



**DECEMBER NEWSLETTER
2018**

SOCIAL GROUP MOBILE NO. 07543 889 649

(Only in use Tuesday and Thursday: 10.30am – 1.30pm)

**SOCIAL GROUP ADDRESS: Redhill Football (Social) Club Ltd., “Kiln Brow”,
Three Arch Road, Redhill, Surrey RH1 5AE**

OFFICE MOBILE NO. 07597 781 624 (Monday - Friday: 9.00am – 6.00pm)

**A HAPPY AND PEACEFUL CHRISTMAS
FROM EVERYONE AT REIGATE STEPPING STONES**

SAFE HAVEN, REDHILL

EVERY EVENING THROUGHOUT THE YEAR

6.00PM – 11.00PM

**Wingfield Resource Centre, St. Anne’s Drive, Off Noke Drive,
Redhill RH1 1AU**



A safe place for anyone experiencing a mental health crisis. Mental health professionals are available to talk, listen and help you through.

Come along and see us. You do not have to book a place and you can talk as much or as little as you want. If you prefer you can sit with us and have drink.

We offer a relaxed environment. Everyone is welcome, whether you are in a crisis yourself or know someone who is. Whatever support you need we are here to help you. Mental Health Carers are also welcome.

Directions if driving: Drive along St. Anne’s Drive, passing the Post Office building and their parking space, Wingfield Resource Centre and then turn left into St. Anne’s Mount and follow road round into Wingfield Resource Centre parking area.

Epsom Safe Haven

The Larches, 44 Waterloo Road, Epsom KT19 8EX

Guildford Safe Haven

Oakleaf Enterprise, 101 Walnut Tree Close, Guildford GU1 4U

FRIENDS OF MERSTHAM PARKS AND GREENS



FIRST SATURDAY IN EACH MONTH

The Friends of Merstham Parks and Greens continue with the good work of conserving and improving the green spaces and natural areas of Merstham who meet on the first Saturday of every month.

If you are interested in volunteering with Friends of Merstham Parks and Greens please contact Drummond Richardson by:

Email drummond@drumr.co.uk or Phone: 07913 148 821

ESDAS (EAST SURREY DOMESTIC ABUSE SERVICE)



ROLLING PROGRAMME OF WOMEN'S INFORMAL DROP-IN WORKSHOPS SPECIFIC MONDAYS 10.00AM – NOON (Term Time only)

ESDAS offers an ongoing programme of six workshops to women who are, or have been, in domestic abuse situations. Each of the six Workshops will focus on a specific topic meaning you can choose to come to as many or as few as you wish and

have a chance to catch up with any you missed during the following term. There will be time at the start of the session for informal discussion and relaxation exercises will be offered at the end depending on time available.

The workshops will run on specific dates on Monday between 10.00am and noon in the centre of Redhill and will be repeated through school terms.

Workshops are facilitated by an experienced ESDAS Outreach Worker and a small team of trained ESDAS volunteers. Some Workshops will be run by external facilitators.

Their aim is to offer you a range of emotional and practical life skills to build self-esteem and confidence and to encourage and empower you to move forward in your recovery.

The workshops are offered free of charge.

They are unable to accommodate school age children as the conversations and content of workshops may be inappropriate. However, if you have pre-school children and are unable to access childcare please give them a call so they can discuss options which may help you to attend.

If you would like any further information on the Workshops please call Dawn on 01737 771 350

MERSTHAM COMMUNITY FACILITY TRUST



IT CAFÉ

MONDAY: 10.00AM – 2.00PM

WEDNESDAY: 10.00AM – 2.00PM

FRIDAY: 10.00AM – 2.00PM

2a Portland Drive, Merstham RH1 3HY

Welcome to the Merstham Hub

For further information, please contact: 01737 333 461

E: info@mcft.org.uk

YMCA EAST SURREY



**EXERCISE REFERRAL
MINIBUS SERVICE
MONDAY – TUESDAY - WEDNESDAY
PICK UP BETWEEN 10.30AM – 11.00AM
DROP OFF BETWEEN 12.30PM – 1.00PM
COST £2.50 COVERING BOTH JOURNEYS
Does not include Gym entrance**

If you have transport difficulties and find it hard to get to the YMCA, they now offer a minibus service for Exercise Referral members. The minibus is wheelchair accessible and can pick you up from home, bring you to the YMCA Sports & Community Centre in Redhill and take you back home again.

The staff have a friendly, caring and attentive attitude and are always willing to help.

Where: Reigate, Redhill, Nutfield, Merstham and Horley area.

To book please contact: wayne.askin – 01737 779 979

www.ymcaeast Surrey.org.uk

SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST FOCUS - EAST & MID SURREY AREA GROUP MONDAY 3RD DECEMBER 1.00PM – 3.00PM

Reigate Baptist Church, Sycamore Walk, Reigate RH2 7LR

Topics:

1. Welcome, introductions and apologies
2. FoCUS Area Group meeting Ground Rules
3. Minutes of previous meeting and actions
4. Feedback from FoCUS Committee
5. Local issues, good news and compliments.
(10 minute break)
6. Feedback from FoCUS Committee
7. Spiritual & Pastoral Care – Josiah Anyinsah
8. Care Excellence Accreditation Work – Maria McCabe
9. CMHRS Update

Date of Next meeting: Monday 7th January 2019 – Park House, Randalls Road, Leatherhead KT22 0AH

RICHMOND FELLOWSHIP/YMCA



**WALK YOUR WAY TO HEALTH
MONDAY 10TH DECEMBER AT 1.30PM
MONDAY 24TH DECEMBER AT 11.00AM
Richmond Fellowship, Wingfield Resource Centre,
St. Anne's Drive, Off Noke Drive, Redhill RH1 1AU**

Walking will keep your mind healthy as well as your body and is proven to have a positive impact on mental health. It's the ideal way to enjoy the outdoors and meet new people.

If this is something that appeals to you, why not come along?

Please contact Richmond Fellowship: T: 01737 771 282 SMS: 07770 890 245
E: redhillcc@richmondfellowship.org.uk

ST. BARNABAS CHURCH SOCIAL GROUP



AUTUMN TERM 2018 - DECEMBER
EACH MONDAY 4.00PM – 7.00PM

St. Barnabas Church, Temple Road, Epsom KT19 8HA

03rd - Christmas Dinner

10th - Christmas lights in London

17th – 1.00pm Pantomime at Epsom Playhouse

Their activities will start again on Monday 7th January 2019

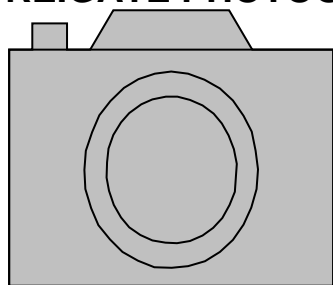
To attend it costs £2.00 per session.

If interested, please contact St. Barnabas Church

Tel: 01372 721 518

Email: info@lovemelovemymind.org.uk

REIGATE PHOTOGRAPHIC SOCIETY



MONDAYS – 8.00PM

**Old Schoolroom, Reigate Community Centre, rear of
Reigate Methodist Church, High Street, Reigate RH2 9AE**

Meets every Monday (except holidays) from *September to May* at 8.00pm at the Old Schoolroom, Reigate Community Centre, at the rear of Reigate Methodist Church, High Street, and Reigate.

New members and members of other Photographic Clubs are always welcome.

For more information please contact them at: info@reigatephotosoc.co.uk
www.reigatephotosoc.co.uk

PATCHWORKING GARDEN PROJECT



TUESDAY WEDNESDAY THURSDAY
10.00AM – 12.30PM AND/OR 1.30PM – 4.00PM

**Patchworking Garden Project,
Aviva Pic (formerly Friends Life) Sports Ground,
Pixham Close, Dorking RH4 1QA**

The Patchworking Garden Project is bringing positive change to people's lives through the therapeutic benefits of gardening.

Gardening improves wellbeing as well as providing social interaction and the opportunity to learn new skills.

Set in a walled garden, The Patchworking Garden Project does all this in a stunning natural environment. People can come and garden in supported sessions, or simply enjoy the space.

If interested, please contact: 07814 544 420

Email: info@patchworkinggardenproject.co.uk

Website: www.patchworkinggardenproject.co.uk

MID & EAST SURREY MENTAL HEALTH STAKEHOLDER GROUP
TUESDAY 4TH DECEMBER 10.00AM – 12.00PM
Park House, Randalls Road, Leatherhead KT22 0AH



Agenda:

1. Welcome and introductions
2. Minutes of the last meeting and matters arising
3. Update on the Single Point of Access (SPA)
Georgina Foulds, Associate Director for Crisis Care (SPA Lead), SABP
4. SASH Draft Mental Health Strategy – TBC
5. Update from Sussex & East Surrey and Surrey Heartlands STPs
6. Q&A from the following updates:
 - Community Connections
 - CMHRS Managers
 - CAB Mental Health Outreach
 - Other questions
7. Emotional Wellbeing & Mental Health Partnership Board:
Please note the EWMHPB has not met since 27th July 2017
8. Any other business

Date of the next meeting: Monday 25th February 2019 – 10.00am – 12.00pm
The Woodhatch Centre, Whitebeam Drive, Reigate RH2 7LS

REIGATE STEPPING STONES SOCIAL GROUP (TUESDAYS & THURSDAYS)



MID & EAST SURREY

MENTAL HEALTH OUTREACH

Specialist advice service for people suffering with severe and enduring mental illness

Do you need assistance with any of the following:

- Housing
- Employment
- Benefits, Appeals and Tribunals
- Consumer Rights
- Debt
- Family and Personal Matters
- Discrimination

If the answer is yes, please speak to RSS Social Group staff to fill in a form to book an appointment with one of their Mental Health Advisers for a Tuesday or Thursday between 10.30am – 1.00pm.

DORKING BEREAVEMENT GROUP

**FIRST, THIRD AND FIFTH TUESDAYS IN THE MONTH
1.00PM – 3.00PM**

**The Living Room, Dorking United Reformed Church,
West Street, Dorking RH4 1BS**



A partnership between The Brigitte Trust and St. Catherine's Hospice.

You are welcome to join this open group where bereaved people can come on their own, or with a friend, to meet others who are in a similar situation.

It is a great opportunity to chat, share experiences and discuss ways of coping. Trained volunteers will be on hand for emotional and bereavement support. They look forward to welcoming you. Contact: Annette Phillips on 01293 447 343

ENABLING INDEPENDENCE SERVICE

PHYSICAL ACTIVITIES GROUP

EVERY TUESDAY 2.00PM – 3.00PM

Rainbow Leisure Centre, East Street, Epsom KT17 1BN

Keep fit, make friends and have fun!

A choice of Badminton, Table Tennis and Basketball depending on what people choose.

If you are interested in coming along, please talk with your Care Coordinator and ask to be referred.

Surrey County Council and Surrey & Borders Partnership NHS Foundation Trust



CONQUEST ART

ART GROUP IN EPSOM

TUESDAYS 2.00PM - 4.00PM

**The Epsom Methodist Church,
Ashley Road, Epsom KT18 5AG**



Conquest Art is a charity established to provide art groups for people with disabilities.

If you would like to become a member of Conquest Art, or to volunteer please contact the following:

Website: www.conquestart.org.uk or phone 02083 976 157

ST. LUKE'S CHURCH

THERE IS ALWAYS TIME FOR TEA AND CAKE

TUESDAY 11TH DECEMBER 2.00PM – 3.30PM

St. Luke's Church, 5 Church Road, Reigate RH2 8HY

Join them for tea and cake with the Hearing Clinic for free general maintenance on NHS hearing aids.

Please contact Pearl for more information: T: 01737 222 390 M: 07969 393 206



ST. MATTHEW'S CHURCH



**BEREAVEMENT DROP IN
SECOND TUESDAY OF THE MONTH
3.00PM – 4.00PM
Fresh Ground Cafe**

St. Matthew's Church, 71 Station Road, Redhill RH1 1DL

Tea/coffee and biscuits and a listening ear are provided to anyone who has suffered a loss of any sort either recently or in the past.

Contact: Rev. Helen Cook M: 07530 609 511

YMCA EAST SURREY – GYM CLASSES



**TUESDAY: 3.00PM – 5.00PM OPEN SESSION
WEDNESDAY: 10.30AM – 12.30PM OPEN SESSION
YMCA Sports & Community Centre, Princes Road,
Redhill RH1 6JJ**

Annual Membership is free on production of Exercise Referral Form which has been signed by a medical person, e.g. CPN, GP, etc. If you are new to the YMCA please ring for an initial appointment, details on the referral form.

For further information, please contact Wayne Askin on

01737 784 976 or email: wayne.askin@ymcaeastsurrey.org.uk

SELF INJURY SUPPORT



**WOMEN'S SELF INJURY HELPLINE
TUESDAY & WEDNESDAY 7.00PM - 9.00PM
THURSDAY 3.00PM - 5.00PM
0808 800 8088**

Emotional support, listening and signposting for women affected by self-injury.

- They are not able to see your number
- Their number will not show up on phone bills
- Free from mobiles on 3 EE, O2, Orange, T-Mobile, Virgin, Vodafone and landlines

Confidential

Non-judgemental

Supportive

www.selfinjurysupport.org.uk

Charity 1092299

CONQUEST ART – REIGATE



**WEDNESDAY 10.00AM – 12.00 NOON
(During school term only)
Reigate Park Church,
Park Lane East, Reigate RH2 8BD**

Conquest Art is a charity established to provide art groups for people with disabilities.

Art can be invaluable in helping people to regain confidence in their abilities and find happiness through self-expression.

Conquest Art groups provide a social activity with a purpose as well as an opportunity for members to express their feelings and gain a sense of achievement.

Group Leaders: Kathy Adams or Tara Supra-Wood

Tel: 01737 233 923 or 01737 766 502

YMCA EAST SURREY



TAI CHI (FITNESS CLASS) WEDNESDAYS (TERM TIME ONLY)

10.30AM – 11.15AM

Brewers Room

YMCA Sports & Community Centre,
Princess Road, Redhill RH1 6JJ

Tai Chi combines deep breathing and relaxation with slow and gentle movements for an excellent low-impact exercise class.

Please contact YMCA East Surrey: 01737 779 979

Email: admin@ymcaeast Surrey.org.uk

THE MEETING ROOM



DROP IN CENTRE FOR HOMELESS, UNEMPLOYED AND SOCIALLY ISOLATED PEOPLE WEDNESDAY 11.30AM – 2.30PM

St. Barnabas Church, Temple Road, Epsom KT19 8HA

THURSDAY 11.00AM – 2.00PM

Kings Church, Longmead Road, Epsom KT19 9BU

Make new friends, support and advice on homelessness, refreshments and hot lunch. No charge, all welcome.

ST. LUKE'S CHURCH – LUNCH MATTERS



WEDNESDAY LUNCH

05TH AND 19TH DECEMBER 12.15PM

St. Luke's Church, St. Peter's Room, 5 Church Road,
Reigate RH2 8HY

Lunch will start at 12.15pm which is a two course meal that costs £4.00.

For more details contact Pearl 01737 222 390 M: 07969 393 206

LET'S TALK EPSOM



EVERY WEDNESDAY 7.30PM – 9.00PM

St. Barnabas Church, Temple Road, Epsom KT19 8HA

A weekly self-help group where people who are affected by any kind of depression can meet to share experiences and coping strategies with others in similar situations.

Further details contact: Allen 07817 471 656 or Laura 07711 246 629
Love Me – Love My Mind Charity

YMCA EAST SURREY



VINYASA YOGA WEDNESDAY 8.15PM – 9.15PM Coffee Bar YMCA Sports & Community Centre, Princess Road, Redhill RH1 6JJ

Combine yoga poses are fully adaptable with visualisation that helps you feel more balanced and refreshed. Classes include pranyama breathing techniques, gentle stretching and asanas, sun salutations and guided mediations to encourage mindfulness.

Please contact YMCA East Surrey: 01737 779 979

Email: admin@ymcaeast Surrey.org.uk

ENABLING INDEPENDENCE SERVICE



EVERY THURSDAY (TIME VARIES)

The Brickfield Centre, Portland Place, Epsom KT17 1DL

This group meets every Thursday at the Brickfield Centre and have a varied programme. The time varies each week depending on the activity.

- Make friends
- Learn new skills; such as budgeting, time keeping and accessing public transport
- Gain confidence and have fun!

If this looks like something that you would benefit from and enjoy please ask your Care Coordinator to refer you. *This Group is self-funded.*

Surrey County Council and Surrey & Borders Partnership NHS Foundation

DO YOU LIKE MUSIC?



DECEMBER - THURSDAY 1.10PM

St. Matthew's Church, 71 Station Road, Redhill RH1 1DL

These concerts are held for about an hour which is free, although a donation of £3.00 would be appreciated.

06th – The Renaissance Recorder Group: Jacky Birch - Director

13th – Violin Recital: Judith Wolpe – Violin; Maiko Mori - Piano

20th – Organ Recital – A Cornucopia of Festive Music: Martin Cooper

27th - No Recital

Refreshments are available in their Fresh Ground Café afterwards.

YMCA



**WELLBEING GYM SESSION
THURSDAY 2.00PM – 3.00PM
YMCA Sports & Community Centre, Princes Road,
Redhill RH1 6JJ**

A relaxed instructor led gym session to help reduce anxiety, clearer thinking, greater sense of calm and increase self-esteem.

£3.30 – Basic Membership Concession

£4.30 – Basic Membership

Participants must have completed a gym induction prior to attending.

For further information, please contact Wayne Askin on

01737 784 976 or email: wayne.askin@ymcaeastsurrey.org.uk

**SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST (SABP)
DIGITAL ENGAGEMENT EVENT**

THURSDAY 6TH DECEMBER 2.00PM – 4.00PM

**Surrey & Borders Partnership NHS Foundation Trust,
Mole Business Park, Randalls Park Drive,
Leatherhead KT22 7AD**



SABP would like to invite people who use their services to attend a workshop to explore how they can work together to define the future of how they use digital.

You will have the opportunity to:

- Meet the team who are working to improve digital services
- What discussions you would like to be part of
- How you would like to take part
- Help them to build better services for the future

Light refreshments will be provided.

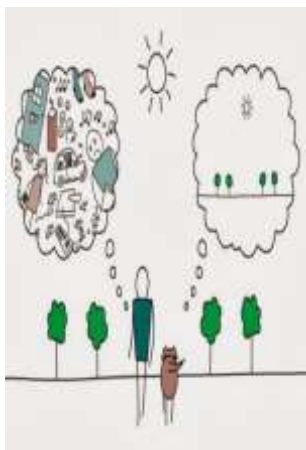
If you wish to attend please contact Lucy Finney – lucy@lf-solutions.co.uk

RICHMOND FELLOWSHIP/WEA

AN INTRODUCTION TO MINDFULNESS

FRIDAY 14TH DECEMBER 10.00AM – 1.00PM

**Tandridge Voluntary Action, The Community Hub,
1st Floor Library Building, 14 Gresham Road,
Oxted RH8 0BQ**



Facilitator: Angie Muscio

This short workshop will introduce you to mindfulness techniques to help relieve anxiety and stress.

This course is free of charge and is for clients registered with the Richmond Fellowship. Places must be booked in advance through Richmond fellowship.

Contact: Lucy Rowley T: 01737 771 282 M: 07770 890 245

E: Lucy.Rowley@RichmondFellowship.org.uk

YMCA EAST SURREY



YOGA (Term time only)
FRIDAY 12.30PM – 1.15PM
YMCA Sports & Community Centre, Princes Road,
Redhill RH1 6JJ

A gentle progressive Yoga Class ideal for those new to Yoga or want to work at a lower intensity. This class can be done either seated or standing using physical movement, breathing techniques and meditation to improve flexibility, strength, balance and energy.

Non-members £5.00 Basic Member £4.30 Basic Concession £3.30

Premium Membership Free

Please contact YMCA East Surrey: 01737 779 979

Email: admin@ymcaeast Surrey.org.uk

MARY FRANCES TRUST



ART GROUP
FRIDAY 10.30AM – 12.30PM

The Brickfield Centre, Portland Place, Epsom KT17 1DL

Have fun with joining this Art Group. You never know you may be extremely good at doing this and enjoy yourself.

To book contact: Mary Frances Trust Tel: 01372 375 400

SMS: 07929 024 722 Email: info@maryfrancestrust.org.uk

RICHMOND FELLOWSHIP



WOMAN TO WOMAN
FRIDAY 9TH NOVEMBER
1.00PM – 3.00PM

Safe Haven, Wingfield Resource Centre, St. Anne's Drive,
(off Noke Drive), Redhill RH1 1AU

Ladies it is important that we all have a safe place to go where we can speak openly about our worries and stresses with others who understand.

Join them for a cuppa and a chat in the Safe Haven room.

Please contact Richmond Fellowship T: 01737 771 282 M: 07770 890 245

Email: redhillcc@richmondfellowship.org.uk

MARY FRANCES TRUST



CREATIVE WRITING
FRIDAY 1.30PM – 2.30PM

The Brickfield Centre, Portland Place, Epsom KT17 1DL

The creative writing group will be meeting every Friday.

The group is informal and aims to provide a positive and productive atmosphere for developing writers to integrate, learn and grow.

Please contact Mary Frances Trust - T: 01373 375 400

Text: 07929 024 722 Email: info@maryfrancestrust.org.uk

Future Meetings - 2019

Decluttering and Goal Setting

Friday 11th January – 1st February Time 11.00am – 1.00pm
Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Emotional Health & Wellbeing

Monday 14th January – 11th February 11.00am – 1.00pm
Wingfield Resource Centre, St. Anne's Drive, (off Noke Drive), Redhill RH1 1AU

Emotional Health & Wellbeing

Wednesday 16th January – 13th February 1.30pm – 3.30pm
Tandridge Hub, Caterham Dene, Church Road, Caterham CR3 5RA
Please contact : Community Connections Team on 01737 771 282
M: 07770 890 245 E: redhillcc@richmondfellowshop.org.uk

Surrey & Borders Partnership NHS Foundation Trust (SABP)

Adult Mental Health Support

Thursday 24th January 10.00am – 1.00pm
Princess Hall, Princess Way, Aldershot GU11 1NX
Book your place: T: 01372 216 158 Text: 07786 202 545
E: engage@sabp.nhs.uk

All are welcome – do bring a friend!

Please let them know in advance if you have any special requirements.

The full programme will be available in January. Please register your interest if you wish to receive this.

Building Emotional Resilience

Monday 25th February – 25th March 11.00am – 1.00pm
Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Mindfulness

Monday 1st April 10.00am – 1.00pm
Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP
Please contact : Community Connections Team on 01737 771 282
M: 07770 890 245 E: redhillcc@richmondfellowshop.org.uk

VARB'S FESTIVE FEAST



CHRISTMAS DINNER

25th December 2018 12.00pm – 5.00pm

VARB'S Festive is a Community Christmas Day lunch for anyone living in the Reigate & Banstead who would like to celebrate Christmas with other people.

An amazing team of volunteers come together to put on a traditional two course Christmas dinner and entertainment. The event is free of charge to guests and transport can be provided if needed.

If you would like to join us, or know anyone who may be facing Christmas alone or in need, please get in touch.

P: 01737 762 115 E: festivefeast@varb.org.uk

SURREY CARE TRUST



GATEWAY ALLOTMENT PROJECT

New Pond Farm Allotments, Woodhatch Road, Earlswood, Surrey
The Gateway Allotment Project is a gardening project run by Surrey Care Trust who provides a mentoring scheme for those in need of extra support in their day to day lives. The sessions are very much people led with a focus on improving both mental and physical health through gardening.

For more information and when they met please contact: Zahra Dhaimish (Works Monday, Tuesday & Wednesday 9-5 with some flexibility)

M: 07875 589 298 Main Office: 01483 426 990

E: Zahra.dhaimish@surreycaretrust.org.uk www.surreycaretrust.org.uk



**Do you need a wellbeing prescription then speak to a Wellbeing Adviser on
01883 732 787**

They can help you:

Be healthier / Get Active / Lose weight
Eat well / Stop Smoking
Meet new people / Get out and about
Get a load off your chest

wellbeingprescription@tandridge.gov.uk

www.wellbeingprescription.org.uk

RASASC (RAPE & SEXUAL ABUSE SUPPORT CENTRE)



The Rape and Sexual Abuse Support Centre (RASASC) is a voluntary organisation providing a range of confidential and caring services to anyone in Surrey and beyond whose life has been affected by sexual abuse or rape, whether recently or in the past.

All services are available to males or females, survivors and those that care for a survivor.

They also provide Face to Face counselling for overs 16s and for 13-16 years as they can provide them with contact details for counsellors/services for young people.

Office: PO Box 1009, Guildford, Surrey GU1 9EE

Office No: 01483 452 900/568 000

Email: admin@rasasc-guildford.org.

www.rasasc-guildford.org

They provide the following services:

Counselling Service – providing individual sessions for male and female

Survivor Self Help Groups – Separate groups for male and females

Family Support Counselling – For partners/close family of those who have been rapes or sexually abused

Court Support Counselling – Coping strategies for survivors
 Independent Sexual Violence Advisor (ISVA) for advocacy and support
 Survivor Cycling Scheme – For confidence, health and self-esteem
 Website – With download help-sheets
 Newsletter – For information on events, training and fundraising

RAPE CRISIS SURREY & SUSSEX

NATIONAL HELPLINE 008 802 9999



The Helpline is:

- Open every day of the year from 12 – 2.30pm and 7.00 – 9.30pm
- Staffed by fully trained female Helpline workers
- Free to landline, Virgin, Orange, O2, 3, T-Mobile and Vodafone mobile phone networks
- Calls to the Helpline from these networks will not show up on phone bills

This service is for females who have been abused and also girls from the age of 13 years upwards.

They can promise you:

| | | |
|--|----------------------------------|-------------------|
| Confidentiality | Honesty | Emotional support |
| Professionally trained support Workers | Independent unbiased information | |
| Nationwide referral numbers | Free written information | |

They are there to help with trust, understanding and support

RHT – RENEWED HOPE TRUST

DROP-IN

WEEKDAYS 11.00AM – 3.00PM

The Kitchen, 3 London Road, Redhill RH1 1LY

Everybody needs to see a friendly face and have a listening ear.



Lunch, hot drinks and snacks – free of charge.

Support for people who are struggling in life.

Tel: 07943 685 660 Email: info@rhtes.org.uk Website: www.rhtes.org

YMCA EAST SURREY

FREE NHS HEALTH CHECKS

**YMCA East Surrey, YMCA Sports & Community Centre,
 Princes Road, Redhill RH1 6JJ**



What's involved?

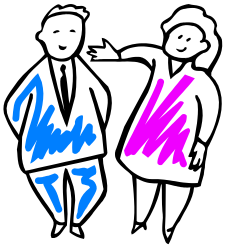
The check is completely confidential and only takes about 20-30 minutes. You will be asked a few straightforward questions about your family history and your lifestyle and they will check your weight, height, blood pressure, BMI and cholesterol. Your Health Professional will take you through the results and give you personalised advice to help you to stay healthy.

For people between 40 and 74 years old who has not previously had a stroke or been diagnosed with heart disease, kidney disease, diabetes, dementia or high cholesterol.

To book an appointment ask at YMCA Reception; T: 01737 779 9879

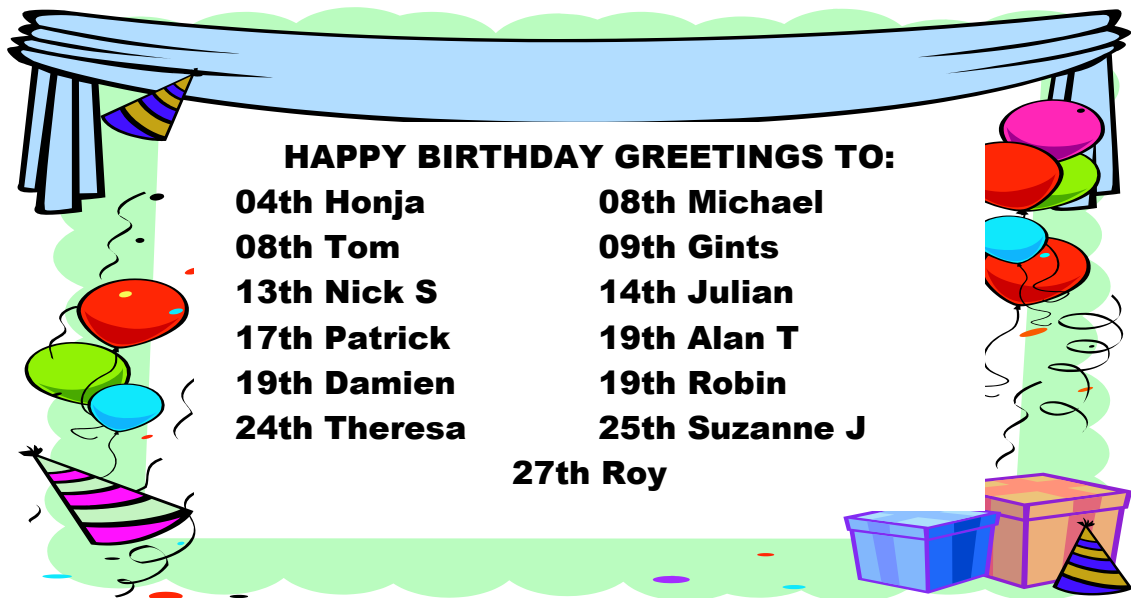
E: healthymeasures@ymcaeastsurrey.org.uk

TRUSTEES



The Trustees would like to say that should any member have anything that they wish to discuss about the Social Group they are only too happy to listen to them.

If members do not feel comfortable discussing these at the Social Group, then please ring David Murphy – Chair on 07597 781 624 for a private chat.



REIGATE STEPPING STONES

CHRISTMAS PERIOD

TUESDAY 20TH AND THURSDAY 22ND DECEMBER



CHRISTMAS NIBBLES

Come and join us to share with the Christmas Nibbles from 11.15pm onwards. There will be also a quiz that will take place.

**CLOSED ON CHRISTMAS DAY
25TH DECEMBER**



OPEN ON THURSDAY 29TH DECEMBER



**CLOSED ON NEW YEAR'S DAY
1ST JANUARY 2019**

OPEN ON THURSDAY 3RD JANUARY

**A HAPPY AND HEALTHY CHRISTMAS AND NEW YEAR
FROM REIGATE STEPPING STONES
TRUSTEES AND STAFF**



CARERS' SECTION

EAST SURREY CARERS SUPPORT ASSOCIATION

78 High Street, Bletchingley, Surrey RH1 4PA

Tel: 01883 745 057

Email: info@escsa.demon.co.uk www.escsa.org.uk

Horley Carers Support Group

Methodist Church, Victoria Road, Horley RH6 7AS

*Thursday 20th December 2018 10.30am – 12.00pm

Lingfield Carers Support Group

Community Room, Gun Pit Road, Lingfield

Thursday 13th December 2018 2.00pm – 3.30pm

Oxted Carers Support Group

Community Room, Eastlands Way, Oxted

Tuesday 11th December 2018 10.30am – 12.00pm

Caterham Carers Support Group

The Lounge, Rosedale, Park Road, Caterham CR3 5TD

Monday 17th December 2018 1.30pm – 3.30pm

Men's Group

The Red Lion, Castle Street, Bletchingley, Redhill RH1 4NU

*Thursday 20th December 2018 7.00pm onwards

Dementia Carers Support Group

Holy Trinity Church, Carlton Road, Redhill, Surrey RH1 2BX

This group is for anyone caring for or supporting someone with issues with memory loss or being confused. They do not need a formal diagnosis of dementia for you to come to this group.

Wednesday 5th December 2018 10.30am – 12.30pm

*Both Horley Carers Support Group and Men's Group dates have been brought forward due to Christmas.

HEALIOS ONLINE CARERS SUPPORT SERVICES

Surrey & North East Hampshire

www.healios.org.uk

Healios, leading Mental Health technology organisation, has been awarded a grant to run a pilot web-based scheme to support and train carers. An average of twelve clinician-led sessions provides help and strategies to look at relationships with the person you are supporting.

CATALYST



DO YOU CARE ABOUT SOMEONE WITH A DRUG OR ALCOHOL PROBLEM?

MONDAY 10TH DECEMBER 7.30PM - 8.30PM

Methodist Church, Gloucester Road, Redhill RH1 1BP

Come along to a Family and Friends Support Group in Dorking. This is for partners, parents, carers, friends and close family.

- Meet others in a similar situation
- Provides support, advice and coping strategies for addiction
- Confidential and caring
- Safe Environment

Tel: 01483 590 150 Text (SMS): 07909 631 623

Email: info@catalystsupport.org.uk

Catalyst offers a confidential service. They only ask that you are over 16 and live in or have a GP in Surrey.

ACTION FOR CARERS (SURREY) EAST SURREY CARERS' GROUP

St. Mary's Church, Chart Lane, Reigate RH2 7RN

Meet the second Tuesday in each month.

Please ring 0303 040 1234 before attending.

Calls to 03 numbers from any network will cost no more than those to 01 and 02 numbers and count as part of any call package.

By SMS 07714 075 993

By email: CarerSupport@actionforcarers.org.uk

Young Carers Section

Action for Carers Surrey – Surrey Young Carers

www.surrey-youngcarers.org.uk T: 01483 568 269 E: scy@actionforcarers.org.uk

New Carers' Cinema Club in Oxted – Monday 17th December

Action for Carers Surrey is delighted to announce the first screening for the Oxted Cinema Club at Everyman Cinema in Oxted. The cinema staff are kindly offering this sensory friendly screening free for carers and people they care for. The film will be "It's a Wonderful Life". They will meet for coffee and chat in the café at the cinema from 10.00am and the film will begin at 11.00am.

Please contact their information centre to book your place or for more details on 0303 040 1234.

SURREY & NORTH EAST HAMPSHIRE MENTAL HEALTH CRISIS HELPLINE

Tel: 0300 456 83 42

SMS Text: 07717 98 90 24

5.00pm – 9.00am Monday to Friday

Weekends including Bank Holidays

SAMARITANS

Free on 116 123 24 hours/7 days throughout the year

SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST PALS

PALS provide a confidential service that works with mental health users and/or carers to quickly resolve issues, problems and concerns.

Tel: 01372 216202, 01372 216203, 01372 216204 or 01372 216205

SMS: 07786 202 545

Email: rxpalsandcomplaintssabp@nhs.net

Post: PALS and Complaints Team, Surrey & Borders Partnership NHS Foundation Trust, 18 Mole Business Park, Leatherhead, Surrey KT22 7AD

EPSOM & EWELL CITIZENS ADVICE BUREAU – MENTAL HEALTH SECTION

Housing, Employment, Benefits, Appeals and Tribunals, Consumer Rights, Debt, Family and Personal Matters, Discrimination

If any member needs help and support with regards to any of the matters above, please ask the Reigate Stepping Stones staff to make an appointment for you on the day you want and time.

ADVOCACY – SURREY DISABLED PEOPLE PARTNERSHIP (SDPP)

Any member needs help and support with any concerns about accommodation, family, discrimination, personal matters, etc. please ask Reigate Stepping Stones staff to make an appointment for you at the Social Group.

REDHILL C.A.B.

24 High Street, Redhill, Surrey. RH1 1RH

Advice Line 03444 111 444

Monday – 10.00am until 1.00pm (Drop-in)

Tuesday – 10.00am until 7.00pm (Appointments)

Wednesday – 10.00am – 5.00pm (Appointments)

Thursday – 10.00am until 1.00pm (Drop-in)

Friday - 10.00am until 2.00pm (Appointments)

Monday – Friday 10.00am - 4.00pm email with query

or get online advice www.carbs.org.uk/get-advice/face-to-face/

SID (SOCIAL INFORMATION ON DISABILITY)

A free independent service answering enquiries from disabled people of all age groups and disabilities, carers, etc. who live or work in Surrey. This service also helps people who want to buy or sell disability equipment

0800 0439395

Email: info@asksid.org.uk

CAP (CHRISTIANS AGAINST POVERTY)

Whatever the situation you are facing with regards to debt, there is hope. As a charity, they offer a free service to help people lift the burden of debt.

Free call: 0800 320 0006

Email: capdebthelp.org.

ESDAS (East Surrey Domestic Abuse Services)

Do you know someone (*female or male*) who is *frightened, hurt or controlled* by a partner or family member? Please ring for advice, support and information.

Office Hours: 9.00am – 4.00pm Monday-Friday 01737 771350

www.esdas.org.uk Email: support@esdas.org.uk

Domestic Abuse National Helpline (24 hour)

0808 2000 247

Surrey Domestic Abuse Helpline (24 hour)

01483 776822

MENTAL HEALTH DROP-IN

ST. BARNABAS CHURCH

Temple Road, Epsom. KT19 8HA

Monday Drop-in: 4.00pm – 7.00pm (Closed in August)

Wednesday Let's Talk: 7.30pm – 9.00pm (Self-help group for people suffering from depression)

Women's Support Group: 1st Monday of the month 7.30pm

For further information, please contact Sue Bull (Chaplain for Epsom) or Michael Preston (Vicar of St. Barnabas) on 01372 721 518 or by email: info@lovemelovemymind.org.uk

REIGATE STEPPING STONES SOCIAL GROUP

Redhill Football (Social) Club Ltd., "Kiln Brow", Three Arch Road, Redhill, Surrey RH1 5AE

For information, please contact David Murphy on 07597 781624

THURSDAY AFTERNOON GROUP

Redhill Methodist Church, Gloucester Road, Redhill, Surrey.

2.00pm – 4.00pm

STAIRWAY – MENTAL HEALTH DROP-IN

Methodist Church, Coulsdon Road, Caterham-on-the-Hill

For company, activities, tea and a chat

Every fourth Thursday in the month

2.00pm – 4.00pm Entrance – .50p

Please contact Leslie on 07748 915075

FIELD LANE CLUB

St. Matthew's Church Hall, 71 Station Road, Redhill RH1 1DL

For people who are suffering from either mental health problems and/or learning difficulties.

Thursday: 6.30pm – 8.00pm

Disco

Entrance £1.50

Please contact 01737 242209

THE HAVEN GROUP

Lingfield & Dormansland Community Centre, High Street, Lingfield, Surrey RH7 6AB

Thursday: 10.00am – 12 noon

Contact: Rev'd David Allonby on 01342 832 514

Email: david.allonby@btinternet.co

EASTER PROJECT

The Easter Project is at St. Mary's Church Centre, Chart Lane. Reigate RH2 7RN.

Every Saturday afternoon the Easter Project volunteers serve a free cooked homemade dinner between 1.00pm and 2.00pm. Opening times: 12.30pm - 2.30pm. Donations welcome.

Easter Project Saturday Art Group from 10.30am

East Surrey
Community
Connections



Website: www.reigatesteppingstones.org.uk

Email: rss@reigatesteppingstones.org.uk

Office No: 07597 781624

Office Address:

165 Buckswood Drive, Gossops Green, Crawley, West Sussex RH11 8JD

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