

Caring for Adults with a Physical or Sensory Impairment

Most people benefit from regular attendance at some form of day or respite care and you, as a carer, may need a regular time out from caring also. It is important to know what is available so that you can plan your breaks or know whom to contact in an emergency.

How to find out about and ask for these services:

These services may be offered by Adult and Community Care Teams, the local Health Service, Borough Council or Voluntary organisations. They are usually available as part of a planned package of care so you will first need to contact your local Social Care Team, or your GP, for an assessment of your needs and to agree a plan that will suit you and the person you care for. Any charges for these services should be explained to you.

Care Away from Home:

Day Centres –

Hydon Hill Cheshire Home – day centre with a range of activities for the physically disabled, offering 20 places a day. Main age range 45-60.

Contact: Day Centre Manager, Hydon Hill Cheshire Home, Clock Barn Lane, Godalming GU8 4BA Tel: **01483 860516**

Headway Day Resource Centre – facilities for 20 head-injured to attend daily for a range of activities and skills training. Referral through Social Care Team.

Contact: Oliver McGeachy, Chief Executive, Headway Resource Centre, North Road, Guildford Tel: **01483 455225**

White Lodge Adult Resource Centre – for 18 years+ with physical disability – therapy/employment & supported volunteering/creative arts/leisure & life skills/IT/back care advice for carers. Self-referral or through GP/other health professional or Care Manager Tel: **01932 567131**

Clubs –

You do not usually need a professional referral to attend so you can make contact directly with the organiser.

Guildford Onward Stroke Club – run by WRVS. Meet at Malthouse Court, Shalford, Mondays 2 pm. Transport available.

Contact: Mrs Irene Hoad

Tel: **01483 416490**

Godalming Blind Club – meets fortnightly at United Reformed Church Hall, Bridge Street, Godalming. Handicraft sessions.

Contact: Mary Young

Tel: **01483 422822**

Haslemere Social Club for the Disabled – meets at Methodist Church Hall, Monday, 2-4pm.

Contact: Ann Randall

Tel: **01428 643365**

Residential Breaks:

Godwin Unit, Haslemere Hospital – assessment and rehabilitation for those with physical disability, age 16-65. Referral through your Consultant or GP.

Contact: Godwin Unit, Haslemere Hospital, Church Lane, Haslemere

Tel: **01428 782323**

Holy Cross Hospital – short and long term care for the severely disabled and terminally ill, in a peaceful caring environment. Referral via your GP.

Contact: Holy Cross Hospital, Hindhead Road, Haslemere GU27 1NQ

Tel: **01428 643311**

Hydon Hill Cheshire Home – some respite care but mostly long term residential. Referral through Care Manager.

Contact: Hydon Hill Cheshire Home, Clock Barn Lane, Godalming GU8 4BA

Tel: **01483 860516**

Other Services:

Deaf Services Team (Social Care) – provide advice, assessment, support, equipment.

Contact: Rentwood Resource Centre, School Lane, Fetcham, KT22 9JX

Tel: **01372 376558**

Other Organisations:

Surrey Independent Living Council (SILC) – information and help with Direct Payments. Tel: **01483 458111**

Arthritis Care – 18 Stephenson Way, London NW1 2HD
10 am - 4 pm Tel: **020 7380 6500**
Helpline: 10 am - 4 pm, Mon - Fri Tel: **0808 800 4050**
Haslemere Branch: meet in Grayshott monthly, 1st Tuesday at 2 pm. Can arrange transport.

Contact: Shirley Williams Tel: **01428 643625**

Breakthrough Deaf Hearing Integration – help and advice. Mobile exhibition of equipment. Tel: **01252 510051**

Diabetes UK – 10 Parkway, London NW1 7AA Tel: **020 7424 1000**

Dyspraxia Foundation - Local Helpline

Contact: Pam Hosegood Tel: **01483 505203**

Epilepsy Association – Chesham Lane, Chalfont St Peter, Bucks SL9 0RJ
Tel: **01494 601400**

Headway (National Head Injuries Association) - Surrey Branch

Contact: Oliver McGeachy, Headway, North Road, Guildford
Tel: **01483 455225**

Huntington's Disease Association – West Surrey Branch

Contact: Ian Prosser Tel: **01483 534947**

Motor Neurone Disease Association – PO Box 246, Northampton
NN1 2PR

South West Surrey Branch: meets 2nd Monday, 8-10 pm at Cranleigh Guide Hall

Contact: Sallie Bushen Tel: **01483 274337**

Multiple Sclerosis Society – 372 Edgware Road, London NW2 6ND
24 hour Counselling Service Tel: **020 8438 0700**
Local Multiple Sclerosis Society helpline Tel: **01483 420060**

Muscular Dystrophy Group of Great Britain – 61 Southwark Street,

London, SE1 0HL

Tel: **020 78034800**

Parkinson's Disease Society – 215 Vauxhall Bridge Road, London

SW1V 1EJ – Freephone Helpline:

Tel: **0808 800 0303**

Guildford Branch – contact: Mary Brown

Tel: **0844 225 3668**

RADAR (Royal Association for Disability and Rehabilitation)

Tel: **020 7250 3222**

Royal National Institute of Blind People (RNIB)

105 Judd Street, London WC1H 9NE

Tel: **020 7388 1266**

Catalogue of products for daily living and information on holidays, benefits,
etc

Tel: **0845 702 3153**

Helpline –

Tel: **0303 123 9999**

The Royal National Institute for Deaf People (RNID) – 19/23 Featherstone
Street, London EC1Y 8SL Freephone info line: Tel: **0808 8080123**

Stroke Association – 240 City Road, London EC1V 2PR

Tel: **020 7566 0300**

Surrey Association for Visual Impairment (SAVI) – Rentwood, School
Lane, Fetcham, Surrey KT22 9JX – offer visiting scheme, information,
rehabilitation advice www.surreywebsight.org.uk

Tel: **01372 377701**

Voluntary Association for Surrey Disabled – provide information, holidays,
clubs and have an equipment shop at Rentwood Resource Centre, Fetcham
(see above).

Contact: 10 Havenbury Estate, Station Road, Dorking RH4 1ES

Tel: **01306 741500/741600**

Vitalise (formerly Winged Fellowship Trust)

Tel: **020 7017 3420**

Talking Newspaper – Guildford and Waverley areas. Surrey Advertiser
tapes on local news.

Tel: **01483 760662**

*Note: please photocopy if required. All information was believed to be correct at the time
of production. Inclusion does not imply recommendation. Please advise us if you should
find any errors, in order that we can update the information*

Produced by Carers Support Guildford and Carers Support Waverley

For more information contact:

Carers Support (Guildford) Tel: 01483 458123, or

Carers Support (Waverley) Tel: 01252 718166