



Working to PREVENT & END  
homelessness in Surrey Heath

## e-News SUMMER 2021

### How has your summer been?

It has been a busy time for us over the last few months. Demand for our services continues at a high rate and we expect this to continue looking forward into the new 'normal'.

With restrictions on service activities easing, we are pleased to announce the successful running of two key projects: **Affordable Cooking** and **Digital Lifeline**. We will be running the Affordable Cookery programme throughout the year and building up the delivery of our Living Well programme which will help many in our community in the coming months. If you know someone who would like to participate in our Affordable Cookery or Living Well workshops – get in touch at [admin@thehopehub.org.uk](mailto:admin@thehopehub.org.uk) (see overpage for more information).

### Did you know?

**Between April-July 2021, we supported 115 people  
and they accessed our services 3,420 times!**

---

### Digital Lifeline Project...

Our Digital Lifeline Project is designed to help people who feel excluded and subject to social isolation due to their difficulty in accessing and understanding the IT we all take for granted these days. If someone has learning difficulties this can be a major hindrance to their lives.



Read about Chris's story here:

Chris's learning disabilities are well disguised by his warm personality and excellent memory skills. However, hiding the legacy of anxiety from a series of traumas takes up energy he wanted to channel - and began volunteering with us outside during the COVID pandemic. Finding it beneficial to feel part of doing something useful, Chris grew in confidence and joined our Digital Lifeline Project.

Receiving his very own tablet and MiFi unit and supported with a training course, he was able to access the internet and upskill. Chris learnt how to use voice recognition and other apps to help him manage his learning difficulties and challenges in literacy. His mental health and self-confidence have grown and we are thrilled he is now studying online to take him a step nearer to a new career as a mental health worker. Chris received his qualification certificate from HM Lord Lieutenant of Surrey.



The Hope Hub offers Service Users support from Crisis to Training and Empowerment through:

- [1:1 Case Worker support](#)
- [Help for well-being & mental health](#)
- [Training and qualifications](#)
- [Job searches and employment](#)
- [Access to technology](#)

*We are keen to receive cleansed working donations of tablets and MiFi units. If you or your business can donate, please email [connect@thehopehub.org.uk](mailto:connect@thehopehub.org.uk) or call 01276 581174. Thank You*

## Affordable Cooking Courses

Our Affordable Cooking courses have been running through June and into July. Our Service Users, under instructions from our fantastic team, have been preparing and enjoying such mouth watering dishes as:

- Omlette 3 ways - in a kettle, microwave and on the hob;
- Pasta bolognese - and tomato and basil pasta;
- Chicken curry - and veg curry;
- Chicken Stew and Fajitas;
- Potato salad;
- Water melon and feta salad.



Affordable Cooking under The Hope Hub gazebo

### The Living Well Affordable Cookery Course

Every Thursday in June & July  
10am - 2pm

Working to Prevent & End Homelessness in Surrey Health & surrounding areas

**Learn to Cook**

- Free
- Work in a friendly team
- Start with what you have
  - Kettle
  - Microwaving
  - Camping stove
- Get the best from your veg
  - Stir fry
  - Roasted
  - Baked
- Cook on a budget
  - Use a food parcel
  - Shop at the market
  - Good food for less
- Enjoy new foods
- Follow a recipe
- Make healthy treats

To register your interest  
email [admin@thehopehub.org.uk](mailto:admin@thehopehub.org.uk) with your name, email & phone number  
We will contact you with dates, locations and online / live workshops (COVID controlled)

## HM Lord Lieutenant of Surrey

We were delighted to welcome HM Lord Lieutenant of Surrey to The Hope Hub recently – for the second time!

He generously spent time meeting the team, service users, volunteers, and supporters and was eager to learn and hear more about our work and our plans for the future.

We would like to thank him for coming to see us and presenting thank you certificates to our Volunteers and Supporters inside.

Outside, he spoke with service users and presented their Course Completion / Qualification Certificates to the successful course completers in IT and L2 Food Health and Hygiene qualifications.



## Living Well Workshops

Our extended range of **Living Well workshops** are quietly running thanks to funding from Community Foundation for Surrey and NHS/CCG Innovation Fund. They will be running in full from September 2021. We are careful to follow latest COVID guidance and always aware we work with vulnerable folk.

**These fantastic range of workshops are for anyone in the Community who needs them and will include:**

- Affordable Cookery Courses – Cooking healthy meals on a budget, a food parcel and more.
- Employment Hub – WEDNESDAYS: Drop In: Help with job applications and CVs.
- Understand your Tenancy Agreement.
- Healthy Living Options.
- Money Management.
- Feel Well Workshops – Wellbeing and mental health awareness, anger awareness.
- IT Workshops from beginner to improver and certificated courses.
- Monthly Activities including Arts & Crafts – and more.

**Like to refer someone to us or access a workshop yourself?  
Do get in touch at [connect@thehopehub.org.uk](mailto:connect@thehopehub.org.uk)**

---

## Thank You...

... to everyone who has continued to support us with donations of food, clothing, furniture and funds.

It means so much to us all that you have taken the time to recognise and support the work we are doing to help those who may be homeless, at risk of homelessness and the vulnerable in our community.



---

## Get on yer bike!!!



That is exactly what residents and staff at The Corrina Lodge Care Home in Camberley did to raise funds in aid of The Hope Hub.

A brilliant effort travelling 120 miles by exercise bike (the distance between Camberley and a sister care home in Torquay). Wow...

It was a joy to zoom online with residents and staff during their fundraising effort. **A terrific effort by all – thanks so much!**

## DON'T FORGET - Future Fundraising Events



If you fancy a jog or run, do get involved with the **TWILIGHT RUNWAY CHALLENGE** on **11 September at 6pm**. We are chuffed to be an official charity partner and encourage you all to sign up and nominate The Hope Hub as your chosen cause.

**We need YOU!** Individuals, families, company teams or group of friends; this is your opportunity to make a difference by walking, toddling, running or cycling along Blackbushe Airport Runway. Do Join us!

Sign up here. [www.twilightchallenge.co.uk](http://www.twilightchallenge.co.uk)

### WEYBROOK PARK GOLF CLUB EVENT

Our much-awaited postponed first official Golf Day will finally take place at Weybrook Park Golf Club, Basingstoke on 15<sup>th</sup> September.

Teams of four mixed or single gender welcome.

Please contact us for details and an application form. [connect@thehopehub.org.uk](mailto:connect@thehopehub.org.uk)



---

### Food donations

We are getting low on food donations and thank the amazing community for all you do to keep the donations coming. As supermarket donations are reducing, so too are the regular larger food donations. Hart Foodbank, Derby Green and Crowthorne help us out and we are very grateful – but we do need regular donations please.

Each week, we give out approximately 20-30 food parcels to those in need. You can drop off donations to us at The Hope Hub building or we can collect by arrangement.

### Regular Givers

Are you a regular giver? If so, please complete an updated Gift Aid form so we can claim 25p/£1. It makes such a difference to us.

You can apply all gifts by using this form

[THH-Charity-Gift-Aid-Declaration-Aug-2021.pdf \(thehopehub.org.uk\)](#)

Thank you all so very much.

---

*As a busy, focussed, frontline registered charity, we stand for those on the fringes of society struggling with life and are often a voice for the voiceless. As your local registered charity, we ask you to continue to support our work. We remain determined to support the vulnerable, those affected by homelessness and poverty in our community. For more information, please visit [www.thehopehub.org.uk](http://www.thehopehub.org.uk) where you can also find details on how to donate to support our work.*

*Mags Mercer, Chief Executive*

[www.thehopehub.org.uk](http://www.thehopehub.org.uk);

<https://www.facebook.com/thehopehubsurreyheath/>

@hopehubCamberley

