



## MAY 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.

## **SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST**



**MENTAL HEALTH CRISIS HELPLINE  
(SINGLE POINT OF ACCESS – SPA)  
0800 915 4644**

**SMS text 07717 989 024**

Send a brief message outlining your reason for getting in touch and you will receive an SMS text in response

**Hearing or speech difficulties – 18001 0800 915 4644**

From your textphone or smartphone app.

For more information visit [www.ngts.org.uk](http://www.ngts.org.uk)

**Available 24 hours a day and free of call charges**

This service is manned by trained call handlers who support people who live in Surrey and North East Hampshire who are concerned about themselves, a friend or relative in mental health crisis.

## **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](mailto: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](mailto:admin@ymcaeast Surrey.org.uk)

## MARY FRANCES TRUST/SURREY CARE TRUST/NESCOT



### MY NEXT STEPS

**START DATE – 15TH MAY**

**TIME: WEEK 1 – 10.30AM – 11.30AM**

**WEEKS 1-5 – 10.030AM – 12.30PM**

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

This course has been designed to help you to identify existing skills, qualities and areas for development, understand how self-awareness support your vision for the future and subsequent SMART goal setting. You will develop research skills and identify work, education and community opportunities and identify and plan to overcome potential personal, community and social barriers to moving forward.

Groups will be small and friendly.

To book your place or to register, please ring: 01372 375 400; SMS 07929 024 722

Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.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 8TH AND 22ND MAY 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@ymcaeastsurrey.org.uk](mailto:admin@ymcaeastsurrey.org.uk)

## MARY FRANCES TRUST/YMCA



**WALKING FOR HEALTH**  
**FROM TATTENHAM CORNER TO WALTON-ON-THE HILL**  
**THURSDAY 16TH MAY**  
**STARTING 11.00AM AND FINISHING BY 1.30PM**

Walking can improve your emotional wellbeing as well as your physical health.

No need to book, just turn up, but if you are attending for the first time please arrive at 10.50am to register.

Please contact for further information: Anna Silver Tel: 01372 375 400

Email: [anna@maryfrancestrust.org.uk](mailto:anna@maryfrancestrust.org.uk)

## DO YOU LIKE MUSIC?

**MAY - 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.

02nd – Flute and Violin Recital – Peter Robertson Flute; David Way Violin and Viola; Martin Jones Piano

09th – The Alma Ensemble – Geoffrey Gill Violin; Lin Watchorn Violin; Diana Allanson Viola; Alan Thomas 'Cello; Oliver Ticciati 'Cello

16th – Chamber Music Recital – Angela Jones Mezzo Soprano; George Mitchell Violin

23rd – River City Saxes – Chris Hooker Soprano; Hale Hambleton Alto' Bob Lowdell Tenor; Debbie King Bariton

30th – Flute Recital – Gemma Emson-Jukes Flute; TBA Piano

Programmes and performers may be subject to change without notice.

Refreshments are available in their Fresh Ground Café afterwards



## MARY FRANCES TRUST



**YOGA @ THE EDGE**  
**THURSDAY 2ND MAY, 09-16-23/05/19**  
**06-13-20-27/06/19 & 04-11/07/19**  
**TIME: 1.15PM – 2.15PM**

**The Edge Youth Centre, Rowden Road, Watersedge Estate,  
West Ewell, Epsom KT19 9QA**  
Beginners are welcome!

The course costs £3.00 per session

These classes are designed to support people who are experiencing emotional wellbeing issues and mental distress.

To join, you need to register with Mary Frances Trust

Tel: 01372 375 400 Text: 07929 024 722

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

## 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)

## RICHMOND FELLOWSHIP/WEA



**LIVING CONSCIOUSLY**  
**THURSDAY 2ND, 9TH AND 16TH MAY**  
**2.00PM – 4.30PM**

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

Facilitator: Angie Muscio

A three week workshop designed to positively impact on mental and physical health.

This course will include an introduction to the practice of mindfulness as well as the benefits of practising mindfulness. An SOS exercises for use in extreme anxiety and learning how to embed mindful practices in everyday life.

The course is free of charge and is for clients registered with the Richmond Fellowship. Places need to be booked in advance.

Contact: Richmond Fellowship Tel: 01737 771 282 Mobile: 07770 890 245

## 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](mailto: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](mailto:info@maryfrancestrust.org.uk)

## MARY FRANCES TRUST



### BODY IMAGE WORKSHOP

**FRIDAY 17TH MAY 11.00AM**

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

The aim of this workshop is to create a positive and informative discussion around body image. Attendees will explore the impact body image has on self-esteem, examine how the media shapes how we see ourselves as well as shape the “body perfect image” we so often see.

Free workshop.

These classes are designed to support people who are experiencing emotional wellbeing issues and mental distress.

Places are limited, so please book early and register with:

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

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

## MARY FRANCES TRUST/SURREY CARE TRUST/NESCOTT

### MOSAICS FOR BEGINNERS

**START DATE: 3RD MAY (5 WEEKS COURSE)**

**11.15AM – 1.15PM**

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

(The first date will be for registration and only last 1 hour)

Did you know that learning a new skill can improve your wellbeing?

Why not come along to our free 5 week Beginners Mosaics course and learn the beautiful craft of mosaics?

To join you will need to register with Mary Frances Trust



Tel: 01372 375 400 Text: 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 Mary Frances Trust - T: 01373 375 400

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

## MARY FRANCES TRUST



### **MEN ON WHEELS IS BACK!! SATURDAY 18TH MAY – EPSOM 10.00AM – 11.00AM**

#### **Leaving from the Brickfield Centre**

The project is aimed at men, to help improve physical health and emotional wellbeing and help form social networks.

The Ride Leader will be leading these “Men on Wheels” rides with more ride dates to come during the year. There will be other events going on throughout the year also which includes bike maintenance courses, mental health first aid courses and additional ways to improve your health.

The group size will be no larger than 10 people and the route will be at a starter’s level.

You do not need any equipment as this will be supplied, but if you do bring your own bike that’s great.

The ride will be Fun and a chance to get out and meet new people.

You do not need to be an athlete or clad yourself with Lycra (unless you want to).

Don’t be put off by anything, give it a go and see what you think.

If you are interested, please contact Mary Frances Trust to book your place as places are limited.

Please contact: John Malley Tel: 01372 375 400 SMS: 07929 024 722

Email: [johnodmalley@maryfrancestrust.org.uk](mailto:johnodmalley@maryfrancestrust.org.uk)

**Please remember that Mondays 6th and 27th May are a Bank Holidays and organisations will be closed.**

## **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.

## 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.ymcaeastsurrey.org.uk](http://www.ymcaeastsurrey.org.uk)

## RICHMOND FELLOWSHIP/YMCA



**WALK YOUR WAY TO HEALTH  
MONDAY 13th MAY 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?
- Second and fourth Mondays of each month
- 1.30pm from the Richmond Fellowship
- 90 minute guided walk to the Watercolour Lakes
- Followed by refreshments

Please speak to your Richmond Fellowship Adviser or ring 01737 771 282

Mobile 07770 890 245

## ST. BARNABAS CHURCH SOCIAL GROUP

**SUMMER TERM 2019 - MAY**  
**EACH MONDAY 4.00PM – 7.00PM**

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

29th April – Welcome back

06th – Bank Holiday – no Drop-in

13th – Origami with UCA

20th- LMLMM Annual General Meeting at 3.30pm followed by a talk from Max Pemberton at the Drop-in

27th - Bank Holiday – no Drop-in

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)



## 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](mailto:suzette.jones@cofeguildford.org.uk)

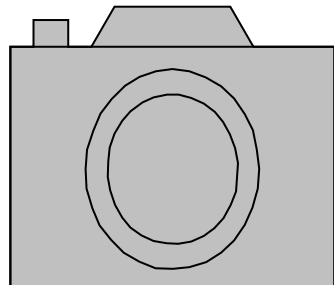
Tel: 01483 790 335

## 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)

## PATCHWORKING GARDEN PROJECT

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

**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.

## 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

## 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

## 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?

- 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](mailto:info@maryfrancestrust.org.uk) website: [maryfrancestrust.org.uk](http://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@ymcaeastsurrey.org.uk](mailto:wayne.askin@ymcaeastsurrey.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

## **MASH (MEN ALONE SELF-HELP)**



**MASH BEREAVEMENT  
TUESDAY 4.30 – 6.30PM**

**The Woodhatch Centre, Whitebeam Drive,  
Reigate RH2 7LS**

This is a self-help group for men who are on their own who are suffering from bereavement. The length of bereavement can vary from a few months to many years.

If interested, please contact: Tom on 01306 883 961

Email: [tomcpearson@googlemail.com](mailto:tomcpearson@googlemail.com)

## **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

## **Future Activities/Workshops**

### **Building Emotional Resilience**

Monday: 03-10-24/06/19 and 01-08/07/19

Time: 11.00am – 1.00pm

Richmond Fellowship/WEA

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Tel 01737 771 282 Mobile: 07770 890245

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

### **Dancing for Health & Wellbeing**

Monday: 3rd June – 1st July

Time: 12.30 – 2.00pm

Mary Frances Trust/WEA

Kings Church, Longmead Road, Epsom KT19 9BU

Tel: 01372 375 400 Text: 07929 024 722 Mobile: 07380 857 701 (Parvin Ahmed)

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

### **Music making for Emotional Health (2-week course)**

Tuesday: 4th and 11th June

Time: 1.30pm – 3.30pm

Richmond Fellowship/WEA

The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ

Tel: 01373 731 971 Mobile: 07825 054 018

Email: [Debbie.Dibble@RichmondFellowship.org.uk](mailto:Debbie.Dibble@RichmondFellowship.org.uk)

### **Emotional Health & Wellbeing (5-week course)**

Wednesday: 05-12-25/06/19 and 03-10th/07/19

Time: 1.00pm – 3.00pm

Richmond Fellowship/WEA

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

Tel: 01737 771 282 Mobile: 07770 890 245

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

### **The Big Mosaic Project (8-week course)**

Friday: 7th June

Time: 10.00am – Noon

Mary Frances Trust/Surrey Care Trust/Nescot

The Phoenix Youth Centre, Preston Manor Road, Tadworth KT20 5FB

Tel: 01372 375 400 SMS: 07929 024 722

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

### **Healthy Living, Healthy Life! (4-week course)**

Start Date: 25th June

Time: 1.00pm – 3.30pm

Richmond Fellowship/WEA

The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ

Tel: 01373 731 971 Mobile: 07825 054 018

Email: [Debbie.Dibble@RichmondFellowship.org.uk](mailto:Debbie.Dibble@RichmondFellowship.org.uk)

### **Mid & East Mental Health Stakeholder Group**

Wednesday: 26th June

Time: 10.00am – 12.00pm

The Woodhatch Community Centre, Whitebeam Drive, Reigate RH2 7LS

### **RICHMOND FELLOWSHIP THE OLD MOAT GARDEN CENTRE**

#### **LET US HELP YOU GROW**

**Horton Lane, Epsom KT19 8PQ**



The Old Moat supports people living with mental ill health to build confidence and skills in a supportive environment.

You could be working alongside our experienced trainers and playing an integral role in the operation of our garden centre and café. You will receive full training and support allowing you to work and develop at your own pace. We provide regular one to one support sessions where you tell us how we can help you reach your recovery goals.

Contact Debbie today for an informal visit!

Tel: 01372 731 971 07825 054 018

Email: [debbie.dibble@richmondfellowship.org.uk](mailto:debbie.dibble@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](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 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](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@ymcaeast Surrey.org.uk](mailto: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 in £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](mailto:recovery.college@sabp.nhs.uk) [www.sabp.nhs.uk/recoverycollege](http://www.sabp.nhs.uk/recoverycollege)

## SURREY COUNTY COUNCIL



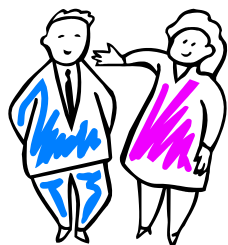
### TRAVEL WITH A CONCESSIONARY BUS PASS

From 1st April you will no longer be able to travel for free before 9.30am or after 11.00pm on weekdays with a disabled or disabled companion pass.

Local bus operators might offer a reduced fare for disabled or disabled companion pass holders.

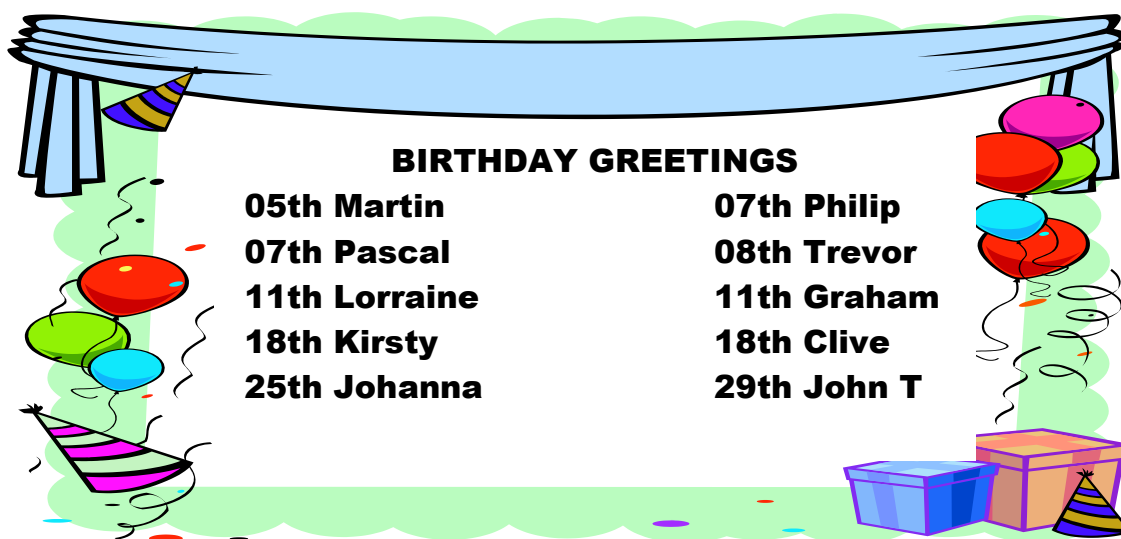
Travel is still free between 9.30am until 11.00pm on weekdays and any time at the weekend and on public holidays.

## 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.



### BIRTHDAY GREETINGS

**05th Martin**

**07th Pascal**

**11th Lorraine**

**18th Kirsty**

**25th Johanna**

**07th Philip**

**08th Trevor**

**11th Graham**

**18th Clive**

**29th John T**

## **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 30th May 2019    10.30am – 12.00pm

### **Lingfield Carers Support Group**

Community Room, Gun Pit Road, Lingfield

Thursday 09th May 2019    2.00pm – 3.30pm

### **Oxted Carers Support Group**

Community Room, Eastlands Way, Oxted

Tuesday 14th May 2019    10.30am – 12.00pm

### **Caterham Carers Support Group**

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

Monday 20th May 2019    1.30pm – 3.30pm

### **Men's Group**

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

Thursday 30th May 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 8th May 2019    10.30am – 12.30pm

### **Carers Week Extravaganza – Wednesday 12th June 2.00pm – 4.30pm**

Bletchingley Village Hall, 78-78a High Street, Bletchingley RH1 4PA

Crafts, Chocolate Fountain, Gardening, Pampering, Village Walk, Refreshments

Everyone welcome

### **Afternoon Cream Tea! – Thursday 4th July 2.00pm**

Nutfield Lodge, Nutfield Road, Redhill RH1 4ED

Tickets to be purchased in advance for £15.00 per person

Don't miss their raffle and jewellery stall.

Contact: Faye Miles – 01883 745 057

### **Tandridge Befriending Scheme**

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

Email: [befriend@tva.org.uk](mailto: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](http://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?

Wednesdays – weekly 6.30pm – 8.00pm

**The Christian Centre, St. Martin's Church, Dorking RH4 1DW**

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**

**Music Memories**

**The Jennings Hall, Lingfield & Dormanlands Community Centre, High Street, Lingfield RH7 6AB**

Monday 13th May 10.30am – 12.00pm

Join this fun and stimulating singing group by Dementia 1st. This group is specifically designed for people with dementia and their carers. Refreshments are provided. £3.00 per person however the carer goes free.

**Reigate Mental Health & Wellbeing Carers**

**St. Mary's Church, (Room 3) Chart Lane, Reigate RH2 7RN**

Monday 13th May 1.30pm – 3.30pm HealiOS

Go along to the support group to find out more about the HealiOS service and how they can help you to cope with caring for a loved one with a mental illness.

## **Cinema Clubs**

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 14th May (Cost £2.00)** The film will be “Fisherman’s Friend”

Odeon Epsom, 148-18 Upper High Street, Epsom KT17 40QJ

**A Royal Visit to Hampton Court – Saturday 8th June Time: 2.00pm – 5.00pm**

Join them for a visit to Hampton Court and explore the place for free. There will be two guided tours and a creative session to choose from alongside individual audio tours and any daily events you would like to take part in. There is also cream tea and time to stroll round the gardens in the afternoon. Transport via coach can be provided for carers who need it, otherwise we have allotted car park space for carers so when booking please provide us with your car registration.

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)

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](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 personal 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 (FREE)**

Tel: 0800 915 4644 SMS Text: 07717 989 024 24 hours/7 days throughout the year

Hearing or speech problems: 18001 0800 915 6466 from textphones or smartphones app.

For more information if you have a hearing or speech problem visit: [www.ngts.org.uk](http://www.ngts.org.uk)

## **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: [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@lovemelovemy mind.org.uk](mailto:info@lovemelovemy mind.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](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