



AUGUST 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.

MARY FRANCES TRUST/WEA



**THURSDAY EPSOM DOWNS WALK AND TALK
EVERY THURSDAY UNTIL 3RD OCTOBER
11.00AM – 12.00PM**

**Beefeater Tattenham Corner,
Tattenham Crescent, Epsom KT18 5NY**

Walking can improve your emotional wellbeing as well as your physical health, so do join them for their weekly walk and talk over the Epsom Downs.

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

DO YOU LIKE MUSIC?



**St. Matthew's Church, 71 Station Road, Redhill RH1 1DL
There are no August concerts**

The Autumn Season of lunchtime concerts will begin on
Thursday 5th September 2019

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.

£3.80 – Basic Membership Concession

£4.20 – 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.

Mary Frances Trust is running this Group which focuses on giving and receiving support around mental health and emotional wellbeing while carrying on fun, varied activities.

A vital part of the peer support group is mutual respect and everyone's experiences are treated as equally important.

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

SMS: 07929 024 722 Email: 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

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, 10TH AUGUST 2019

10.00AM – 4.00PM

(Tours run every 20 minutes)



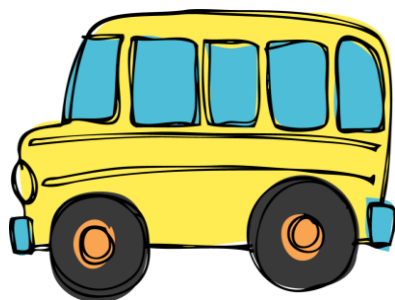
Under 5's free	BARONS CAVE	TUNNEL RD EAST/WEST
Adult	£2.00	£3.00
Child*/Over 60	£1.50	£2.00
Family	£6.00	£9.00
Disabled	£2.00**	£3.00**

*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.

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 784 976

www.ymcaeastsurrey.org.uk

RICHMOND FELLOWSHIP/YMCA



**WALK YOUR WAY TO HEALTH
SECOND AND FOURTH MONDAYS OF THE MONTH 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.

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

MARY FRANCES TRUST



MINDFULNESS AND MEDITATION WITH AMANDA

**TUESDAYS – 20TH AUGUST 2019 10.00AM-11.00AM
(FOUR WEEK COURSE)**

**Banstead Clinic, Health Education Room,
Bolters Lane, Banstead SM7 2BQ**

Go along to this four-week introductory course to learn how mindfulness and meditation can help you cope with the stresses and strains of modern life.

Amanda will give you some techniques and exercises that you can do at home to improve your emotional wellbeing.

To join you will need to register with Mary Frances Trust

T: 01372 375 400 Text: 07929 024 722 Email: info@maryfrancestrust.org.uk

You can also complete a form online at:

<https://www.maryfrancestrust.org.uk/how-to-join>

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 a 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 to be held at RSS Social Group.

MARY FRANCES TRUST



POP UP CAFÉ
TUESDAYS AT 11.00AM
Esquires Café, (Adjacent to Library)
Ebbisham Centre, Derby Square,
Epsom KT19 8AG

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

Please contact Mary Frances Trust for more information.

Email: info@maryfrancestrust.org.uk

MARY FRANCES TRUST



SURREY FA WALKING FOOTBALL
EVERY TUESDAY UNTIL 27TH AUGUST 10.00AM-11.00AM
Meadowbank Football Ground
Mill Lane, Dorking RH4 1DX

Are you over 50 and looking to stay active? Or think you are too old or unable to play football? Think again!

The Surrey FA is partnering with Mary Frances Trust to bring you Walking Football, a slow-paced version of the beautiful game aimed at keeping you active and entertained.

The group is aimed at, but not limited to, over 50s, those coming back from injury, those with limited mobility or those who just want to meet like-minded people.

For more information, please contact Mary Frances Trust Tel: 01372 375 400

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

DORKING BEREAVEMENT GROUP



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

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

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

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

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

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

**There is no Tea and Cake session during August.
The next one is 3rd September 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,

Confidential

www.selfinjurysupport.org.uk

Virgin, Vodafone and landlines

Non-judgemental

Charity No. 1092299

Supportive

MID & EAST SURREY MENTAL HEALTH STAKEHOLDER GROUP



WEDNESDAY 27TH AUGUST 10.00AM-12PM

Park House, Randalls Road, Leatherhead KT22 0AH

As yet there is no Agenda issued for this meeting, but go along and hear what is going on with regards to s health treatment.

MARY FRANCES TRUST



POP UP CAFÉ

WEDNESDAY AT 11.00AM

2ND AND 4TH OF THE MONTH

**The Open Door Café, Banstead High Street,
Banstead SM7 2NN**

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

Please contact Mary Frances Trust for more information.

Email: 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 LUNCH



There are no dinner arrangements during August.

The next ones are 11th and 25th September.

**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

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

FUTURE EVENTS - SEPTEMBER

SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST (SABP) FOCUS - EAST & MID SURREY AREA GROUP

Monday 2nd September 2019 1.00pm – 3.00pm

Holy Trinity Church, Carlton Road, Redhill RH1 2BX

RICHMOND FELLOWSHIP/WEA

“Emotional Health & Wellbeing”

Monday 9th – 30th September (4 weeks course) 10.30am – 1.00pm

Monday 23rd September only at Redhill Safe Haven, Wingfield Resource Centre, St. Anne's Drive, Redhill RH1 1AU

Facilitator: Angie Muscio Course Code: C3744802

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

THE OLD MOAT GARDEN CENTRE & CAFÉ/RICHMOND FELLOWSHIP/WEA

“Address Your Stress”

Tuesday 17th and 24th September (2 weeks course) 1.00pm – 3.30pm

Facilitator: Angie Muscio Course Code: C3744847

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

RICHMOND FELLOWSHIP/WEA

“Emotional Health & Wellbeing”

Wednesday 11th September – 2nd October (4 weeks course) 1.00pm – 3.30pm

Facilitator: Angie Muscio Course Code: C3744857

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

CENTRE FOR PSYCHOLOGY/MARY FRANCES TRUST

“Coping with Worry and Low Mood”

Wednesday 18th September (6 weeks course) 6.00pm – 8.00pm

The Brickfield Centre, Portland Place, Epsom KT17 1DL

RICHMOND FELLOWSHIP/WEA

“How to Be More Confident and Assertive”

Wednesday 11th September – 2nd October (4 weeks course) 7.00pm – 9.00pm

Facilitator: Angie Muscio Course Code: C3744831

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

THE OLD MOAT GARDEN CENTRE & CAFÉ/RICHMOND FELLOWSHIP/WEA

“An Introduction Customer Service”

Thursday 5th and 12th September (2 weeks course) 1.30pm – 3.30pm

Course: C3744814

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

MARY FRANCES TRUST

“Drawing & Mixed Media”

Friday 6th September (4 weeks course) 10.30am – 12.30pm

The Brickfield Centre, Portland Place, Epsom KT17 1DL

YMCA/RAVEN HOUSING TRUST/REIGATE & BANSTEAD BOROUGH COUNCIL

“Healthy Measures”

Friday 13th September (10 weeks course) 11.00am – 12.30pm

(This course is for adults with BMI over 26, Raven Housing Trust tenants, Redhill West resident, Claiming Job Seekers Allowance/Low Income Benefits)

Cost: £20 (usually £59.00) and this includes access to YMCA gym and fitness classes for the duration of the course)

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

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



Wellbeing Prescription is a social prescribing service that enables GPs and other health care professionals to refer and signpost patients (18+) to a non-clinical Wellbeing Advisor. The Advisor supports the patient for up to six appointments within GP practices or within the patient's home if housebound; supporting them to identify, set and meet achievable goals and signposting to local services. Concerns discussed include loneliness, debts, feelings of anxiety, stopping smoking, getting more active, improving diet and losing weight. Patients can also self-refer by contacting their GP Practice reception.

For more information please contact Wellbeing Prescription on:

wellbeingprescription@tandridge.gov.uk 01883 732 787

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 Vodafone 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@rhates.org.uk Website: www.rhates.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
Email: 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.

HAPPY BIRTHDAY GREETINGS

01st John P

02nd Bob

11th Roy

11th Tom

21st Duc

25th Michael OA

29th Kevin C

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 29th August 2019 10.30am – 12.00pm

Lingfield Carers Support Group

Community Room, Gun Pit Road, Lingfield

Thursday 08th August 2019 2.00pm – 3.30pm

Oxted Carers Support Group

Community Room, Eastlands Way, Oxted

Tuesday 13th August 2019 10.30am – 12.00pm

Caterham Carers Support Group

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

Monday 19th August 2019 1.30pm – 3.30pm

Men's Group

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

Thursday 29th August 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 14th August 2019 10.30am – 12.30pm

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

Godstone Fete & Donkey Derby – Bank Holiday Monday 26th August

11.00am - 5.00pm The Green, Godstone RH9 8DT

East Surrey Carers Support Association AGM – Wednesday 18th September
Bletchingley Village Hall. Invites will be issued in July/August

Day Trip for Carers – There will be a Carers' day trip to Brighton this year on
Tuesday 24th September.

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

Reigate Mental Health & Wellbeing Carers

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

Monday 12th August 1.30pm – 3.30pm

Giving Carers a Voice

Maria Young, Action for Carers' new Giving Carers a Voice Co-ordinator whose role is to find out about carers' experiences and concerns and feedback that knowledge to help make changes happen.

There will be two consultation arranged in Reigate; one being with parent carers and the second on mental health and wellbeing.

The first will take place on Wednesday 4th September at 10.00am until 11.00pm and the second at 1.00pm and 2.00pm.

If interested, please contact Maria Young by email:

Maria.Young@actionforcarers.org.uk

Cinema Clubs for people who are autistic or suffering from dementia. These events for open to all carers and the people they care for. Join them from 10.00am for a drink and a chat before the film that starts at 11.00am. The screenings are autism and dementia friendly.

The film for each cinema club will usually be announced two weeks before the date.

Tuesday 10th September – Epsom Cinema Club, 148-18 Upper High Street, Epsom KT17 4QJ (Cost £2.00)

Monday 9th September – Oxted Cinema Club. Everyman Oxted, 7 Station Road West, Oxted RH8 9EE (This is free)

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 hours/365 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 & EWEEL 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

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