

Community and Wellbeing Services Support for you

Community alarm plus

This service is great for people who value their independence. The system supports people who live alone, people who feel vulnerable, people who may have a disability and people who have been a victim of crime. This pendant alarm system gives you and your loved ones reassurance that in an emergency help is available and on its way at the press of a button.

How it works:

A small alarm unit is connected to your phone and you wear a pendant to wear. If you ever need help in an emergency, just press your button.

This will connect you through to a 24 hours, seven days a week, 365 days a year, monitoring centre. They will contact your nominated persons and the emergency services if required.

This service can also provide various pieces of Telecare that will enhance your safety within your home such as smoke alarms, pill dispensers, bed sensors and carbon monoxide detectors.

Key safes

If you ever have an emergency in your home, it is likely that the emergency services will need to gain access to your property to help you. Having a key safe fitted will mean that they can get to you quickly with your own

store keys. A key safe is a small, lockable box with a coded push button keypad which is secured to the brickwork outside your property in a discreet place. The monitoring centre would hold the code and give it to the emergency services only if they are called to your property.



Transport from home

This is a membership service that runs across the Borough. The service is for people who find accessing or using public transport within the Borough difficult. The service may be suitable for people who no longer have the ability to drive, people who may have mobility issues, disabled persons or require door to door transport.

The vehicles are wheelchair accessible and fully equipped to provide a safe and flexible transport service. If you require a car to travel with you when they can travel free of charge except on occasions. The service operates from 8am to 4pm, Monday to Friday.

Transport from home runs four main regular services. These are:

Shopping - to Epsom town centre and Sainsbury's.

Day Centre - to the Centre for the Community.

Personal - fits in with your needs such as visiting friends, going to the hairdressers and getting to doctor appointments.

Excursions - planned trips around the Borough that are bookable in advance. Previous trips include visiting garden centres, cream teas, and pub lunches.

Meals at home

The meals at home service delivers a choice of tasty and nutritious meals directly to your door five days a week. We cater for different dietary needs including vegetarians, diabetics, pureed, low fat, low salt, gluten free and cultural requirements such as halal.

Meals will be delivered hot to your door between 11am and 2pm Monday to Friday or on the week days that you prefer. We also offer a tea service consisting of

freshly made sandwiches with fruit, biscuits and cakes. There are no deliveries during the weekend or on bank holidays, instead we arrange to deliver frozen meals so that you can cook them at home.

Shopping Service

The service runs weekly in partnership with a local supermarket and provides a home delivery service for your essential food shopping needs.

Our staff will contact you by telephone to take down your shopping list. The shopping list is then passed on to the local supermarket where the staff will pack and total the ordered items.

The next day our drivers will deliver the shopping to you at home with the receipt for you to check. To use this service you must be a member of meals at home with a minimum meal delivery on the day that you receive your shopping.

There is a delivery charge but there is no minimum order amount on your shopping and no postage and packaging charge by direct debit.



Wellbeing support centre

The aim of the Wellbeing Centre is to support our growing elderly population and vulnerable adults with their physical, emotional and mental health wellbeing.

The Centre specialises with supporting people with higher needs that include people who feel socially isolated, people who have memory loss, confusion or in the early stages of dementia. We also provide support for carers.

We run various sessions for people with higher needs and their carers to attend such as: Japanese tea ceremony, Tai Chi for carers, Relaxation, Music, Art, and Visual Art Group. The Centre is a safe place to meet, laugh, enjoy a cup of tea and try out a session.

Centre for the community

The Longmead Centre is a spacious and modern building which welcomes people 55 and over who are looking for an exciting programme of social and recreational events.

The Centre offers a range of classes designed to promote health and wellbeing. Activities include: Tai Chi, Line dancing, Stay young exercise classes, Whist drive, Arts and crafts group, Bingo, Indoor bowls, Chess, Games, Computer classes, Singing groups and yoga. The Centre is open five days a week, Monday to Friday from 9am - 4pm.

The Centre has a coffee shop is set in our comfortable dining area where you can relax over a coffee and enjoy one of our freshly baked cakes and savouries. This is the focal point of the Centre where people can catch up with friends and check out the regular events and activities. You can also enjoy a wide range of freshly prepared meals and snacks at very competitive prices. In addition, we have special occasion lunches followed by live entertainment.

The Centre also offers the following services:

Hairstressing salon
Foot care clinic
Aromatherapy massage
Bathing facility
Laundry facility

For more information contact us on: 01372 732 000 alternatively email us: contactus@epsom-ewell.gov.uk