



JUNE 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.

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.

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.

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.

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

E. TUNNEL ROAD CAVES AND BARONS CAVE, CASTLE GROUNDS, REIGATE

SATURDAY, 8TH JUNE 2019

10.00AM – 4.00PM

(Tours run every 20 minutes)



Under 5's free	BARONS CAVE	TUNNEL RD
Adult	£2.00	£3.00
Child*/Over 60	£1.50	£2.00
Family	£6.00	£9.00
Disabled	£2.00**	£3.00**

*Up to and including 15 years old. Unfortunately, the Baron's Cave is not suitable for those with significant mobility problems.

There is no reduction for the disabled. However, up to two carers may accompany them at no additional charge.

No booking necessary – just turn up. Tours run every twenty minutes according to demand and availability of guides. To visit all the caves at a leisurely pace will take about three hours.

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.

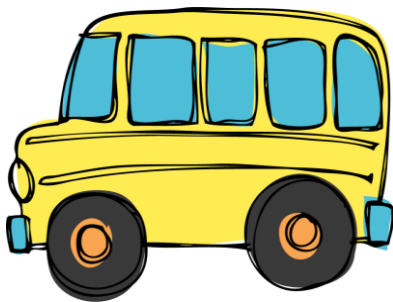
Their aim is to offer you a range of emotional and practical life skills to build self-esteem and confidence and to encourage and empower you to move forward in your recovery.

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

RICHMOND FELLOWSHIP/WEA



BUILDING EMOTIONAL RESILIENCE

MONDAY 3RD, 10TH, 24TH JUNE & 1ST, 8TH JULY

11.00AM – 1.00PM

**Redhill Methodist Church, Gloucester Road, Redhill
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.

Contact Lucy Rowley Tel: 01737 771 282 Mobile: 07770 902 245

Email: Lucy.Rowley@Richmondfellowship.org.uk

MARY FRANCES TRUST/WEA



DANCING FOR HEALTH AND WELLBEING EVERY MONDAY AFTERNOON FROM 3RD JUNE – 1ST JULY 12.30pm – 2.00pm

Kings Church, Longmead Road, Epsom KT19 9BU

This free 5-week gentle dance-based exercise classes for all abilities is designed to help to promote emotional and physical health and physical health and wellbeing.

Facilitator: Anna Smith

This course is free of charge and is for clients registered with the Mary Frances Trust.

Contact: Mary Frances Trust 01372 375 400 Text: 07929 024 722 or mobile:

07380 857 701 (Parvis Ahmed) Email: info@maryfrancestrust.org.uk

After gaining a pin number from Mary Frances Trust please book your place online at www.wea.org.uk Course Ref: C3744146 or phone 0300 303 3464

SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST (SABP) FOCUS EAST & MID SURREY AREA GROUP MEETING MONDAY 3RD JUNE 1.00PM – 3.00PM

Park House, Randalls Road, Leatherhead KT22 0AH

The FoCUS area group meetings are an opportunity for carers and people who use SABP services to influence the way the Trust do things and help improve services for everyone.

Agenda:

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. Feedback from FoCUS Committee
- 10 minutes break
6. Suicide Prevention – Tope Forsyth
 7. CMHRS update



Date of next meeting: Monday 1st July – Reigate Baptist Church, Sycamore Walk, Reigate RH2 7LR

RICHMOND FELLOWSHIP/YMCA



WALK YOUR WAY TO HEALTH MONDAY 10TH AND 24TH JUNE 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.

ST. BARNABAS CHURCH SOCIAL GROUP

SUMMER 2019 - JUNE

EACH MONDAY 4.00PM – 7.00PM

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



03rd – Leaving at 3.30pm for Hampton Court Boat trip with Fish & Chips

10th – Summer Walk at Court Rec

17th – Leaving at 10.00am for trip to Winkworth and Bognor Regis

24th - Mindfulness with Darren

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 10TH JUNE 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

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.

RICHMOND FELLOWSHIP THE OLD MOAT GARDEN CENTRE & CAFÉ/WEA HEALTHY LIVING, HEALTHY LIFE!

**TUESDAY 25TH JUNE 1.00PM – 3.30PM
(4 WEEK COURSE)**



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

Making some small changes to your lifestyle can create huge benefits to your physical, emotional and mental wellbeing!

Enrol to discover how.

Topics include:

- Identify small lifestyle changes to improve health
- Set SMART goals achieve better health
- Identify techniques to help aid better sleep
- Identify how changes in diet can improve your mood

Facilitator: Angie Muscio

This free of charge course is for users of mental health services aged 19+.

Please contact: Debbie Dibble Tel: 01372 731 971 or 07825 054018

Email: Debbie.Dibble@RichmondFellowship.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 THE OLD MOAT GARDEN CENTRE & CAFÉ/WEA MUSIC MAKING FOR EMOTIONAL HEALTH

TUESDAY 4TH AND 11TH JUNE 1.30PM – 3.30PM

(Two week course)

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

Find your inner creativity and discover how music can improve emotional wellbeing by enrolling on this short introduction to Music Making course. All instruments are provided, but you may bring your own if you like.

Tutor: Alex Livermore

Topics include:

- Playing instruments in fun, unconventional ways
- Group improvisation with basic instruments
- Learning basic music composition

This is a free of charge course is for users of mental health services aged 18+.

Please contact: Debbie Dibble Tel: 01372 731 971 or 07825 054018

Email: Debbie.Dibble@RichmondFellowship.org.uk



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 4TH JUNE 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: Tel: 01737 222 390

Mobile: 07969 393 206

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

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 No. 1092299

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**

This Sewing Group in Epsom has developed into a Craft and Support Group. Why not join them 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 Email: 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@ymcaeastsurrey.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 **12TH AND 26TH JUNE 12.15PM**



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

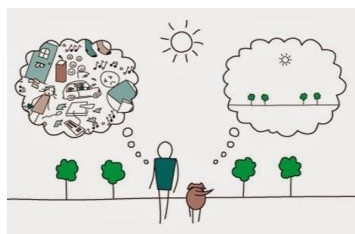
Tasty food, great company along with a speaker on a topic of interest or quiz games.

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 Tel: 01737 222 390 Mobile: 07969 393 206

RICHMOND FELLOWSHIP/WEA



EMOTIONAL HEALTH & WELLBEING
WEDNESDAY – 5TH, 12TH AND 26TH JUNE
AND 3RD AND 10TH JULY 1.00PM – 3.00PM
Tandridge Hub, Caterham Dene, Church Road,
Caterham CR3 5RA

Facilitator: Angie Muscio

This 5-week course will help you to discover how to achieve greater confidence, a more balanced life and improved emotional health and wellbeing.

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

Contact: Lucy Rowley Tel: 01737 771 282 Mobile: 07770 890 245

Email: Lucy.Rowley@RichmondFellowship.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 mediations to encourage mindfulness.

Please contact YMCA East Surrey: 01737 779 979

Email: admin@ymcaeastsurrey.org.uk

DO YOU LIKE MUSIC?



JUNE - THURSDAY 1.10PM

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

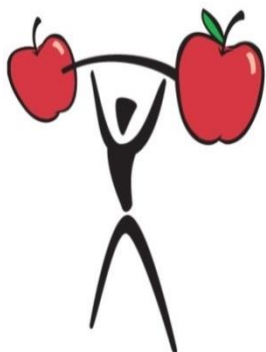
These concerts are held for about an hour which is free, although a donation of £3.00 would be appreciated.

06th: Lecture: 'Gerald Finzi' - Michael Barlow, Lecturer and Piano;
Edmund Crutchfield Clarinet; John Avis Baritone

13th: Clarinet Recital - Claire Dunn Clarinet; Daniel King-Smith Piano

20th: Violin Recital - Zoe Eborn Violin; Jeremy Weaver Piano
27th: Chamber Music Recital String Quarter - Camilla Morse-Glover 'Cello and friends
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

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

**MARY FRANCES TRUST/SURREY CARE TRUST/SURREY ADULT LEARNING
ANXIETY MANAGEMENT COURSE**

START DATE: FRIDAYS 21ST JUNE 11.00AM – 1.00PM

This is a 4-week course

The Brickfield Centre, Portland Place, Epsom KT17 1DL

This course will help you to understand how stress and anxiety may be triggered and teach you techniques to help you cope when you experience anxiety.

Groups will be small and friendly.

You will need to be registered with Mary Frances Trust to attend this group.

Please bring your National Insurance number with you.

Please contact Mary Frances Trust for referral paperwork.

To book your place, please ring: 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@ymcaeastsurrey.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

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 Mondays, Tuesdays & Wednesdays 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 raped 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@ymcaeastsurrey.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 or 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.

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

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

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

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

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 their experienced trainers and playing an integral role in the operation their garden centre and café. You will receive full training and support allowing you to work and develop at your own pace. They provide regular one

to one support sessions where you tell them how they can help you reach your recovery goals.

Contact: Debbie today for an informal visit!

Tel: 01372 731 971 Mobile 07825 054 018

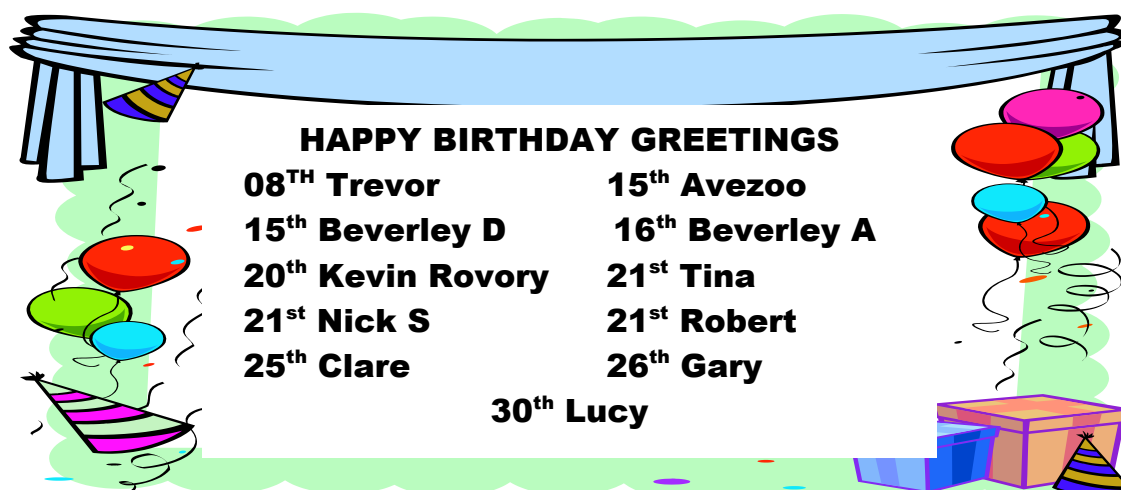
Email: Debbie.dibble@richmondfellowship.org.uk

TRUSTEES



The Trustees would like to say that 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 www.escsa.org.uk

Horley Carers Support Group

Methodist Church, Victoria Road, Horley RH6 7AS

Thursday 27th June 2019 10.30am – 12.00pm

Lingfield Carers Support Group

Community Room, Gun Pit Road, Lingfield

Thursday 13th June 2019 2.00pm – 3.30pm

Oxted Carers Support Group

Community Room, Eastlands Way, Oxted

Tuesday 11th June 2019 10.30am – 12.00pm

Caterham Carers Support Group

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

Monday 17th June 2019 1.30pm – 3.30pm

Men's Group

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

Thursday 27th June 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 12th June 2019 10.30am – 12.30pm

East Surrey Carers Support Association welcomes everyone to come and enjoy the following activities,

Carers' Week Extravaganza – Wednesday 12th June 2.00 – 4.30pm

78-78a High Street, Bletchingley, Surrey RH1 4PA

Crafts

Chocolate Fountain

Gardening

Pampering

Village Walk

Refreshments

Afternoon Cream Tea! – Thursday 4th July 2.00pm

Nutfield Lodge, Nutfield Road, Redhill, Surrey RH1 4RD

Tickets to be purchased in advance for £15.00 per person

Please contact Faye Miles – 01883 745 057 .

Don't miss their raffle and jewellery stall!!

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?

WEDNESDAY – 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

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)

Reigate Mental Health & Wellbeing Carers

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

Monday 10th June 1.30pm – 3.30pm

Celebrating Carers Week

East Surrey Hospital – East Entrance

Information stand. Go along and see them and they can talk about any help or information that you may need.

Outing to Polesden Lacey

Tuesday 11th June – Transport from Reigate leaves at 10.30am.

Take some time to yourself this Carers Week. Join them for a group outing to Polesden Lacey; National Trust stately home and gardens.

Stay with the group to explore or venture off by yourself

There is a £3.00 booking fee for transport and entry. You will need to pay for your own refreshments. Please call to book.

Oxted Cinema Club – Monday 17th June at 10.00am

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

Arrive from 10.00am for coffee, the film starts at 11.00am.

This film is for people who suffer from autism and dementia.

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@ymcaeastsurrey.org.uk

Website: ymcaeastsurrey.org.uk/heads-together-counselling

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.

SURREY & NORTH EAST HAMPSHIRE MENTAL HEALTH CRISIS HELPLINE

Tel: 0800 915 4644 SMS Text: 07717 989 024

24/7 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

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 216 202 01372 216 203 01372 216 204 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 0439 395 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 771 350

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

Domestic Abuse National Helpline (24 hours)

0808 2000 247

Surrey Domestic Abuse Helpline (24 hours)

01483 776 822

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

Tuesday and Thursday: 10.30am – 1.30pm Entrance - £1.00p

Contact: David Murphy on 07597 781 624

THURSDAY AFTERNOON GROUP

Redhill Methodist Church, Gloucester Road, Redhill, Surrey.

Thursday: 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 915 075

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 242 209

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 two-course dinner.

Opening times from: 12.00pm.

Donations welcome.

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

