



DEVELOPING DEMENTIA SUPPORT IN SURREY

Every person living with dementia deserves compassion, stimulation, connection - and support from services that make a real difference. At Age UK Surrey we are committed to offering just that.

At present, there are approximately 17,700 people living with dementia in Surrey. That number is projected to increase by over 25-28% by 2030, reaching around 22,600 people. These figures underpin why strong, well-supported dementia services are so important in our communities.

Our **Memory Lane Service** uses an evidence-based approach called Maintenance Cognitive Stimulation Therapy (MCST).

The group therapy programme is designed for people with mild to moderate dementia. It is the only non-drug treatment specifically recommended by NICE (the National Institute for Health and Care Excellence) to improve cognition, independence, and wellbeing in people with mild to moderate dementia.

Typically, MCST runs as a weekly group session of one to two hours. Each session follows a theme or topic, and includes a mix of meaningful, stimulating activities. Activities may include:

- Discussions and group conversation (current or past events, reminiscence)
- Word games, quizzes, puzzles, number/word challenges
- Creative and musical activities
- Physical activities or gentle movement, often to support engagement and wellbeing

The group environment is supportive and social: people build friendships, share experiences, benefit from contact, and often report increased confidence, feeling less isolated, better communication, and sometimes improvements in memory or mental sharpness.

Memory Lane Service...

...in Ash, Mychett & Milford

We are pleased to offer a local service that embraces the principles of MCST and provides a friendly, engaging space for people living with dementia.

What to Expect: Fun and friendship, chat and stimulating group activities. **Continued on page 3**

FROM OUR CEO

Autumn colours are beginning to emerge, painting our surroundings with vibrant shades as the leaves gently make way for a new year's growth. Although change can sometimes feel constant, there are still many things we can rely on.

At Age UK Surrey, our constant is our commitment to supporting you — and all older people across Surrey — to live well and make the most of life. We are always exploring ways to enhance what we do and ensure our services evolve to meet local needs.



In light of this, and together with colleagues, I have recently reviewed our strategy, aims, and values to make sure they continue to reflect who we are and what matters most to the people we serve. Our refreshed strategy places a renewed focus on tackling loneliness and isolation, recognising that meaningful connection is at the heart of living well. We are expanding our work to reach those who are most at risk of being left behind — including people living with dementia and those who are frail or experiencing mobility challenges.

We also remain committed to ensuring our services are accessible across the whole of Surrey, reaching both towns and rural communities. As the lead organisation for older people in the county, we take pride in working alongside our partners, volunteers, and local networks to create opportunities for companionship, support, and independence.

If you would like to read about our Strategy 2025 – 2028, it is available on our website. As the end of the year draws closer, I hope I will have the pleasure of meeting some of you at our annual Carol Service at Guildford Cathedral on 18th December.

Catherine

Catherine Hodgson, CEO

CAROL SERVICE

Our annual Carol Service is being held at **Guildford Cathedral on Thursday 18th December at 11.00am** with performances by the Guildford Cathedral Singers Rock Choir and Tormead Prep School choir.



The service will be a mix of traditional carols, songs and readings. Coffee, tea and mince pies will be served inside the Cathedral from 10.30am. Donations are welcome to support us in delivering this event.

Everyone is welcome. Entry is free for all. No booking is required but if a wheelchair space is needed, don't hesitate to get in touch with us: fundraising@ageuksurrey.org.uk / **01483 503414**

CHARITY SHOPS



Our Vintage store charity shops sell good quality clothes, accessories and bric-a-brac. They are proving very popular with local communities. Please donate your good-quality stock to our fabulous Age UK Surrey local charity stores. They can be found at:

- **9-11 Junction Place, Haslemere, GU27 1LE**
Tel: 01428 289030. Open: Monday to Saturday, 9.30am - 5.00pm. Sundays 11.00am - 4.00pm.
- **23 High Street, Lingfield, RH7 6AA**
Tel: 01342 457935. Open: Monday to Saturday, 9.30am - 5pm. Sunday Closed.
- **NEW STORE coming to East Molesey this Winter! More information to follow!!**

EXPANDING AND NEW SERVICES

Memory Lane Service (contd.)

Activities will draw from the MCST model: word games, quizzes, creative and musical tasks, gentle movement, group discussions, reminiscence. Tea and biscuits included - because comfort matters!

When & Where:

- The Mytchett Centre, 140 Mytchett Rd, **Mytchett**, GU16 6AA: Tuesdays, 10.30am to 12.15pm.
- The Clockhouse Community Centre, Chapel Lane, **Milford**, GU8 5EZ: Mondays and Thursdays, 11.00am - 12.30pm.
- Japonica Court, Shawfield Road, **Ash**, Guildford, GU12 6QU: Thursdays, 10.30am to 12.15pm.

A fee applies. To find out more call: 01483 420668 or email: Memory.Lane@ageuksurrey.org.uk

Carers: Support & Friendship

We recognise that caring for someone living with dementia can be both rewarding and challenging - and carers also need support, friendship, and understanding.

Our **Memory and Friendship Support Group** provides a welcoming space for both people living with dementia and their carers to attend together. It's a chance to enjoy shared activities, connect with others in similar situations, and make new friends in a relaxed, compassionate environment. The group focuses on connection, inclusion, and mutual wellbeing - supporting the vital relationship between carers and those they care for. Whether you're seeking advice, companionship, or simply a friendly chat, our Memory and Friendship group ensures you're not alone on your journey.

When & Where:

- The Mytchett Centre, 140 Mytchett Rd, **Mytchett**, GU16 6AA: Tuesdays, 1.00pm to 2.30pm.
- The Clockhouse Community Centre, Chapel Lane, **Milford**, GU8 5EZ: Tuesdays 2.00pm – 3.30pm.
- Japonica Court, Shawfield Road, **Ash**, Guildford, GU12 6QU: Thursdays, 1.00pm to 2.30pm.

Suggested donation: £2.50 per session. To find out more email: Memory.Lane@ageuksurrey.org.uk or call 01483 420668.

Guildford Shopmobility is 30

This year, Shopmobility in Guildford, managed by Age UK Surrey and in partnership with Guildford Borough Council, is celebrating 30 years of service. To mark the occasion, the Shopmobility team provided information and showcased the scooters and wheelchairs in the Friary Centre on Friday, 6th June. The team were joined by the Mayor of Guildford, Cllr Howard Smith, Catherine Hodgson, CEO of Age UK Surrey and Shopmobility clients.



Caroline Downing, who manages the Shopmobility service, said: "It is an absolute pleasure to be able to provide this service to our wonderful clients who would not otherwise be able to shop and enjoy the facilities and services of Guildford. We have many regular clients but also a growing number of people who use the service once or on an ad hoc basis. Our new folding wheelchairs have been very popular for people making trips away or going out for a special occasion".

"It has been a lifeline to my husband. The staff are so friendly, helpful and extremely approachable. Without this service, my husband and I would not only lose our independence but rely heavily on others"

Joanne, Shopmobility client

Mobility scooters, power-assisted and manual wheelchairs are available to hire from the Shopmobility office located on level 3 of the Bedford Road car park, providing direct access to the Friary Centre shopping centre. Open Monday to Saturday. **To find out more shopmobility@ageuksurrey.org.uk / 01483 453993.**

New at the Clockhouse

Our Clockhouse Community Centre in Milford is always buzzing with new activities and events.

Friendship Lunch: Mondays 11am - 1pm. Join us for friendship, activities and food. Come along and meet new people, followed by a delicious 2-course meal, all for £15 per person. Book via our website, call 01483 420668 or email: clockhouse@ageuksurrey.org.uk



Clockhouse Cafe: The menu has been expanded offering more variety. Sandwiches, toasties, jacket potatoes along with the drinks and cakes. Cafe is open from 9.15am to 4.00pm and refreshments and cake are available throughout. Main lunch options are available until 2:00pm.

Annual Summer Tea Party



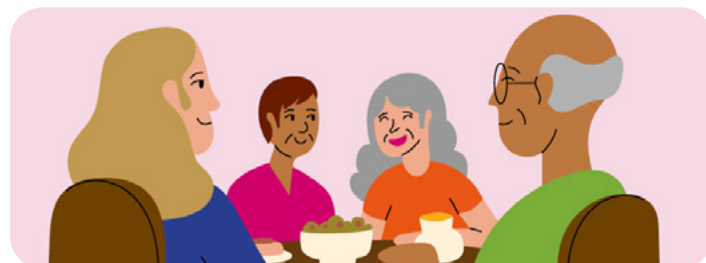
We were thrilled to welcome all our incredible volunteers to our Annual Summer Party, held on Tuesday, 8th July from 2pm to 4pm at the beautiful Denbies Wine Estate in Dorking. Everyone enjoyed a delicious afternoon tea and refreshments, making it a wonderful chance to relax, socialise, and celebrate the amazing contributions of our volunteers.

We are truly grateful to each and every one of our dedicated volunteers. Their commitment and hard work in supporting older people across Surrey is invaluable, and they all deserve recognition for their efforts. Each year, we take a moment to shine a special spotlight on those who have made outstanding contributions or shown long-term dedication. This year's Volunteer Awards were presented by our Chief Executive Officer, Catherine Hodgson, in recognition of those exceptional efforts.

Planning for your Future

We're pleased to be continuing our partnership with Surrey County Council on the **Planning for Your Future Campaign**, and we're excited to share some upcoming event dates. This important campaign encourages people to start open conversations with family and friends about planning ahead. Talking about the future is a positive first step toward understanding what matters most — from care preferences to personal wishes — should circumstances change.

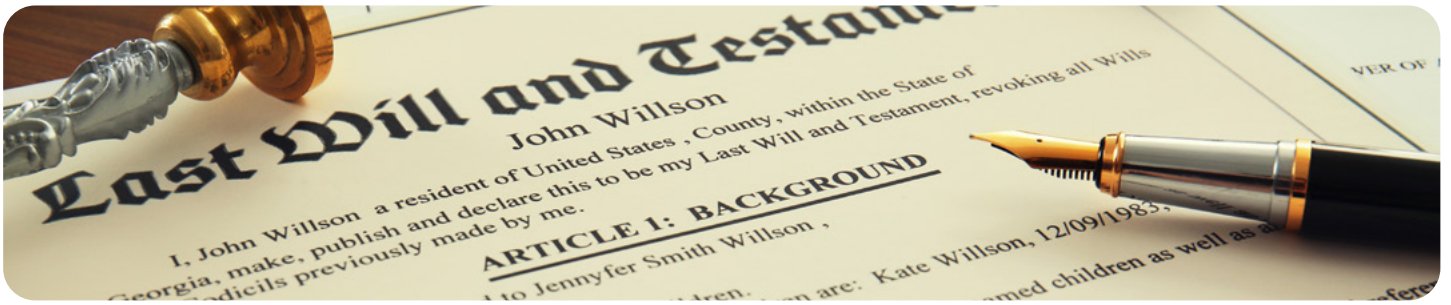
Our **online information hub** offers a helpful checklist to guide you through the planning process. It covers a range of topics, including healthy living, care and support options, financial planning, Wills, and setting up a Lasting Power of Attorney.



We are holding free information events throughout the County. Booking is essential; to do so please visit our online hub: www.ageuk.org.uk/surrey/planningforyourfuture telephone: **01483 446627** or email: planningforyourfuture@ageuksurrey.org.uk

- 29 Oct, Wed, 7.00pm – 8.30pm, WEBINAR
- 30 Oct, Thurs, 11.00am - 1.00pm, Frimley Community Centre, Balmoral Dr, Frimley GU16 9AR
- 5 Nov, Wed, 2.00pm - 4.00pm, Milford Village Hall, Portsmouth Rd, Milford GU8 5DS
- 14 Nov, Fri, 2.00pm - 4.00pm, St John's Centre, 222 Epsom Road, Merrow GU4 7AA
- 27 Nov, Thurs 7.00pm – 8.30pm, WEBINAR
- 01 Dec, Mon, 2.30pm - 4.30pm Bagshot Pavilion, 83-89 College Ride, Bagshot GU19 5ES
- 09 Dec, Tues, 10.00am - 12.00pm, Fetcham Village Hall (Main Hall), The Street, Fetcham KT22 9QS
- 15 Dec, Mon, 7.00pm – 8.30pm, WEBINAR
- 21 Jan 2026, Wed, 2.00pm - 4.00pm, High Cross Church, Knoll Road, Camberley, GU15 3SY
- 27 Jan 2026, Tues, 7.00pm – 8.30pm, WEBINAR

Your Will, Your Wishes



Your will, your wishes – don't die intestate! Research from the Money and Pensions Service (MaPS) shows that 53% of adults aged 50-64 and 22% of those aged 65 and over do not have a will. A person who dies without a will is known as 'dying intestate'. This can make sorting out their estate more complicated and lengthy because the law decides who inherits according to certain criteria called 'intestacy rules'.

Research by the Co-operative Legal Services highlights the main reasons people haven't decided to make a will: Almost two fifths (41%) of adults say they 'haven't got around to it', over a quarter (26%) don't believe they have anything of any value and one fifth (20%) think they are too young. There are also one in ten people (12%) who have put off making a will because they 'don't like thinking about death'.

Having a will and keeping it up-to-date helps ensure that your wishes can be respected and your property and assets benefit people and causes you care about. When leaving a gift in your will to a charity, you can state whether you'd like to donate a fixed amount, a specific item, or whatever sum of money

remains once the other gifts have been distributed. You choose an Executor to carry out the instructions you leave in your will. We would always recommend that you speak to a qualified professional such as a solicitor, when making or amending your will.

Make a free will

We have partnered with will writing provider Octopus Legacy so you can write or update your will for free online in the comfort of your own home, alternatively you can arrange a face to face home visit.

Claim your free will offer online today via the Octopus Legacy website or find out more by calling Octopus Legacy on 020 4525 3605 quoting AGE UK SURREY.

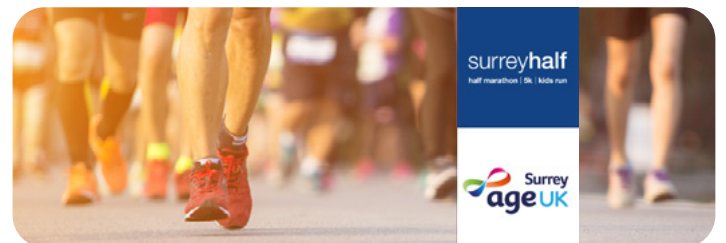
Please be assured that through the partnership, there is no obligation for you to leave a gift in your will to Age UK Surrey, but of course any gift is very much appreciated and helps us to continue to offer our vital local services to local people in Surrey.

Surrey Half Marathon – Experience the Excitement

For the first time we have places for the Surrey Half Marathon – including a 5k and children's race on the same day.

The route follows a professionally marked and measured single loop from central Woking into the surrounding countryside. The 5K features some of the Half Marathon's best bits – including starting and finishing under the main event gantry. This picturesque race is made even more popular by live performances from local bands, aid stations and communities of cheering spectators, and boasts one of the fastest UK half marathon finish times on record!

If you would like to challenge yourself then please do register – we will provide training tips and support along the way.



Movement is medicine and having a goal and deadline is a great way to get motivated. You can join in a team or individually, everyone is welcome. Whether you run or not it will be a great day out, so do come down and cheer on our fundraisers and join in the event fun!

For more information please visit our website or email: fundraising@ageuksurrey.org.uk

THERE IS FUN IN FUNDRAISING

Dancing & Community spirit

Age UK Surrey hosted another successful Tea and Dance event. Over 80 people gathered at The Westway in Caterham to learn Ballroom and Latin dance routines and enjoyed an afternoon tea with friends. Lots of people took to the dance floor and some for the first time, enticed by the room's lively energy and our inspiring volunteer dance teachers.



A total of £1,073 was raised on the day. A special thank you to Janet and her team of volunteers for making the event so heartfelt and special. And to the very talented Paul and Suzanne for teaching their spectacular dance routines on the day. Age UK Surrey would also like to thank its sponsor, Taylor Wimpey, for supporting this event, as well as Tesco, Waitrose, and Morrisons in Caterham for donating raffle prizes. We are grateful to everyone who came out to support this wonderful community event! Keep dancing!

Quizzes and Bridge Teas

Another wonderful Quiz Night took place in August and we raised a total of £810.89. A big thank you to everyone who helped and supported throughout the evening contributing to its success. Special mention to Karen, Ros and our wonderful volunteer team. Thank you to Jack for helping with food prep. Another huge thank you to Tel for creating a very fun and interesting Surrey based quiz challenging everyone.

Our popular Bridge Tea event, raised a total of £1,261.00. A huge thank you to everyone who helped and supported to make it such a big success.

We have an array of exciting events and activities through the year! Check out our website to discover what's next, including tea parties, quiz nights, dances, and so much more. See you there!

The Big Knit - all wrapped up!

We would like to say a massive THANK YOU to everyone who has contributed to the Big Knit Campaign 2025! **This year Age UK Surrey has collected 13,172 little hats, raising a total of £3,951.60 for older people in Surrey.**



These hats will now appear on innocent smoothie bottles on supermarket shelves from October, so look out for the little hats that make a big difference! Together, knitting and crochet groups, expert crafters and newcomers to the skill created hats ranging from the simple bobble hat to more intricate designs. From Winnie-the-Pooh, The Simpsons, Mr Men and minions, swans, penguins and teddy bears, we were amazed by all the artistic and inspired creations! A special thank you to the Staines Knit and Natter group, who contributed over 2,000 hats ranging from dolphins, pandas, and butterflies to ninja turtles and clowns and Easter bonnets and cupcakes!

Pre-Loved Sale

We are pleased to share the fantastic news that the Clockhouse team's Pre-Loved Sale in the summer was a huge success! **It raised an incredible £605!** The event was exceptionally well-organised and ran very smoothly. This success wouldn't have been possible without the numerous staff and volunteers who generously gave their time on the weekend. Congratulations and a massive thank you to everyone who supported this event!



Tombola and Tea Tents

A wonderful time was had at the Milford Village Fete. With glorious sunshine and great community attendance, it was a truly memorable event.



Preparing for the fete is a significant effort, and we are incredibly grateful to the many volunteers and staff who contribute. We continued our tradition of hosting the popular Tea Tent. **Combined with the Bottle Tombola and thanks to everyone's generosity and hard work, we raised an impressive, record breaking £2,171.55!**

BBQ, Band and Bingo

A fabulous fundraising evening was had by all at the BBQ, Band and Bingo event in June. **More than £700 was raised which will support Age UK Surrey's services and activities in local communities.**



Cozy & The Dukes provided live entertainment and created a wonderful atmosphere. Thank you also to Tongham Community Centre for hosting and to Chef Steve for the delicious food. We could not have run a fundraising raffle without the support of many local organisations: Watts Gallery, Albury Vineyard, Farnham Bush Hotel, Painshill Park Trust, The Princess Royal Pub in Farnham, Mill Court Care Home (Barchester), Shalford Headmasters in Guildford. As always, special thank you to all our amazing volunteers for your generous support.

Thank you Taylor Wimpey for your support and sponsorship



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WAYS TO SUPPORT US

Age UK Surrey is an independent local charity. We work for people over the age of 50 offering a wide range of services to help them make the most of life. We depend on donations and legacies to support our work in Surrey.

You can donate via our website: <https://ageuksurrey.enthuse.com/profile> or by sending a cheque and completing the form below.

Yes I would like to donate: £10 ☐ £15 ☐ £20 ☐ Other: £ to Age UK Surrey

Title Name

Address

Postcode Tel

Email

Signed Date

Using your personal information: Age UK Surrey would like to keep you informed about our events, campaigns, services and ways you can support us and to send you our newsletter. Please tick the appropriate boxes to let us know how you would like to hear from us:

I would like to be updated by EMAIL ☐

I would like to be updated by POST ☐

If you have any questions on how your data is used and our Privacy Policy please visit our website: www.ageuk.org.uk/surrey/help-page/privacy-policy/ or call us on **01483 503414**

Boost your donation by 25p of Gift Aid for every £1 you donate:

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

☐ Yes I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Age UK Surrey. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please notify us if you: want to cancel this declaration; change your name or home address; or no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

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Leaving a gift in your Will. Age UK Surrey is committed to being there for older people who need us. If you decide to leave a gift in your Will you will be supporting us to make life better for older people in Surrey.

Every single gift is vital and we appreciate any gift you may choose to leave us after taking care of your family and friends. Whatever the value of your gift, it will go a long way to help someone who needs us.

Having a Will and keeping it up-to-date helps ensure that your wishes can be respected and your property and assets benefit people and causes you really care about. We would always recommend that you speak to a qualified professional such as a solicitor, when making or amending your Will. Your solicitor will be able to advise you on the required wording to carry out your wishes. If you wish to leave a gift to Age UK Surrey in your Will, all you need is our charity details below:

Age UK Surrey, The Clockhouse, Chapel Lane, Milford, GU8 5EZ Charity No: 1036450

If you have enjoyed reading News & More and would be happy to receive it by **email** please contact: fundraising@ageuksurrey.org.uk

Would you like to volunteer? Most of our services are supported by volunteers; if you would like to get involved we would love to hear from you. Please email our Volunteer Manager for more information: volunteer@ageuksurrey.org.uk

Please complete and return this form with your cheque made payable to **Age UK Surrey** to the following address: Age UK Surrey, The Clockhouse, Chapel Lane, Milford, GU8 5EZ

