



Frimley Health and Care

Signposting manual

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Frimley Signposting

Mental Health

Mind

Advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness, and promote understanding |

<https://www.mind.org.uk/>

NHS Psychological Therapies Services (IAPT)

IAPT is widely recognised as the most ambitious programme of talking therapies in the world and in the past year alone more than one million people accessed IAPT services for help to overcome their depression and anxiety, and better manage their mental health | Find your nearest provider on the NHS website |

<https://www.nhs.uk/service-search/other-services/>

The Tomorrow Project- Suicide Bereavement

The tomorrow project is a confidential suicide prevention project that has been set up to support individuals and communities to prevent suicide. The project currently delivers a suicide crisis service, a police-referral suicide bereavement service and self-referral | text or call 07954 008 356 | www.tomorrowproject.org.uk |

info@tomorrowproject.org.uk.

Mental Wellbeing

A selection of wellbeing services providing help for people looking for general wellbeing advice or coping strategies, are in crisis with anxiety, depression and other similar difficulties. www.frimleyhealthandcare.org.uk / living here / helping you to stay well / mental wellbeing

BERKSHIRE

Talking Therapies Berkshire

Online therapy service offering support 24/7 at a time that suits you.

0300 3652000 | www.berkshirehealthcare.nhs.uk/surreyonline | bks-tr.surreytalkingtherapies@nhs.net

Wellbeing Prescribing across Slough

The service links residents in Slough, to activities and support in the community to benefit anything from social isolation to mental health support to long term conditions |

<https://sloughcvs.org/wellbeing-prescribing/>

SURREY HEATH

<https://www.healthysurrey.org.uk/>

Catalyst Support

Catalyst is a non-profit organisation working with people who are dealing with issues stemming from drug and alcohol misuse and mental health – including housing, involvement with criminal justice, relationships with family and friends and getting back into work. | <https://www.catalystsupport.org.uk/> | 01483 590150 | 07909 631623

Healthy Surrey Adult Mental Health and Wellbeing

Variety of local services available | <https://www.healthysurrey.org.uk/mental-wellbeing/adults>

NORTH EAST HAMPSHIRE

Talk Plus

Improving Access to Psychological Therapies (IAPT). This is a team of therapists, counsellors, and psychologists to help with many common problems such as depression, anxiety, panic, phobias, and low self-esteem
<https://www.talkplus.org.uk/> | 01252 533355

Health and Wellbeing Support

Health and Wellbeing Coach

1:1 personalised lifestyle support, helping people to increase activity levels, improve eating habits, managing stress, reduce smoking or alcohol use and maintain the long-term changes they need to improve their health and wellbeing | To find out if your GP offers this service, please give them a call to enquire.

Social Prescribers

Social prescribers are health professionals that are here to help you look after your health and wellbeing. They can help support you in accessing a wide range of support services. They will also give you the time to talk to discuss your worries, fears, and concerns | To find out if your GP offers this service, please give them a call to enquire.

Local Area Co-ordinators

A preventative initiative who invest enough time in understanding what a good life looks like to you or your family, and how you could get there, potentially by linking you in with local community services that may help support you achieve your goals |

<https://lacnetwork.org/local-area-coordination/> | Ask your coach to provide you with your area's Local Area Co-ordinator contact information (Surrey only at present)

Loneliness Support – Marmalade Trust

Marmalade Trust's mission is to find and support isolated people to reconnect with society and enjoy better lives | <https://www.marmaladetrust.org/law>

Dementia Friends

During this friendly and interactive session, you'll learn more about dementia, how it affects a person and what you can do to help people affected by dementia in your community | <https://bit.ly/3sjiTEi>

Age UK

Age UK's vision is to make the UK a great place to grow older. They do this by inspiring, supporting and enabling in several ways | www.ageuk.org.uk

British Heart Foundation

Reliable, simple information about heart and circulatory diseases, and their risk factors | www.bhf.org.uk

Smoking Cessation

BERKSHIRE

Smoke free life Berkshire

A free service from Solutions 4 Health serving Bracknell, Reading, Slough, Windsor and Maidenhead, West Berkshire & Wokingham |

www.smokefreelifeberkshire.com/ | 0800 622 6360 / 0118 449 2026 |

Text 'Quit' to 66777

SURREY HEATH

One You Surrey

Free service to help quit smoking | <https://oneyousurrey.org.uk/>

NORTH EAST HAMPSHIRE

Smokefree Hampshire

<https://www.smokefreehampshire.co.uk/> | 01264 563039 | Text 'Quit' to 66777

Weight Management

BERKSHIRE

ShapeUp4Life

12-week weight management programme for people who want to lose weight. Delivered via app, by virtual courses and in the community that supports people to lose weight and keep it off in the long term | <https://www.solutions4health.co.uk/our-services/shapeup4life/>

SURREY HEATH

One You Surrey

Offers a range of programmes including 12-week weight management programme | Digital weight loss programme with Gloji | Slimming World | Man v Fat
Eligible if BMI 30+ white (27.5+ all other ethnicities) | <https://oneyousurrey.org.uk/lose-weight/>

NORTH EAST HAMPSHIRE

Man v FAT

For men with BMI 27+ who want to lose weight, improve fitness, and play football with like-minded men | <https://manvfat.com/hampshire/>

Physical Activity

BERKSHIRE

Get Berkshire Active

A charity with a social purpose to transform lives through sport and physical activity. <http://www.getberkshireactive.org/1485/get-support/team-berkshire-clubs/> | 01628 472 851 | info@getberkshireactive.org | Bisham Abbey National Sports Centre, Marlow Road, Nr. Marlow, SL7 1RR

Sport In Mind

Mental health charity to improve lives of people experiencing mental health problems through sport and physical activity | <https://www.sportinmind.org/> | Mobile: 07341 267740 | info@sportinmind.org | Rivermead Leisure Centre, Richfield Avenue, Reading, Berkshire, RG1 8EQ.

Cycling UK Berkshire

Cycling UK's guide to cycling in Berkshire gives you routes, events, clubs and advice

to inspire you to cycle in the county | <https://www.cyclinguk.org/cycle/cycling-berkshire>

SURREY HEATH

Walking Football

Adapted but equally fun football for over 50s at Frimley Lodge Park | <https://www.surreyheath.gov.uk/residents/sport-leisure-parks/sports-development/walking-football>

Active Surrey

Exercise and activities for all fitness levels | <https://www.activesurrey.com/getstarted>
| 01483 518944 | Quadrant Court, 35 Guildford Road, Woking, GU22 7QQ.

Surrey Heath Walks and Events

Part of the 'Walking for Health' scheme. Information regarding local walks and events | <https://www.surreyheath.gov.uk/residents/sport-leisure-parks/walks-and-events> | 01276 707100 | contactcentre@surreyheath.gov.uk

Surrey Heath Activity

Local service promoting physical activity and healthy wellbeing | <https://www.surreyheath.gov.uk/residents/communities-wellbeing/health-wellbeing>

Cycling UK Surrey

Local cycling information and events | <https://www.cyclinguk.org/cycle/cycling-surrey>

NORTH EAST HAMPSHIRE

Cycling UK Hampshire

Information on local cycling routes and events | <https://www.cyclinguk.org/cycle/cycling-hampshire>

Fleet Cycling - Hart Cycling Club

Find information about cycling clubs in Hart | <https://www.fleetcycling.org.uk/hart-cycling-hub/>

Hart Countryside

Whether you are looking for somewhere to take a walk, would like to take part in a guided walk or join a volunteer group; Hart's open spaces have something for you | <https://www.hart.gov.uk/countryside-nature>

Health Walks

These free walks are open to adults of all ages and fitness levels.

<https://www.hartvolaction.org.uk/services-for-residents/health-walks/> | 01252 815652
| admin@hartvolaction.org.uk

Walking football

The sport is ideal to both improve physical wellbeing and make new friends, mainly for over 50s. Local club, Fleet of Foot, meets weekly at Hart Leisure Centre and welcomes new members | Email Robin Howard at robglen37@yahoo.co.uk or contact the leisure centre on 01252 629 879 for information | Yateley Utd FC Walking Football Group | email: jsaunders51@icloud.com | 07475 502627.

RHL

Offers a range of local exercise classes that are suitable for a gentle reintroduction to exercise. <http://www.rhl.org.uk/> | Tel:01252 362660

Yateley's Health & Fitness

A community health and fitness centre offering a variety of facilities and classes.
<https://www.yateleys.com/> | 01252 746962

Alcohol and Drug Support

BERKSHIRE

Bracknell Forest Council Drugs and Alcohol Advice

If you are concerned about the relationship you, or someone you know, has with drugs or alcohol, you can get help within Bracknell. They are available to offer fast, non-judgemental and friendly guidance to those looking for support | 01344 312360
<https://www.bracknell-forest.gov.uk/health-and-social-care/drugs-and-alcohol-advice>

UK Addiction Treatment

Free and private alcohol and drug addiction advice and treatment services | 0203 131 5212 | <https://www.ukat.co.uk/rehab/drug-alcohol-rehab-berkshire/>

SURREY HEATH

Surrey Drug and Alcohol

i-access drug and alcohol service helps people in Surrey who want help with their problematic drug use and/or are highly dependent on alcohol and want to stop drinking | <https://www.surreydrugandalcohol.com/>

Healthy Surrey Drugs and Alcohol

<https://www.healthysurrey.org.uk/drugs-and-alcohol>

NORTH EAST HAMPSHIRE

Inclusion

A free service that offers comprehensive support for people experiencing problems with alcohol and drugs | <https://www.inclusionhants.org/> |

Domestic Abuse Support

Respect

Domestic abuse organisation developing safe, effective work with perpetrators, male victims and young people who use violence | www.respect.uk.net

BERKSHIRE

Wellbeing Matters

Domestic violence (or domestic abuse) affects more people than we realise and includes not just physical, psychological and sexual abuse, but also economic abuse, digital abuse and coercive control. This can happen to anyone in a relationship, or between family members |

<https://wellbeingmatters.berkshirehealthcare.nhs.uk/domestic-violence-support/>

SURREY HEATH

Surrey Against Domestic Abuse

To help and support anyone experiencing domestic abuse in Surrey | <https://www.healthysurrey.org.uk/domestic-abuse>

Your Sanctuary

Sanctuary and support for anyone affected by domestic abuse | <https://www.yoursanctuary.org.uk/>

Housing Association

BERKSHIRE

Here to help support those with low incomes find housing |

<https://www.slough.gov.uk/housing> | <https://www.rbwm.gov.uk/home/housing/help-housing/apply-housing>

SURREY HEATH

Here to help support those with low incomes find housing |

<https://www.surreyheath.gov.uk/residents/housing/housing-advice-support>

NORTH EAST HAMPSHIRE

Here to help support those with low incomes find housing |

<https://www.rushmoor.gov.uk/housing-benefits-and-support/looking-for-a-home/> |

<https://www.hart.gov.uk/housing> | <https://www.waverley.gov.uk/Services/Housing>

Learning Disability Teams

BERKSHIRE

Supporting adults with learning disabilities to pursue active and fulfilling lives|

<https://affinitytrust.org/>

SURREY HEATH

Linkable

Linkable is a Woking based charity serving those with learning disabilities in the local community. They aim to help people develop their potential and enjoy socially inclusive lives| <https://www.surreyheath.gov.uk/users/linkable>

NORTH EAST HAMPSHIRE

Hampshire Council Support

The outreach team will assess people's needs and if eligible will develop individual support plans |

<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/learning-disabilities>

Financial Support

Citizens Advice Bureau

This web site offers guidance to support you to make the right financial decisions. It also offers support on who to talk to if you are in financial difficulties |

<https://www.citizensadvice.org.uk/debt-and-money>

Young Parent Support

Family Lives

An organisation dedicated to support young parents who do not have friends or families around to support | 0808 800 222 |

<https://www.familylives.org.uk/advice/your-family/parenting/where-can-young-parents-go-for-support>

Latest advice for Covid 19 and those at risk

Advice for people whose immune system means that they are at a higher risk to Covid 19 | <https://www.gov.uk/coronavirus-shielding-support>

Other Community Spaces

Local Libraries

BERKSHIRE

Find your nearest local library | <https://www.familiesonline.co.uk/local/east-berkshire/places-to-go/libraries>

SURREY HEATH

Find your nearest local library | <https://www.surreycc.gov.uk/libraries/your-library/find-your-nearest>

NORTH EAST HAMPSHIRE

Find your nearest local library | <https://www.hants.gov.uk/librariesandarchives/library>

Leisure Centres

EAST BERKSHIRE

Arborfield Green Leisure Centre, Arborfield | 0118 976 2288

Bracknell Leisure Centre, Bracknell | 01344 454 203

Cox Green Leisure Centre, Maidenhead | 01628 685311

Furze Platt Leisure Centre, Maidenhead | 01628 965754

Braywick Leisure Centre, Maidenhead | 01638 685333

The Centre, Slough | 01753 894700

Langley Leisure Centre, Slough | 01753 969730

Windsor Leisure Centre, Windsor | 01753 778577

Wokingham Leisure Centre, Wokingham | 0118 977 0007

St Crispin's Leisure Centre, Wokingham | 0118 979 1066

SURREY HEATH / NORTH EAST HAMPSHIRE

Aldershot Garrison Sports Centre, Aldershot | 01252 347724

Alderwood Leisure Centre, Aldershot | 01252 344438

Ash Manor Sports Centre, Ash | 01252 325484

Blackwater & Hawley Leisure Centre, Camberley | 01276 35411

Places Leisure Camberley | 01276 417111

Farnham Leisure Centre | 01252 723208

Hart Leisure Centre, Fleet | 01252 629879

Tomlinscote Sports Centre, Frimley | 01276 670316

Lifestyle Fitness Lightwater | 01276 472662

Frogmore Leisure Centre, Yateley | 01252 873454

Food Banks and Emergency Food Supply

The Trussell Trust Food Bank, Bracknell | 01344 862699

Crowthorne Food Bank | 01344 780087

The Hope Hub, Camberley | 01276 581174

The Trussell Trust Food Bank, Farnborough | 07954 105279

Farnham Food Bank | 07901 581539

Slough Food Bank

Khalsa Aid International, Maidenhead | 01753 567457

Food Share Maidenhead, Nicholsons | Shopping Centre