



Surrey Faith Links Newsletter

June 2015



“We must master our egoism, and through this mastery, step outside ourselves and educate ourselves in giving. Fasting requires that we rediscover all that is alive around us, and reconcile ourselves with our environment”
(Tariq Ramadan)

Thank you once again for your contributions to this newsletter, keep them coming in!

Please feel free to get in contact with me if you would like to know more about SFL or would like support in organising an interfaith event.

Kausar Akhtar (Faith Links Adviser)

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Woking People of Faith, AGM

Woking People of Faith (WPOF) held their AGM on Wednesday 13th May at St Pauls Church, Woking. Various people spoke about how they benefitted from the work of WPOF including: Surrey Police, Woking Hospice, Churches in Woking, a youth member from Shah Jahan Mosque and CEO Ray Morgan.

One of WPOF’s central aims is to strengthen relationships between people of all religions and cultures in Woking - to build friendship and understanding between people of different cultures and faiths, for the good of the whole community. WPOF has become skilled at creating ‘safe’ spaces for people to meet, learn and ask questions of one another.

For more information or to get involved please visit: www.wpof.org.uk or contact Pippa Ross McCabe: coordinator@wpof.org.uk



- Main Faith Festivals in June 2015**
- ◆ 2nd - Layla tul Bara’a (Islam)
 - ◆ 2nd - Saga Dawa (Buddhist)
 - ◆ 4th - Corpus Christi (Christian)
 - ◆ 16th - Martyrdom of Guru Arjan Dev (Sikh)
 - ◆ 18th June - 16/17th July - Ramadan (Islam)

Who makes your local community a better place to live?

Nominations for the 2015 Living and Ageing Well in Surrey Awards are now open!

Give an individual, group or service the recognition they deserve—nominate them for an award today. It is FREE and simple to enter. There are nine categories to choose from...You can even nominate yourself!

Get an entry form from: www.surreycc.gov.uk/livingandageingwell

Visit your local council office, Age Surrey UK, Hub, Library or Volunteer Centre

Email: livingandageingwell@surreycc.gov.uk

Or send in a film clip nomination. More details on the Awards webpage.

Nominations close midnight Wednesday 7 October 2015.



What is living and ageing well?

Surrey County Council is committed to support residents to live and age well and our principles are based on what older people have said is important to them.

What does it mean to 'live and age well'?

The population in Surrey is living longer. There are now more people over state pension age in the UK than children, and by 2050, a 65-year-old man in Britain can expect to live to 91, compared to 76 in 1950. In order to meet the changing needs of our residents as they age it is vital that there is a good supply of activities, services and support available in our towns and villages to help people stay active and healthy throughout their whole life.

In Surrey we wish to recognise the many ways older people contribute to society and their local communities, and to build on the opportunities for improving the wellbeing of local people as they age.

That's why we have a programme of work called Living and Ageing Well in Surrey, working closely with partners in health, borough and district councils, voluntary, community and faith organisations, and local people with shared guiding principles and values: to make Surrey the best possible place to live and age well. Our principles are based on what local older people told us that matter to them.

For more information please visit: www.surreycc.gov.uk/livingandageingwell

The True Face of Islam



Amnesty International, Farnham invited me to speak about 'the True Face of Islam' on Monday 11th May at St Andrew's Church Farnham.

Certain areas of Surrey are not very diverse in Faith and so there are very little opportunities for people to engage with people of other faiths. Surrey Faith Links would like to help facilitate interfaith events in your local area to create a safe space to ask questions and learn more about other faiths.



If you would like to organise an interfaith event at your local place of worship please contact me; I can help organise the event and also invite speakers from different faiths.

Kauser Akhtar,

E: Kauser.Akhtar@cofeguildford.org.uk, T: 01483 790334

Neighbourhood Angels Befriending Project- Guildford

Neighbourhood Angels is a pilot scheme in Guildford Borough. It is funded by Guildford Borough Council but facilitated by the Communities Engagement Team within the Church of England.

The key aim of the project is to reduce loneliness and isolation for older people and vulnerable adults. We also aim to improve confidence, develop community links and improve independence. The long term aim is to reduce dependency on health and social services by utilising volunteers and community services.

Who is it for?

Neighbourhood Angels is aimed at older people and vulnerable adults in Guildford Borough who:

- Have limited contact with other people
- Are lonely and/or socially isolated
- Are willing to receive the help of a Neighbourhood Angel

They may:

- Have a physical illness or disability
- Have low level-mental illness, i.e depression or early stages of dementia.

Referrals may come from various sources such as health centres, social services or within the community. Referrals will always be assessed by the project co-ordinator before being matched with a volunteer. If a referral is not suitable, other options may be pursued.

Volunteers

DBS checks and character references are carried out for every volunteer. They receive around one day of compulsory training; See Page 8 for 'Befriending Training Day'. Volunteers are 'matched' to residents according to locality, experience, availability and interests.

Volunteers may:

- take residents out to community groups or locations
- support residents to meet personal goals
- provide a listening ear
- sign-post to other services
- Volunteers may not:
 - Provide medical or personal care
 - They are also not there to do housework (but may help with odd jobs).

Length of Interventions

Residents receive an initial intervention of 3 months. Progress is reviewed and a further 3 months may be offered. Most volunteers will meet residents weekly, or fortnightly, for a few hours. If support is still needed after 6 months, other avenues may be pursued.

Contact Details

Rachel Guilford
Neighbourhood Angels Project Co-ordinator (part-time)
07796098077
Rachel.Guilford@cofeguildford.org.uk
Diocesan House, Quarry Street, Guildford GU1 3XG



Job Vacancy: Carer Adviser with Carers Support (Guildford)

Pay Scale: £23,250-£25,496 pro rata

Full Time: 36hrs or 30hrs over 4-5 days, 5 weeks holiday per year

Closing Date: Monday 15th June 2015 11.55 pm

Carers Support (Guildford) is seeking to recruit a Carer Adviser to cover the Borough of Guildford, either full time 36hrs per week or 30hrs over 4–5 days. The role will be specialising in taking the lead in supporting either Parent Carers or Carers looking after someone with a mental health issue but will include supporting generic carers. The work will range from support and advocacy for Carers' needs and entitlements, to providing information about caring, benefits and services, including contributing to a regular newsletter, running an informal group for carers and providing training and various social events for Carers.

We are looking for a self-motivated, empathetic and committed person with excellent communication and organisational skills to work directly with carers, their families and professionals. Candidates should have a minimum of two years relevant experience. This post will be subject to a DBS enhanced check. All applicants should have a full driving licence and use of a vehicle. Carers Support (Guildford) operates an equal opportunities policy.

Download from the website: www.carerssupportguildford.co.uk

Please phone 01483 458123 or email office@carersguildford.co.uk for an application pack, which will be sent out by email or by first class post.

This month's news stories from 3 Faiths Forum

- [What happened when an anti-Semite found he was Jewish?](#)
- [Can Pope Francis lower the heat on church/state tensions in France?](#)
- [Why religion will dominate the 21st century](#)
- [Obama: Defeating poverty takes money and 'transformative power' of faith groups](#)
- [If we are to fight extremism we must bring people together, not silence and ban them](#)
- [Beware secular fundamentalism: we need to be open to religion's role in a troubled world](#)
- [Sikh Harman Singh Removes Turban To Help Injured Child Hit By Car](#)
- [Racist and anti-immigration views held by children revealed in schools study](#)
- [Interfaith Group Forms Symbolic 'Peace Ring' Around Cincinnati Islamic Centre](#)



We must help children challenge racist views

A recent survey of children aged 10 to 16 found widespread negative attitudes towards migrants and Muslims living in the UK. These worrying results confirm the necessity of teaching students the skills to challenge prejudice and stereotypes.

To challenge both negative attitudes and inaccurate information, we must ensure that young people have the necessary critical thinking skills and as well as actual experiences of engaging directly with those they have negative attitudes about.

As the study by SRTRC demonstrates, children rarely have the opportunity to meet people from different communities. Enabling young people to meet, learn from and work with people from different faiths, beliefs or cultures could prevent misconceptions and stereotypes.

To read the full article please visit: [We must help children challenge racist views](#)

Take control of your health with a free NHS Health Check

Spot potential problems early and put them right before they do real damage

Just because you feel fitter now than at any other point in your life it doesn't mean it's not worth having a free NHS Health Check. Think of it as your "midlife MOT" to check that some of your body's most important systems are running smoothly.



If you're under 74 (the starting age is 40) you're eligible for an NHS Health Check at participating venues in Surrey. It's quick, easy and free and could make a big difference to your health, and life, in the long term.

Why do I need an NHS Health Check?

The check will help you identify your risk of developing illnesses like heart disease, stroke, diabetes or kidney disease, so you can take the best course of action to stay healthy and active for longer.

What will happen at the check?

The check will only take about 20 minutes and you'll be asked a few simple questions about your family history and lifestyle choices which may put your health at risk. Your healthcare professional will make a note of your weight, age, sex and ethnicity before taking your blood pressure. You'll also have your cholesterol measured.

What happens after the check?

Your healthcare professional will talk you through the results and give you personalised advice to help you stay healthy. This could include:

- Making a few small changes to your lifestyle such as trying to be more active.
- Having a blood test to check for kidney problems or type 2 diabetes. Your health professional will be able to tell you more about this.
- Being prescribed medication to lower your blood pressure or cholesterol levels.

How do I get an NHS Health Check?

If you're under 74 and haven't previously had a stroke or been diagnosed with heart disease, kidney disease, dementia or diabetes you should have an NHS Health Check now. Visit

www.healthysurrey.org.uk/healthchecks to find out more about booking an appointment with your nearest provider.

FUNDING OPPORTUNITIES

Community Improvements Fund - Leader's Initiative

For 2015/16 there is £500,000 available, applicants can apply between 7 April 2015 until 22 July 2015. Bids will be considered by the Leader on 7 October 2015. All available funding for 2015/16 will be allocated at this meeting.

Key Criteria 2015/16

The projects applied for under this funding, will need to evidence how it meets each of the specific criteria below (more detailed information on the criteria and restrictions can be found in the attachments at the foot of the webpage):

- Improving community facilities;
- Wider community benefit;
- Making a real difference to people's lives;
- Encouraging communities to take greater responsibility for local issues and encourage people to work together.

For more information please visit: <http://new.surreycc.gov.uk/people-and-community/voluntary-community-and-faith-sector-vcfs/community-improvements-fund-leaders-initiative>

Carnegie UK Trust Launches New Prize Fund for UK

The Carnegie UK Trust is inviting third, public and private sector organisations across the UK to join its new competition. The new Enabling State Challenge is free to enter and is open to UK based organisations that are working to enable individuals and communities to gain more control over their own wellbeing. According to the Trust, the Challenge is about showcasing and celebrating examples of good enabling approaches in action. Five prizes of £5,000 each will be awarded to exemplary initiatives that demonstrate how to give communities and individuals greater control in a way that improves wellbeing. One overall winner will receive an additional £5,000 prize.

Briefly the Trust is looking for a programme or project which seeks to improve individual and community wellbeing by giving individuals or communities more control and/or supporting people to help each other and all programmes or projects must exemplify at least one of the steps outlined in A Route Map to an Enabling State (as explained on the website).

Please look carefully at the full eligibility criteria which is online: <http://www.enablingstate.co.uk/enter/> Applications are to be made via this website and will need to be submitted with a three minute video alongside a written summary of the programme/project.

The deadline for entries is 26 June 2015 (midnight).

For a variety of other funding please visit:

<http://new.surreycc.gov.uk/get-involved/get-funding-and-support>

UPCOMING EVENTS

Interfaith Football Championship

Saturday 13th June, 10am – 3pm
at Winston Churchill school, Hermitage Road, Woking, Surrey GU21 8TL

Teams playing from:

- Al-Asr Centre
- Woking Asian Business Forum
- Shah Jahan Mosque
- St Dunstons Church
- Knaphill Methodist Church
- The Coign

Organised By:



Woking People of Faith

Sponsored By:



WOKING ASIAN BUSINESS FORUM

Woking Mayor to present prizes. All welcome to attend.

Contact John West for more details: john.west63@ntlworld.com

Community Open Day

The Surrey Heath Muslim Association invite you to a Muslim Community Open Day; the event seeks to raise awareness of Islam and the Muslim community in general and to develop a better understanding of our diverse multicultural communities in Britain.

At the open day, there will be posters, literature, gift bags, Audio-Visual presentations, as well as activities for adults and children, free refreshments and, most importantly there will be people to answer questions about Islam and Muslims.

Event: Discover Islam

Venue: Ian Goodchild Centre, Knoll Road, Camberley, Surrey GU15 3SY

Date: Sunday, 14th June 2015

Time: 11:00 to 16:00

For more information please contact Gemal Dabab E: gdabab@yahoo.co.uk



Surrey Heath Muslim Association

'Discovering the Hospice Labyrinth'

In 2013, Princess Alice Hospice installed a labyrinth for the use of patients and relatives, a number of whom have reported its positive value. But the Hospice's intention was that the labyrinth should also be a resource for the community.

During the summer months we are inviting groups from within the community to visit the Hospice to learn about the Labyrinth and to experience it for themselves. These visits will include a brief presentation about labyrinths, their history and attributed features, followed by the opportunity to walk the labyrinth, facilitated by our trained labyrinth guides. The visits will take place from 2.30–4.00pm on the following dates: **15 June, 20 July, 14 September**



To book a visit please email Revd Dr Steve Nolan Chaplain

Princess Alice Hospice, West End Lane, Esher Surrey KT10 8NA

t:01372 461806, m: 07793 773072, e: chaplain@pah.org.uk, w: www.pah.org.uk

Interfaith lunches

At All Saints Church, Banstead

16 June 2015, 12 noon to 2pm

All Saints Church are hosting three lunches, joined by a member of a different faith community each time, to share with us what their faith means to them. We look forward to this opportunity to grow in understanding in a sociable way All welcome. Sharing hospitality, to grow in understanding.

Tickets £5 from Revd Vivien 01737 352060

Surrey Independent Living Fair 2015

Surrey Independent Living Council (SILC) is holding an exhibition fair, with associated workshops and activities, to showcase the diversity of opportunities and choices available in Surrey for disabled adults and children, older people and carers to live more independently. The Surrey Independent Living Fair will be held on Thursday 25th June 2015, 10am-4pm, Epsom Downs Racecourse. The event will cover not only care and support, but also learning and work opportunities, products to purchase, benefits, advocacy, health, as well as interactive leisure and sporting activities for all to participate in if they wish. Last year's event was a great success with over 1,000 people attending. Entry will be free for visitors and a shuttle bus is available from Epsom station to the Race course.

Register your interest to attend at: www.surreyilc.org.uk/fair2015/index.shtml

Contact: Nicola Burrows, office@nb-consultancy.co.uk

Women's Health: Could you or someone you know be suffering from ENDOMETRIOSIS?

Endometriosis - One in ten women endures unrelenting pain that affects every aspect of their lives each day. That's over 1.5 million women in the UK right now who desperately need support and information to help them understand this debilitating condition.

Come & find out more from representatives from PrimeHealth London & Endometriosis UK on Thursday the 25th of June, 4:30pm at the Parkview Community Centre, Sheerwater, Woking, GU21 5NZ.

For more information please contact Joyce at contact@primehealthlondon.co.uk

Neighbourhood Angels Befriending Training Day

Saturday June 27th, 10am-3.30pm, Park Barn Day Centre, GU2 8EN. (Lunch and refreshments provided)

A free workshop open to anyone (over 18) willing to befriend isolated residents in their community, or find out more. Covering:

- ⇒ Loneliness: causes and solutions
- ⇒ Stages in a befriending relationship
- ⇒ Connecting with the community
- ⇒ Listening skills
- ⇒ Keeping yourself, and vulnerable adults safe

For more information about the project, please see page 3 of this newsletter.

To book (by June 22nd) or find out more please contact: Rachel Guilford, Project Co-ordinator, M: 07796098077, E: Rachel.guilford@cofeguildford.org.uk



Easy Cricket

A simplified version of cricket for all abilities. You will learn how to hit 'a six', take a diving catch and bowl with precision. Enter individually or as a team.

Every Thursday between 25.06.15 – 16.07.15

To book, contact workit@surreycc.gov.uk, For more information about Easy Cricket, visit workitsurrey.ning.com

Squash League

You will be paired up and matched with similar abilities and standards on the day by one of our Surrey Sports Park squash coaches. There will be an overall winner at the end of the 6 weeks, with a stats sheet of results and attendance. Every Tuesday between 02.06.15 - 17.07.15

For more information on the Workplace Squash League, contact squash@surreysportspark.co.uk or book online at surreysportspark.co.uk/book

Freedom to Share our Faith

Date: 14 July 2015, Time: 18:45 - 20:45

Address: Education Centre, Guildford Cathedral, Stag Hill, Guildford, GU2 7UP

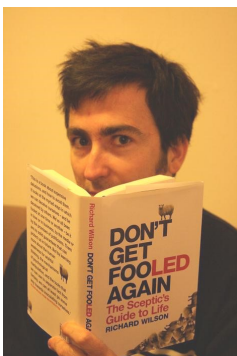
Fee: £10, Speakers: Philip Simpson and Kauser Akhtar

Revd Philip Simpson worked for 10 years in Pakistan with the Church Mission Society. He is now Non-Stipendiary Minister at Christ Church, Woking. Kauser Akhtar is Surrey Faith Links Adviser in Guildford Diocese and married to the Imam at the Shah Jahan Mosque in Woking.

Both Christianity and Islam are missionary faiths. In this interactive session, Phil Simpson and Kauser Akhtar will engage from a Christian and a Muslim perspective, with the challenges of sharing faith today. The session will involve a 'scriptural reasoning' exercise through the reading of Qur'anic and Biblical missionary texts. Come prepared to listen, to learn and to share. For more information and booking:

[http://www.cofeguildford.org.uk/life/lifelong-learning/summer-school/details/freedom-to-share-our-faith-\(10-15\)](http://www.cofeguildford.org.uk/life/lifelong-learning/summer-school/details/freedom-to-share-our-faith-(10-15))

How not to get fooled by myth and quackery



Everyone is welcome!! Do come along and join in
 Sunday 19th July, 7 for 7.30pm
 Daniel Hall, Long Garden Walk, Farnham, GU9 7HX

Richard Wilson highlights how we are all vulnerable to deception and delusion by peddlers of myth and quackery, from corporate pseudo-science to paranoid conspiracy theories. He proposes ways we can minimise the dangers of being taken in by bogus sceptics portraying their ideas as "rational and evidence-based".

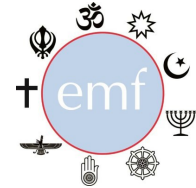
Writer George Monbiot describes Richard's book 'Don't Get Fooled Again' as "rigorous, witty and beautifully-written".

Tea & coffee included. Other drinks available from the Hop Blossom Pub close by. Donation £2 to help costs



Elmbridge Multi Faith Forum Events

- ⇒ **Democracy and Faith:** EMF AGM, talk on democracy and the role of faith by Nabil Mustapha followed by discussion and AGM. Tuesday 28th July, 7 pm for 7:30 pm at Elmbridge Multi faith Centre, Mercer Close, Thames Ditton, KT7 0BS
- ⇒ **Gala:** Saturday 28th November at 19.00 for 19.30 at Grenville Centre, Claremont, Cobham, KT11 2JL
- ⇒ Visit to Zoroastrian Centre: TBA
- ⇒ Discussion on Freedom of Speech: TBA



Developing Self Confidence Course

Young Persons Group (18—25)

Monday 15th, 22nd & 29th June

6:30—8:30 pm

At: Corner House, Woking, 2 Courtenay Road, GU21 5HQ

Run by a trained tutor, Caroline Adcock from the Surrey Care Trust.

To book your place please contact:

tasha@cornerhousewoking.org.uk or 07473 404962



Living Well in Woking - Monday 28 September – Sunday 4 October 2015

In partnership with Surrey County Council, the NHS and our colleagues at Freedom Leisure Woking Borough Council is hosting a Living Well Week at the end of September 2015. On offer will be a fantastic range of health and wellbeing activities in the Borough to inspire people to have fun, be active, eat well and be more informed about how to stay healthier.

This is a community wide event, open to all public, voluntary and not-for-profit organisations and the business community.

More information will be provided between now and September but you're welcome to register your interest or discuss hosting a headline event now by contacting John Maguire, Living & Ageing Well Coordinator, by email john.maguire@woking.gov.uk or telephone 01483 743352.



Surrey Faith Links c/o CET, Diocese of Guildford

Diocesan House, Quarry Street, Guildford, GU1 3XG

T: 01483 790334, E: Kausar.Akhtar@cofeguildford.org.uk



Designed & Edited by:
Kausar Akhtar