



**APRIL 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 wellbeing support.

Epsom Safe Haven

The Larches, 44 Waterloo Road, Epsom KT19 8EX

6.00pm - 11.00pm: Mental health crisis. 6.00pm - 7.00pm: Wellbeing support.

Guildford Safe Haven

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

6.00pm - 11.00pm: Mental health crisis. 6.00pm - 8.00pm: Wellbeing support.

SINGLE POINT OF ACCESS (SPA)



MONDAY 1ST APRIL 2019

As from today the Single Point of Access (SPA) is now available twenty-four hours, seven days a week. This will provide quicker, smoother access to urgent mental health support in Surrey and north east Hampshire, especially during evenings and weekends.

SPA Telephone No: 0800 915 46 44 SMS Text: 07717 98 90 24

Crisis Line is still running from 5.00pm – 9.00am Monday to Friday.

Weekends: Friday 5.00pm – Monday 9.00am plus Bank Holidays

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.

RICHMOND FELLOWSHIP/WEA



**AN INTRODUCTION TO MINDFULNESS
MONDAY 1ST APRIL 10.00AM – 1.00PM
Wingfield Resource Centre, St. Anne's Drive,
(Off Noke Drive) Redhill RH1 1AU**

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.

Please contact: Lucy Rowley Tel: 01737 771 282 Mobile: 07770 890 245

E: Lucy.Rowley@RichmondFellowship.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 – Tel: 01737 779 979

www.ymcaeast Surrey.org.uk

RICHMOND FELLOWSHIP/YMCA



**WALK YOUR WAY TO HEALTH
MONDAY 08th AND 22ND APRIL 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.

SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST (SABP)

FOCUS - EAST & MID SURREY AREA GROUP

MONDAY 1ST APRIL 1.00PM – 3.00PM

Holy Trinity Church, Carlton Road, Redhill RH1 2BX



The following topics will be discussed at the meeting.

1. Welcome, Introductions and Apologies
2. FoCUS Area Group Meeting Ground Rules
3. Minutes of previous meeting and actions
4. Local issues, good news and compliments
5. CMHT Older Adults Update – Jackie Johnson
(10 minute break)
6. PALS update
7. CMHRS update

Date of next meeting: Monday 3rd June 2019 – Park House, Randalls Road, Leatherhead KT22 0AH

MARY FRANCES TRUST/SURREY CARE TRUST

CONFIDENCE BUILDING COURSE

MONDAYS 1ST - 29TH APRIL 2.00PM - 4.00PM

(5 week course)

Brickfield Centre, Portland Place, Epsom KT17 1DL



- Introduce short term goals to aid and boost confidence
- Discuss strategies to say no
- Introduce the concept of a happy book and a vision board
- Look at ways to be assertive

Please contact Mary Frances Trust Tel: 01372 375 400 Text: 07929 024 722

Email: info@maryfrancestrust.org.uk

ST. BARNABAS CHURCH SOCIAL GROUP

WINTER TERM 2019 - APRIL

EACH MONDAY 4.00PM – 7.00PM

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



01st – Sharing our favourite songs and CDs

08th - Tai-Chi and Mindfulness with Darren

15th – 2.00pm at Epsom Playhouse – The Amazing Adventures of Pinocchio

22nd- Easter Bank Holiday – no Drop-in

28th - Welcome back

To attend it costs £2.00 per session.

If interested, please contact St. Barnabas Church

Tel: 01372 721 518

Email: info@lovemelovemymind.org.uk

MINDFULNESS



MONDAY 8TH APRIL 7.00PM – 8.00PM

St. Nicolas, Bury Street, Guildford GU2 7YF

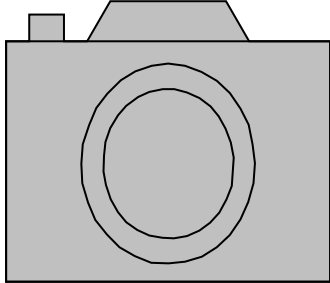
A monthly Mindfulness meditation group open to all.

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

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
www.reigatephotosoc.co.uk

RICHMOND FELLOWSHIP



YOGA

TUESDAY 30TH APRIL 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 Tel: 01737 771 282 Mobile: 07770 890 245

Email: 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

Website: www.patchworkinggardenproject.co.uk

REIGATE STEPPING STONES

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

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

Please contact Mary Frances Trust - Tel: 01373 375 400

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 23RD APRIL 1.30PM – 3.30PM



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

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



**ENJOY A CUP OF TEA AND CAKE
TUESDAY 2ND AND 30TH APRIL 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

MARY FRANCES TRUST



SUSTAINABILITY

**EVERY THIRD TUESDAY 2.00PM – 3.00PM
Brickfield Centre, Portland Place, Epsom KT17 1DL**

Did you know that improving your environment can improve your wellbeing?

- 16th April – Storage solutions
- 21st May – Create a herb garden
- 18th June – Trailing trees

Mary Frances Trust is a local emotional wellbeing charity, to find out more

contact: Tel: 01372 375 400 Text: 07929 024 722
Email: info@maryfrancestrust.org.uk website: maryfrancestrust.org.uk

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

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 Mobile: 07530 609 511

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

MARY FRANCES TRUST



SILK PAINTING COURSE
TUESDAY 2ND – 23RD APRIL 7.30PM-9.00PM
Brickfield Centre, Portland Place, Epsom KT17 1DL
Learn the beautiful craft of silk painting.

- Create your own design
- Learn how to outline in gutta
- Paint the image onto silk

Please contact Mary Frances Trust Tel: 01372 375 400 Text: 07929 024 722
Email: info@maryfrancestrust.org.uk

MARY FRANCES TRUST



EPSOM WOMEN'S CRAFT GROUP
WEDNESDAY 10.00AM – 12.30PM
(During school term only)
Kings Church, off Gibraltar Crescent,
Longmead Road, Epsom KT19 9UB

Our Sewing Group in Epsom has developed into a Craft and Support Group. Why not join us to develop therapeutic skills and emotional strength?

A weekly Women's group undertaking many different activities including sewing, card and jewellery making and other educational courses. Learn how to manage your emotional wellbeing through peer support.

Interested, please contact: Mary Frances Trust Tel: 01372 375 400
Text: 07929 024 722 E: info@maryfrancestrust.org.uk

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

24TH APRIL 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

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

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?



APRIL - 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.

04th – Duo Recital – Paul Gregory Guitar; Yoko Ono Piano

11th – Violin Recital – Emmanuel Bach Violin; Jenny Stern Piano

18th – No Concert – Maundy Thursday

25th – Piano Duet Recital – Kyle Nash-Baker; Raymond Wui Yiu

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@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

MARY FRANCES TRUST



PEER SUPPORT GROUP
FRIDAY 11.00AM – 2.00PM
The Brickfield Centre, Portland Place, Epsom KT17 1DL
Welcome to this 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

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

RICHMOND FELLOWSHIP



WOMAN TO WOMAN

FRIDAY 12TH APRIL

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

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

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

Forthcoming activities

Richmond Fellowship/WEA

Living Consciously

Thursday – 2nd/9th/16th May 2.00pm – 4.30pm

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

Please contact Richmond Fellowship Tel: 01737 771 282 Mobile: 07770 890 245

Email: redhillcc@richmondfellowship.org.uk

Mary Frances Trust

Yoga @ The Edge

Every Thursday – Starting on 2nd May until 11th July 1.15pm – 2.15

The course costs £3 per session

Mary Frances Trust/Surrey Care Trust/Nescot

Mosaics for Beginners (5 week course)

Fridays from 11.15am – 1.15pm

Start date: 3rd May – (This will be for registration and only lasts one hour)

The Community Room, Tadworth Leisure Centre, Preston Manor Road, Tadworth
KT20 5FB

Please contact Mary Frances Trust - Tel: 01373 375 400

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

Richmond Fellowship/WEA

Building Emotional Resilience

Monday – 3rd/10th/24th June plus 1st/8th July (5-week course) 11.00am – 1.00pm

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Richmond Fellowship/WEA

Emotional Health & Wellbeing

Wednesday – 5th/12th/26th June + 3rd/10th July (5-week course) 1.00pm – 3.00pm

Tandridge Hub, Caterham Dene, Church Road, Caterham CR3 5RA

Please contact Richmond Fellowship Tel: 01737 771 282 Mobile: 07770 890 245

Email: redhillcc@richmondfellowship.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 noon – 2.30pm and 7.00pm – 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 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@ymcaeast Surrey.org.uk

SURREY COUNTY COUNCIL



DRINK COACH

Worried about your drinking? Need help?

DrinkCoach is a new skype-based service available free to Surrey residents aged 18+ who need support to reduce their alcohol consumption.

The service is convenient, professional and confidential. You can access up to six – 40 minutes coaching sessions delivered via skype by an alcohol specialist. Sessions can be booked at a time that suits you including evenings and weekends. You will get a dedicated alcohol treatment specialist who will help you identify and achieve your drinking goals whether that is to cut down or stop.

Book an appointment online to speak to a specialist, follow that link and enter promo code SURREYWELL to access your free coaching sessions.

<http://drinkcoach.org.uk>

SAVINGS ON LOW INCOME – HELP TO SAVE

How it works - Help to Save is a type of savings accounts. It allows certain people entitled to Working Tax Credit or receiving Universal Credit to get a bonus of £0.50p for every £1.00 they save over four years.

How payments work

You can save between £1 and £50 each calendar month. You do not have to pay money in every month.

You can pay money into your Help to Save account by debit card, standing order of bank transfer.

You can pay in as many times as you like, but the most you can pay in each calendar month is £50. For example, if you have saved £50 by 8th January you will not be able to pay in again until 1st February.

You can only withdraw money from your Help to Save account to your bank account.

For further information please contact:

<https://www.gov.uk/get-help-savings-low-income>

SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST (SABP) SURREY RECOVERY COLLEGE



They offer a variety of courses and workshops promoting mental and physical health and wellbeing in a variety of places in Surrey for 18 years and over.

Courses for 16.-25 years only available at Surrey Recovery College.

Co-delivered by people with lived experience working alongside professionals.

Courses and workshops include:

Health and Wellbeing courses – Introduction to Recovery and wellbeing, Wellbeing for Life

Understanding Courses - Understanding Bipolar Disorder, Psychosis, Personality Disorders

Skills courses – How to be More Confident and Assertive, Coping Skills for Carers, Discovering Self-Compassion

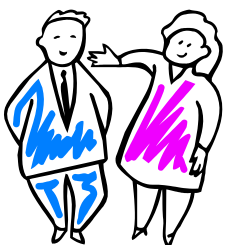
Creativity Courses – Art for Wellbeing, Creative Writing

Courses for young people aged 16-25 – Managing Emotions, Understanding Self-harm, Anxiety Management

Please contact: Tel: 01275 454 150 M: 07920 207 046

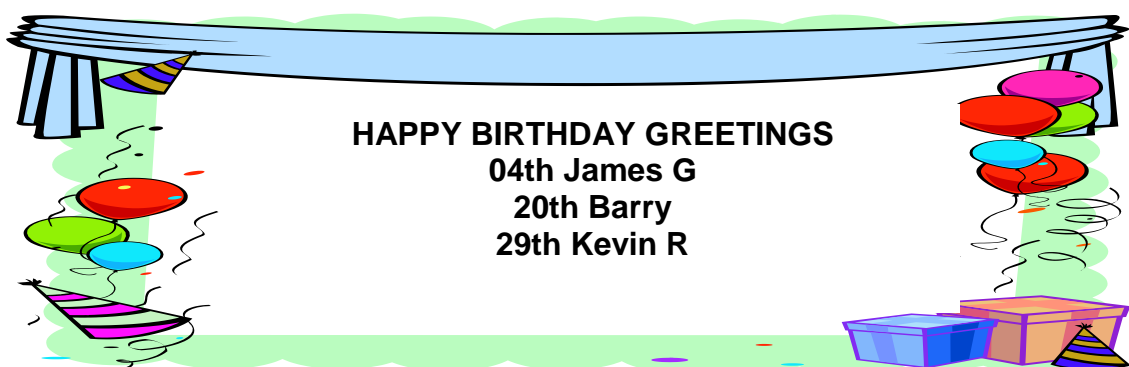
E: recovery.college@sabp.nhs.uk www.sabp.nhs.uk/recoverycollege

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, Betchingley, 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 25th April 2019 10.30am – 12.00pm

Lingfield Carers Support Group

Community Room, Gun Pit Road, Lingfield

Thursday 11th April 2019 2.00pm – 3.30pm

Oxted Carers Support Group

Community Room, Eastlands Way, Oxted

Tuesday 9th April 2019 10.30am – 12.00pm

Caterham Carers Support Group

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

Monday 15th April 2019 1.30pm – 3.30pm

Men's Group

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

Thursday 25th April 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 3rd April 2019 10.30am – 12.30pm

Caterham Oxted & Godstone Lions Club – ABBA Chique Saturday 6th April

Concert starts at 8.00pm – Licensed Bar from 7.00pm Ample free parking

Caterham School, Harestone Valley Road, Caterham CR3 6YA

Tickets £15.00 each (unreserved seating).

Do come and join them for a relaxing night, singing along to old favourites that take them down memory lane.

Don't forget to bring along family and friends!

Café Connect – Saturday 6th April between 10.30am – 12 noon

St. Nicholas Youth Centre, Bay Path, High Street, Godstone RH9 8DT

Every month volunteers hold a coffee morning where everyone is invited to take an hour or two to relax over a hot drink and homemade cakes.

East Surrey Carers Support Association has been given a regular stall to raise money for their work. Do go and join them.

Tandridge Befriending Scheme

Contact: Befriending Scheme Co-ordinator – Lucy Darlow Mobile: 07796 307 286

Email: befriend@tva.org.uk

What is the Befriending Scheme?

The Befriending Scheme is a local service run by Tandridge Voluntary Action (TVA). Volunteers are recruited to visit local people to provide them with companionship. Befrienders usually visit for about an hour a week at a mutual convenient time. Visits normally involve a chat and a cuppa but some befrienders are able to take their client out.

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 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 2ND, 16TH AND 30TH APRIL 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

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

Reigate Mental Health & Wellbeing Carers

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

Monday 8th April 1.30pm – 3.30pm

Benefits Advice @ Mental Health Support Group

An advisor from Surrey Welfare Rights is joining us to answer your questions on benefits at this meeting. This event is free to attend and booking is not required.

However, if you require more information about this support group please ring 0303 040 1234

Horley Parent Carers' Support Group

Horley Baptist Church, 289 Court Lodge Road, Horley RH6 8RG

Thursday 4th April 10.00am – 12 noon

Caterham Carers' Voice Group

Soper Hall, Harestone Valley Road, Caterham CR3 6HY

Wednesdays – 17th April 1.15pm – 2.45pm

New Working Carers' Support Group

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Monday 29th April – 10.00am – 12.00pm

Freya, Carers Practice Advisor for Reigate & Banstead Adult Social Care team will be visiting the support group to talk about her role, the support her team can offer you and answer any questions you may have about social care.

Carers' Cinema Clubs

Oxted Monday 17th June

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

These events are open to all carers and the people they care for. Join them from 10.00am for a drink and a chat before the film which starts at 11.00am. The screenings are autism and dementia friendly. The film for each cinema club will be announced two weeks before the date.

Epsom – Tuesday 23rd April (Cost £2.00) The film will be "Green Book"

Odeon Epsom, 148-18 Upper High Street, Epsom KT17 4QJ

Please contact Action for Carers to book your place or for more details on 0303 040 1234 or email admin@actionforcarers.org.uk

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

Action for Carers are 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 T: 01483 568 269 E: 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

Website: 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 SMS: 07786 202 545

Email: rxxpalsandcomplaintssabp@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/

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 – £0.50p

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

Charity No. 1136374

Company limited guarantee in England No. 7236238