support with in our limited resources.

***2021 Census**

SERVICES

VISITING & BEFRIENDING

UP TO 200 VISITS A MONTH TO OUR OLDER RESIDENTS LIVING ALONE THAT CAN'T GET OUT AND ABOUT. THESE ARE VITAL FOR THEM AND HELP TO COMBAT SOCIAL ISOLATION. WE RECRUIT TRAIN AND DBS CHECK VOLUNTEERS. 50 OPERATE ACROSS THE BOROUGH



THE RAINBOW CAFE

OPEN FIVE DAYS A WEEK SERVING THE COMMUNITY WITH LOW PRICES TO HELP COMBAT THE "COST OF LIVING CRISIS", A SAFE SPACE FOR ALL. WE ENGAGE ELDERLY CUSTOMERS WITH OUR OTHER SERVICES. STAFFED BY 24 VOLUNTEERS - WITH CAFE MANAGER CIRCA 600 CUSTOMERS PER MONTH



WEEKLY AFTERNOON TEA PARTY

. WE HOLD THESE WEEKLY AT THE RAINBOW CAFE, AROUND 25 GUESTS EACH WEEK HAVING A FULL CREAM TEA, A QUIZ AND A RAFFLE AND OF COURSE A GOOD OLD CHIN WAG! AIMED AT THOSE WHO ARE MOBILE BUT LIVING ALONE



WEEKLY AGILITY CLASS

PARTNERING WITH OUR AMAZING LEISURE CENTRE "PLACES LEISURE". OUR WEEKLY CLASS IS DESIGNED FOR STRENGTHENING MOBILITY, AND BALANCE AND WORKS TO THE OTAGO STYLE (IS A FALL PREVENTION EXERCISE PROGRAM FOR THE ELDERLY) 35 REGISTERED, UPTO 20 ATTEND EACH WEEK!



SERVICES

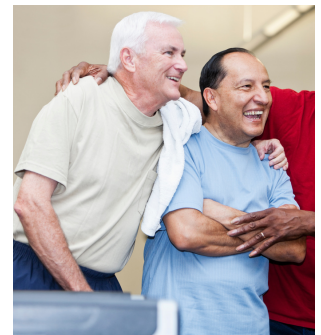
MONTHLY CINEMA CLUB

BY COURTESY OF CAMBERLEY HEIGHTS - AN OPTION FOR FRAIL ELDERLEY PEOPLE LIVING ALONE -WATCHING VARIOUS FILMS OLD AND NEW IN A LOVELY ENVIRONMENT WITH POPCORN AND SWEETS FOR ALL



THE MENS WEEKLY BREAKFAST CLUB

WE PARTNER WITH THIS VOLUNTARY GROUP WHICH MEETS AT WETHERSPOONS IN CAMBERLEY EVERY THURSDAY. AN INFORMAL GET TOGETHER FOR MEN ON THEIR OWN THAT NEED COMPANIONSHIP, SHARE EXPERIENCES AND CHAT. THEY JOIN OUR EVENTS AND PROVIDE VOLUNTEERS!! WE INTRODUCE NEW MEMBERS.



MONTHLY SUNDAY TEA GROUP

HELD IN OUR OWN VOLUNTEER'S HOMES ACROSS THE BOROUGH, SHARING THE FAMILY EXPERIENCE AND CONNECTION THAT SOME ELDERLY FRAIL RESIDENTS HAVE LOST DUE TO FAMILIES LIVING TOO FAR AWAY. WE PROVIDE DRIVERS FOR THE AFTERNOON.



MONTHLY LUNCHEONS

PARTNERING WITH CAMBERLEY HEIGHTS (AVERY HOMES) AND ALSO CORRINA LODGE (BARCHESTER HOMES) MAKING ALL RESIDENTS FEEL PART OF A VALUED COMMUNITY THROUGH JOINT EVENTS WITH THOSE LIVING ALONE.



REGULAR SIGNPOSTING FOR HELP

THIS IS DONE CONTINUOUSLY WHETHER THROUGH OUR RAINBOW CAFE, OUR VOLUNTEERS, OUR STAFF OR AT EVENTS. SIGNPOSTING TO OTHER SERVICES THAT WE HAVE IN OUR BOROUGH INCLUDING CITIZENS ADVICE, SHBC, BESOM, CAMBERLEY CARE AND OTHER CHARITY ORGANISATIONS THAT CAN HELP.



FUNDING

FUNDING IS OUR BIGGEST CONCERN - THIS YEAR BRINGS AN UNCERTAIN FUTURE. PRESSURE ON GRANT MAKERS HAS BROUGHT DISAPPOINTMENTS!!

SELHELP -

WE HAVE DEVELOPED SOME ATTRACTIVE REGULAR EVENING FUNDRAISING EVENTS WHICH ALSO APPEAL TO MANY WHO ARE ON THEIR OWN AS WELL AS COUPLES - LOTS OF MEN FROM THE BREAKFAST CLUB JOIN US . AND NOW MANY LADIES ARE FINDING US OUT :-))))
MANY OF OUR 'MEMBERS' CHOOSE TO JOIN THESE ESPECIALLY THOSE WHO ARE WIDOWED -THEY ENJOY GOING OUT TO VENUES WHERE THEY WILL MEET FRIENDLY FACES . !!

QUIZ NIGHTS & CURRY CLUB

MONTHLY FUNDRAISING EVENTS - CURRY CLUB HELD IN DIFFERENT RESTAURANTS IN THE BOROUGH ATTRACTS 35 PLUS . QUIZ NIGHTS ARE HELD AT THE RAINBOW CAFE. BOTH EVENT ATTRACTS VOLUNTEERS AND SHAC MEMBERS AND WIDER PUBLIC.
WWW.SH-AC.ORG.UK



WALK ON THE WILD SIDE

OUR ANNUAL SPONSORED WALK ACROSS BAROSSA HEATH LAND TRAINING AREA COURTESY OF THE MOD AND COLLINGWOOD SCHOOL.

WWW.SH-AC.ORG.UK
CHARITY NO: 1175933

