



**FEBRUARY NEWSLETTER  
2019**

**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)**

**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 Wingfield Resource Centre, then turn left into St. Anne’s Mount and follow road round into Wingfield Resource Centre parking area.

6.00pm –11.00pm: For people experiencing a mental health crisis

6.00pm - 8.00pm: This is the time for people who need peer or wellbeing support.

**Epsom Safe Haven**

The Larches, 44 Waterloo Road, Epsom KT19 8EX

6.00pm-11.00pm: Mental health crisis. 6.00pm-7.00pm: Peer or wellbeing support.

## **Guildford Safe Haven**

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

6.00pm-11.00pm: Mental health crisis. 6.00pm-7.00pm: Peer or wellbeing support.

## **MARY FRANCES TRUST/WEA**



### **SPRING THEMED ARTS & CRAFTS FRIDAY 1ST FEBRUARY – 1ST MARCH 10.30AM – 12.30PM**

**The Brickfield Centre, Portland Place, Epsom KT17 1DL**

Facilitator: Diana Ching

This 5-week art and craft course is suitable for all abilities. During the course you will have the opportunity to try a range of spring themed arts and crafts projects using a range of different mediums to learn new techniques and improve upon existing skills.

The choice of topics may include: Valentine or spring cards and crafts; Painting and drawing spring flowers and landscapes.

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

SMS: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

(Register first with Mary Frances Trust to obtain a pin number and then book your places via the WEA).

Online: [www.wea.org.uk](http://www.wea.org.uk) or by phone 0300 303 3464

Course reference – C3743938

## **MARY FRANCES TRUST**



### **PEER SUPPORT GROUP FRIDAY 11.00AM – 2.00PM**

**The Brickfield Centre, Portland Place, Epsom KT17 1DL**

Welcome to this new Peer Support Group where you are able to share supporting each other.

To find out more contact: Mary Frances Trust Tel: 01372 375 400

SMS: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.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](mailto:admin@ymcaeast Surrey.org.uk)

## **RICHMOND FELLOWSHIP**



**WOMAN TO WOMAN  
FRIDAY 8TH FEBRUARY  
1.30PM – 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](mailto: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](mailto:info@maryfrancestrust.org.uk)

## **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](mailto: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 these Workshops please call Wendy on 01737 771 350.

## **QI@SAPB (SURREY & BORDERS PARTNERSHIP)**

**WE WANT YOU!**

**RECRUITMENT OPEN DAY FOR VOLUNTEERS**

**MONDAY 25TH FEBRUARY FROM 10.30AM**

**Mole Business Park, 18 Randalls Road, Leatherhead KT 22 7AD**

If you have used or use the services of Surrey & Borders Partnership NHS Foundation Trust or you are family members, friends or carers, would you like to be part of shaping future services?

If you would like to have the opportunity to:

- Get involved?
- Have your say?
- Become a volunteer?

(with the possible progression to a paid role dependent on lived experience and other life skills?)

Contact: Phone 01372 216 171 Email: [PPETeam@sabp.nhs.uk](mailto:PPETeam@sabp.nhs.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.ymcaeastsurrey.org.uk](http://www.ymcaeastsurrey.org.uk)

## MARY FRANCES TRUST



### MINDFULNESS

**MONDAYS 10.30AM – 11.00AM**

**Brickfield Centre, Portland Place, Epsom KT17 1DL**

**WEDNESDAYS 12.30PM – 1.00PM**

**Mary Frances Trust Office, Banstead Civic Centre,  
The Horseshoe, Banstead SM7 2BQ**

Did you know developing a mindfulness practice can help with:

- Stress, anxiety or depression
- Insomnia, panic attacks, racing thoughts
- Chronic pain
- Gastrointestinal issues

Go along to their weekly mindfulness sessions to discover the benefits of a consistent practice.

Please contact Mary Frances Trust - T: 01373 375 400

Text: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## RICHMOND FELLOWSHIP/WEA



### BUILDING EMOTIONAL RESILIENCE

**MONDAY 25TH FEBRUARY – 25TH MARCH**

**11.00AM – 1.00PM**

**Redhill Methodist Church, Gloucester road, Surrey  
RH1 1BP**

Facilitator: Angie Muscio

This 5-week course will introduce coping strategies to help build strength and resilience to withstand life's challenges.

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

Please contact: Lucy Rowley T: 01737 771 282 M: 07770 890 245

E: [Lucy.Rowley@RichmondFellowship.org.uk](mailto:Lucy.Rowley@RichmondFellowship.org.uk)

## RICHMOND FELLOWSHIP/YMCA



### WALK YOUR WAY TO HEALTH

**MONDAY 11TH AND 25TH FEBRUARY AT 1.30PM**

**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?

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

E: [Lucy.Rowley@RichmondFellowship.org.uk](mailto:Lucy.Rowley@RichmondFellowship.org.uk)

## MARY FRANCES TRUST



### PERSONALITY DISORDER SUPPORT GROUP FORTNIGHTLY MONDAYS 2.00PM – 3.30PM 4TH AND 18TH FEBRUARY 4TH AND 18TH MARCH

**Brickfield Centre, Portland Place, Epsom KT17 1DL**

- Explore different coping strategies
- Use mindfulness and positive affirmations
- Open discussions with peer support
- Focus on problem management

Please contact Mary Frances Trust - T: 01373 375 400

Text: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## ST. BARNABAS CHURCH SOCIAL GROUP



### WINTER TERM 2019 - FEBRUARY EACH MONDAY 4.00PM – 7.00PM

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

04th - Music with Denny

11th - Yoga with Isabel

18th – Leave St. Barnabas 4.15pm for bowling at Tolworth

25th - Mindfulness with Suzette

To attend it costs £2.00 per session.

If interested, please contact St. Barnabas Church

Tel: 01372 721 518

Email: [info@lovemelovemymind.org.uk](mailto:info@lovemelovemymind.org.uk)

## MARY FRANCES TRUST/RCSAS (RAPE CRISIS SURREY AND SUSSEX)



### I ♥ CONSENT

#### EXPLORING SEXUAL CONSENT

**MONDAY 11TH FEBRUARY 6.30PM – 9.30PM**

**The Brickfield Centre, Portland Place, Epsom KT15 1DL**

This workshop builds on your existing understanding of sexual consent, both in law and in practice.

The workshop explores the meaning of enthusiastic consent, in relation to freedom, equality, respect and active communication. We know these discussions are often really difficult and due to how common sexual violence is, can bring up personal experiences of violence and abuse.

For this reason our workshops are delivered by specially trained facilitators who have experience supporting women and girls who have survived sexual violence. This course is free of charge for women and girls who will need to register with Mary Frances Trust to book a place.

Please contact Mary Frances Trust - T: 01373 375 400

Text: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## MINDFULNESS



**MONDAY 11TH FEBRUARY 7.00PM – 8.00PM**

**St. Nicolas, Bury Street, Guildford GU2 7YF**

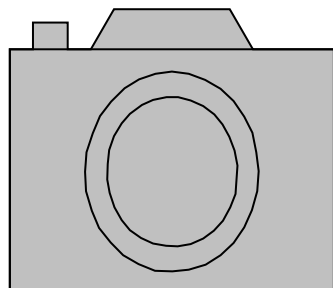
A monthly Mindfulness meditation group open to all.

These facilitated sessions open with a practice to ground and still us into the present moment, followed by guidance and tips to keep us “Mindful” in life rather than living with a “Mind Full! concluding with a further practice.

For further information contact: [suzette.jones@cofeguildford.org.uk](mailto:suzette.jones@cofeguildford.org.uk)

Tel: 01483 790 335

## 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](mailto:info@reigatephotosoc.co.uk)  
[www.reigatephotosoc.co.uk](http://www.reigatephotosoc.co.uk)

## RICHMOND FELLOWSHIP



**YOGA**

**TUESDAY 26TH FEBRUARY 9.30AM – 10.30AM**

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

Stressed - worried?

Try Yoga which will help you to relax and become fit.

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

E: [Lucy.Rowley@RichmondFellowship.org.uk](mailto:Lucy.Rowley@RichmondFellowship.org.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](mailto:info@patchworkinggardenproject.co.uk)

Website: [www.patchworkinggardenproject.co.uk](http://www.patchworkinggardenproject.co.uk)

## **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.

## **MARY FRANCES TRUST**



**POP UP CAFES**

**EPSOM – TUESDAYS 11.00AM**

**Esquires Coffee, The Centre, 6-7 Derby Square,  
Epsom High Street, Epsom KT19 8AG**

**BANSTEAD – WEDNESDAYS 11.00AM**

**2ND AND 4TH WEEK OF THE MONTH  
The Open Door Café, High Street, Banstead SM7 2NN**

Go along and join them for a coffee and a chat!  
They are super friendly!

Please contact Mary Frances Trust - T: 01373 375 400

Text: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)



## 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



## RICHMOND FELLOWSHIP



**BINGO AFTERNOON AT WINGFIELD!  
TUESDAY 26TH FEBRUARY 1.30PM – 3.30PM**

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

Go and join them for fun and games with prizes to be won!

Refreshments: Tea and cake/biscuits.

Spaces are limited so please book soon!

Please contact: Lucy Rowley on 01737 771 282 M: 07770 890 245

Email: [Lucy.Rowley@RichmondFellowship.org.uk](mailto:Lucy.Rowley@RichmondFellowship.org.uk)

## 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](http://www.conquestart.org.uk) or phone 02083 976 157

## ST. LUKE'S CHURCH



**ENJOY A CUP OF TEA AND CAKE  
TUESDAY 5TH FEBRUARY 2.00PM – 3.30PM**

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

Join them for tea and cake with the Hearing Aid 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@ymcaeast Surrey.org.uk](mailto:wayne.askin@ymcaeast Surrey.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](http://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](mailto: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

**13TH AND 27TH FEBRUARY 12.15PM**

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



Tasty food, great company along with a speaker on a topic of interest or quiz games.

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

No need to book – just turn up.

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

## MARY FRANCES TRUST/WEA



### INTRODUCTION TO MINDFULNESS

**WEDNESDAY 6TH FEBRUARY 6.30PM – 9.30PM**

**The Brickfield Centre, Portland Place, Epsom KT17 1DL**

Facilitator: Angie Muscio

This is a free workshop giving an introduction to mindfulness.

Topics include:

- What is Mindfulness?
- How can Mindfulness help me?
- Practical Mindfulness strategies to try
- Where to find more help and support

Please contact: Mary Frances Trust T: 01372 375 400 SMS: 07929 024 722

E: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## 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 pranyanama breathing techniques, gentle stretching and asanas, sun salutations and guided meditations to encourage mindfulness.

Please contact YMCA East Surrey: 01737 779 979

Email: [admin@ymcaeast Surrey.org.uk](mailto: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?



**FEBRUARY - 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.

07th – Piano Duet Recital “Klavier Art” – Corina Raducanu and Eugen Dumitrescu

14th – Cello Recital – Grace Dunn Cello; TBA Piano

21st – “Faronel” – Michael Withers; Ruth and David Force

28th – Violin Recital – Claire Dillon Violin; Christine Hawkshaw Piano

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](mailto:wayne.askin@ymcaeastsurrey.org.uk)

## MARY FRANCES TRUST



**WELLBEING HOUR**

**THURSDAY 2.00PM – 3.00PM**

**Banstead Civic Centre, The Horseshoe, Bolters Lane,  
Banstead SM7 2BQ**

Feeling down – come along and find out how you can help and improve your life.

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

SMS: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## Future meetings and activities.

**Monday 4th March 1.00pm – 3.00pm**

**Surrey & Borders Partnership NHS Foundation Trust (SABP) East & Mid  
FoCUS**

Reigate Baptist Church, Sycamore Walk, Reigate RH2 7LR

**An Introduction to Mindfulness**  
**Monday 1st April 10.00am – 1.00pm**

**Richmond Fellowship/WEA**

Wingfield Resource Centre, St. Anne's Drive, Redhill RH1 1AU

**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](mailto:Zahra.dhaimish@surreycaretrust.org.uk) [www.surreycaretrust.org.uk](http://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](mailto:wellbeingprescription@tandridge.gov.uk)

[www.wellbeingprescription.org.uk](http://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](mailto:admin@rasasc-guildford.org).

[www.rasasc-guildford.org](http://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 Vodaphone mobile phone networks
- Calls to the Helpline from these networks will not show upon 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](mailto:info@rhtes.org.uk) Website: [www.rhtes.org](http://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

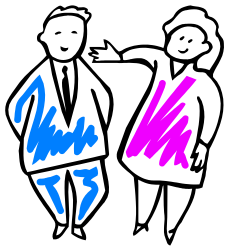
minutes. You will be asked a few straightforward questions about your family history and your lifestyle and they will check your weight, height, blood pressure, BMI and cholesterol. Your Health Professional will take you through the results and give you personalised advice to help you to stay healthy.

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

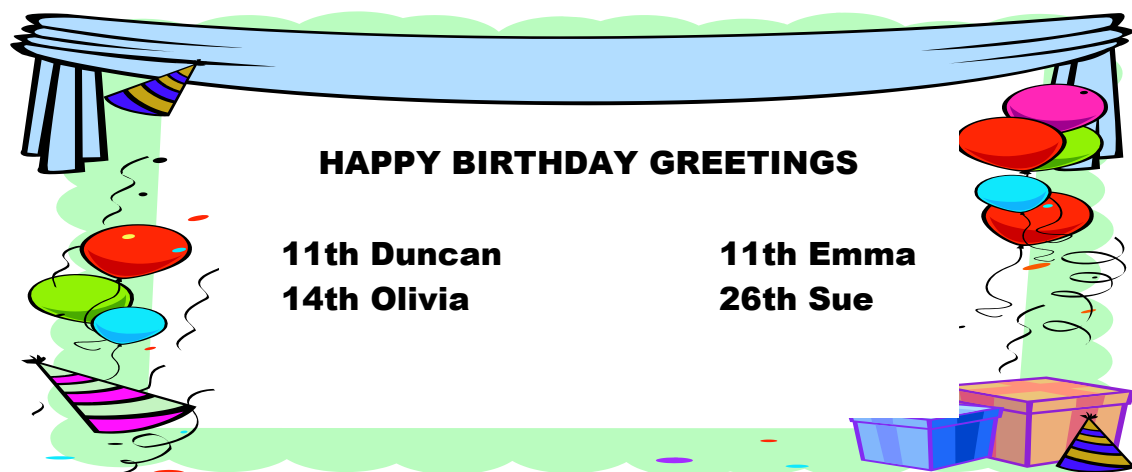
E: [healthymeasures@ymcaeastssurrey.org.uk](mailto:healthymeasures@ymcaeastssurrey.org.uk)

## 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.





## **CARERS' SECTION**

### **EAST SURREY CARERS SUPPORT ASSOCIATION**

78 High Street, Bletchingley, Surrey RH1 4PA

Tel: 01883 745 057

Email: [info@escsa.demon.co.uk](mailto:info@escsa.demon.co.uk)      [www.escsa.org.uk](http://www.escsa.org.uk)

#### **Horley Carers Support Group**

Methodist Church, Victoria Road, Horley RH6 7AS

Thursday 28th February 2019    10.30am – 12.00pm

#### **Lingfield Carers Support Group**

Community Room, Gun Pit Road, Lingfield

Thursday 14th February 2019    2.00pm – 3.30pm

#### **Oxted Carers Support Group**

Community Room, Eastlands Way, Oxted

Tuesday 12th February 2019    10.30am – 12.00pm

#### **Caterham Carers Support Group**

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

Monday 18th February 2019    1.30pm – 3.30pm

#### **Men's Group**

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

Thursday 28th February 2019    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 6th February 2019    10.30am – 12.30pm

## **HEALIOS ONLINE CARERS SUPPORT SERVICES**

### **Surrey & North East Hampshire**

[www.healios.org.uk](http://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 5TH AND 19TH FEBRUARY 7.30PM – 9.00PM**

**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](mailto: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**

Monday 11th March 1.30pm – 3.30pm

### New Horley Parent Carers' Support Group

The Community Room, Tesco Extra, Reigate Road, Horley RH6 0AT

Friday –1st February, 1st March

### Caterham Carers' Voice Group

Soper Hall, Harestone Valley Road, Caterham CR3 6HY

David from Surrey Community Action will be visiting to talk about keeping warm during the winter and saving money on your bills. Go along to see the new venue and have coffee with them!

Wednesdays –20th February, 20th March 1.15pm – 2.45pm

### Oxted Mental Health & Wellbeing Carers

Oxted Community Hall, 53 Church Lane, Oxted RH8 9NB

Tuesday 12th February 1.15pm – 3.30pm

The Tandridge Mental Health Carers' Practice Advisor will be there to introduce their self and answer questions from carers.

*Unfortunately due to low attendance of this session the Mental Health Support Group will return to running monthly in Reigate and will no longer be running in Oxted. If you are looking for support group in or near Oxted there is coffee and chat for an hour before the Oxted Cinema Club every six weeks and they also have a monthly support group for carers in Caterham.*

### New Working Carers' Support Group

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Evening Sessions: 6.45pm – 8.45pm/Morning Sessions: 10.00am – 12 noon

Monday 25th February (Morning)

A yoga session will take place during the morning, so please contact them if you are going to join in. For carers of all yoga abilities!

Monday 25th March (Evening)

### Banstead Carers' Support Group

Banstead URC, Woodmansterne Lane, Banstead SM7 3EX

19th February – British Red Cross First Aid Training for parent carers

Join them for this free event run by British Red Cross and is designed for parents wishing to learn lifesaving skills. Spaces are limited so booking is essential.

28th February, 28th March, 25th April 10.30am – 12.30pm

### **Carers' Cinema Club in Oxted Monday 11th March**

Everyman Cinema Oxted, 7 Station Road West, Oxted RH8 9EE

Action for Carers Surrey is excited to announce the above dates for the Oxted Cinema Club at Everyman Cinema in Oxted. There will be coffee and chat in the café at the cinema from 10.00am and the film will begin at 11.00am.

Please contact Action for Carers to book your place or for more details on 0303 040 1234 or email [admin@actionforcarers.org.uk](mailto:admin@actionforcarers.org.uk)

**Looking after your Back when Moving and Handling** – 27th February 10.30am – 12.30pm

Venue: Horley Baptist Church, 289 Court Lodge Road, Horley RH6 9RG

Does your caring role put a physical strain on you? They are holding a special event with the Moving and Handling Service. This will be an informative session about safe techniques for giving physical care, some of the equipment that may help you and how the Moving and Handling Service can help. For more information and to book your place, please contact them.

Please ring 0303 040 1234 before attending any of the above meetings.

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](mailto:CarerSupport@actionforcarers.org.uk)

From 4th February Action for Carers will be extending their opening times on Tuesdays and Wednesdays to 6.00pm.

### **Young Carers Section**

**Action for Carers Surrey – Surrey Young Carers**

[www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk) T: 01483 568 269 E: [scy@actionforcarers.org.uk](mailto:scy@actionforcarers.org.uk)

### **Heads Together**

Heads Together have been providing counselling in East Surrey since 1994. They provide free and confidential counselling for young people aged between 14-24 at various locations across East Surrey in a range of schools, Youth Centres, churches and their YMCA centres. They aim to help them to cope with difficult emotional, family or person circumstances, enabling them to lead fuller and more satisfying lives.

T: 01737 378 481 E: [headstog@ymcaeast Surrey.org.uk](mailto:headstog@ymcaeast Surrey.org.uk)

Website: [ymcaeast Surrey.org.uk/heads-together-counselling](http://ymcaeast Surrey.org.uk/heads-together-counselling)

## **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](mailto: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)**

**0800 335 7330 Text: 07561 392 818**

Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain services they need. They provide Independent Care Act Advocacy (ICAA), Independent Mental Health Advocacy (IMHA), Independent Mental Capacity Advocacy (IMCA) and a discretionary Preventative Advocacy service for eligible individuals.

## **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/](http://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](mailto: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](mailto: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](http://www.esdas.org.uk) Email: [support@esdas.org.uk](mailto: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](mailto: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](mailto: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](http://www.reigatesteppingstones.org.uk)

Email: [rss@reigatesteppingstones.org.uk](mailto:rss@reigatesteppingstones.org.uk)

Office No: 07597 781624

Office Address:

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

Charity No. 1136374

Company limited guarantee in England No. 7236238