



JANUARY NEWSLETTER 2020

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)

WISHING YOU A HAPPY AND PEACEFUL NEW YEAR

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 the Post Office building and their parking space, Wingfield Resource Centre and 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

Guildford Safe Haven

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

CONQUEST ART – REIGATE



WEDNESDAY 10.00AM – 12.00 NOON

(During school term only)

Reigate Park Church,

Park Lane East, Reigate RH2 8BD

Conquest Art is a charity established to provide art groups for people with disabilities.

Art can be invaluable in helping people to regain confidence in their abilities and find happiness through self-expression.

Conquest Art groups provide a social activity with a purpose as well as an opportunity for members to express their feelings and gain a sense of achievement.

Group Leaders: Kathy Adams or Tara Supra-Wood

Tel: 01737 233 923 or 01737 766 502

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

RICHMOND FELLOWSHIP/WEA



YOGA AND MINDFULNESS FOR WELLBEING
WEDNESDAY 22ND JANUARY – 4TH MARCH
11.00am – 12.30pm
(every Wednesday for 6 weeks excluding
Wednesday 19th February)

Facilitator: Paul Heelis

This course is an introduction to both Yoga and mindfulness.

Students will learn basic Yoga postures, enabling them to establish a regular home practice. They will learn mindfulness techniques and be able to apply them in everyday life.

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

Please call Richmond Fellowship: 01737 771282 Mobile: 07770 890245 to get a Pin number to book with WEA on 03003 033464 or online at wea.org.uk

Course No: C3745171

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
WEDNESDAY 15TH AND 29TH WEDNESDAY
12.15PM – 2.00PM



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

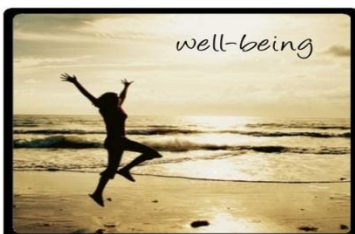
Tasty food, great company along with a speaker on a topic of interest or quiz games.

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



MANAGING STRESS AND ANXIETY
WEDNESDAY 15TH JANUARY – 12TH FEBRUARY
(Every Wednesday for 5 weeks)
1.00PM – 3.30PM (Weeks 1 and 5 1.00pm – 3.00pm)

Facilitator: Angie Muscio

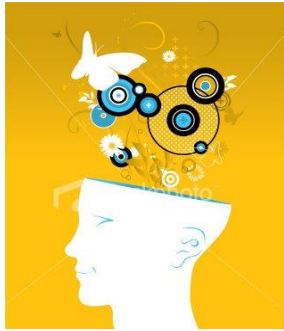
This five-week course will introduce coping strategies to help build strategies for managing stress and anxiety.

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

Please call Richmond Fellowship: 01737 771282 Mobile: 07770 890245 to get a Pin number to book with WEA on 03003 033464 or online at wea.org.uk

Course No: C3745144

RICHMOND FELLOWSHIP/WEA



UNDERSTANDING AND MANAGING ANXIETY WEDNESDAY 15TH JANUARY – 5TH FEBRUARY (Every Wednesday evening for 4 weeks)

7.00PM – 9.30PM

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

Facilitator: Angie Muscio

This four-week evening course will help you to discover how to achieve greater understanding around anxiety and strategies for managing anxiety.

This course is free of charge and is for clients registered with the Richmond Fellowship.

Places need to be booked in advance.

Please call Richmond Fellowship: 01737 771282 Mobile: 07770 890245 to get a Pin number to book with WEA on 03003 033464 or online at wea.org.uk

Course No: C3745127

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

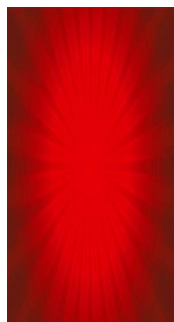
**YMCA Sports & Community Centre,
Princess Road, Redhill RH1 6JJ**

Combine yoga poses are fully adaptable with visualisation that helps you feel more balanced and refreshed. Classes include pranayama 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

MARY FRANCES TRUST



FIRST AID WORKSHOP

THURSDAY 30TH JANUARY 9.30AM – 4.00PM

**Phoenix Youth Centre, Preston Manor Road, Epsom, Tadworth
KT20 5LG**

This one-day workshop will give participants the confidence to act appropriately in difficult situations and will include assistance to adults and children. It will help participants to achieve greater confidence and improved emotional wellbeing.

To book your place, please contact: Mary Frances Trust

01372 275 400 Text: 07929 024 722 Email: info@maryfrancestrust.org.uk

or visit: www.maryfrancestrust.org.uk

DO YOU LIKE MUSIC?



JANUARY - 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.

09th - "Welcome in the New Year"

Graham Walker – Bagpipes; Maureen Galea – Organ/Piano

16th – Piano Recital – Kyle Nash Baker

23rd - Piano Recital – Patrica Romera

30th - Alioner Trio: Ioana Voicu-Amautoui – Violin; Alan Thomas – Cello; Norman MacSween - Piano

Programmes and performers may be subject to change without notice.

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.

£3.80 – 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

YMCA



WALKING FOOTBALL FRIDAY 10.00AM – 11.00AM YMCA Sports & Community Centre, Princes Road, Redhill RH1 6JJ

Redhill YMCA now plays host to a weekly "Walking Football" session.

Taking place every Friday, this activity is designed for those wishing to enjoy the sport at a slower pace with no running or slide tackles allowed.

For more information, please contact Katie Gatt on 01737 784 970
Katie.Gatt@ymcaeastsurrey.org.uk

MARY FRANCES TRUST



DRAWING & MIXED MEDIA FRIDAY 10.30AM – 12.30PM

The Brickfield Centre, Portland Place, Epsom KT17 1DL

You will be studying drawing with some different sustainable ways of working mixed in, such as collage.

To book contact: Mary Frances Trust Tel: 01372 375 400
SMS: 07929 024 722 Email: info@maryfrancestrust.org.uk

MARY FRANCES TRUST



FRIDAY PEER SUPPORT GROJP FRIDAY 11.00AM – 2.00PM

The Brickfield Centre, Portland Place, Epsom KT17 1DL

Mary Frances Trust is running a Peer Support Group which focuses on wellbeing and receiving support around mental health and emotional wellbeing whilst carrying on full, varied activities.

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

Please book early as places are limited.

Contact: Mary Frances Trust Tel: 01372 375 400

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

YMCA EAST SURREY



YOGA (Term time only) FRIDAY 12.30PM – 1.15PM YMCA Sports & Community Centre, Princes Road, Redhill RH1 6JJ

A gentle progressive Yoga Class ideal for those new to Yoga or want to work at a lower intensity. This class can be done either seated or standing using physical movement, breathing techniques and meditation to improve flexibility, strength, balance and energy.

Non-members £5.00 Basic Member £4.20 Basic Concession £3.80

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 - Tel: 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

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.

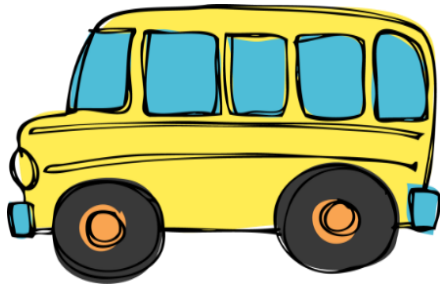
Their aim is to offer you a range of emotional and practical life skills to build self-esteem and confidence and to encourage and empower you to move forward in your recovery.

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 Anne 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



**EMOTIONAL HEALTH AND WELLBEING
MONDAY 13TH JANUARY – 10TH FEBRUARY
11.00AM – 1.00PM**

**Redhill Methodist Church, Gloucester Road,
Redhill RH1 1BP**

Facilitator: Angie Muscio

This five-week course will help you to discover how to achieve greater level of confidence and emotional wellbeing.

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

Please call Richmond Fellowship: 01737 771282 Mobile: 07770 890245 to get a Pin number to book with WEA on 03003 033464 or online at wea.org.uk

Course No: C3744930

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

MONDAY 6TH JANUARY 1.00PM – 3.00PM

Reigate Baptist Church, Sycamore Walk, Reigate RH2 7LR

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
- 10 minutes break
5. People Participation & Experience Team
 6. CMHRS update
 7. People Participation Questionnaire



Date of next meeting: Monday 2nd March 2020 – Holy Trinity Church, Carlton Road, Redhill RH1 2BX

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.

**MERSTHAM COMMUNITY FACILITY TRUST/RAVEN HOUSING TRUST/
PEOPLE'S HEALTH TRUST**



**MEN'S CREATIVE & SOCIALIZING GROUP
EVERY MONDAY 2.00PM – 4.00PM**

Relax Unwind Create

Work with soapstone to uncover creative skills.
For more information, please contact: 01737 333 461

ST. BARNABAS CHURCH SOCIAL GROUP

WINTER 2020 - JANUARY

EACH MONDAY 4.00PM – 7.00PM

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

06th – Welcome back. David and his Pet Therapy Golden Retriever
13th – Creative times with Mark and Heather
20th – Mindfulness with Darren



27th – Having our voice heard about mental health

To attend it costs £2.00 per session.

If interested, please contact St. Barnabas Church

Tel: 01372 721 518

Email: info@lovemelovemymind.org.uk

MARY FRANCES TRUST



MOSAIC

MONDAY 13TH JANUARY (3 WEEK COURSE)

2.30pm – 4.30pm

**Banstead Youth Centre, The Horseshoes,
Banstead SM7 2BQ**

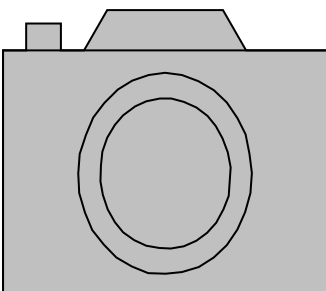
This three-week course will help you reduce stress and build confidence and provide you with opportunities for self-expression. Mosaic is an ancient and wonderful process of making pictures and patterns from small pieces of stone, glass and ceramic. The sessions will explore the different materials and uses for mosaics and then teach the basic practical skills.

To book your place, please contact: Mary Frances Trust

Tel: 01273 375 400 Text: 07929 024 722 Email: info@maryfrancestrust.org.uk

or visit www.maryfrancestrust.org.uk

REIGATE PHOTOGRAPHIC SOCIETY



MONDAYS – 8.00PM

**Old Schoolroom, Reigate Community Centre, rear of
Reigate Methodist Church, High Street, Reigate RH2 9AE**
Meets every Monday (except holidays) from *September to May*
at 8.00pm at the Old Schoolroom, Reigate Community Centre,
at the rear of Reigate Methodist Church, High Street, and
Reigate.

New members and members of other Photographic Clubs are always welcome.

For more information please contact them at: info@reigatephotosoc.co.uk
www.reigatephotosoc.co.uk

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 SOCIAL GROUP (TUESDAYS & THURSDAYS)

MID & EAST SURREY



MENTAL HEALTH OUTREACH

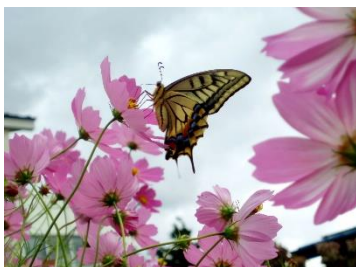
Specialist advice service for people suffering with severe and enduring mental illness

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/WEA



NEW YEAR NEW YOU
TUESDAY 14TH JANUARY (AND EVERY TUESDAY
FOR FOUR WEEKS IN ALL)
1.00PM – 3.30PM
The Old Moat Garden Centre, Horton Lane,
Epsom KT19 8PQ

Facilitator: Angie Muscio

This free four-week course will you to examine what you want for 2020. The focus will be on healthy lifestyle changes and how to set achievable goals.

Topics include:

- Declutter (the mind and physical spaces)
- Set SMART goals for the years ahead
- Making improvements to your health and wellbeing

To book, please contact Debbie on 01372 731 971 Mobile: 07825 054 018

Email: Debbie.dibble@richmondfellowship.org.uk

After receiving the Pin from Debbie, please book on phone 03003 033 464 or online www.ea.org.uk

Course reference: C3744874

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

MARY FRANCES TRUST



**PILATES FOR CALM
TUESDAY 7TH JANUARY (10 WEEKS IN ALL)
(No session on 18th February)
1.30PM – 2.30PM**

Kings Church, Longmead Road, Epsom KT19 9BU

"It's the mind itself which shapes the body! Joseph Pilates

This ten-week course will help to improve your physical and emotional wellbeing. The sessions are slow paced and finish with guided relaxation. It is movement as meditation.

Beginners and improvers are very welcome.

The cost to take part is £3.00 per session or £30.00 for the course. New learners will need to complete a medical form and have a chat with Marie before they can join.

To book your place, please contact: Mary Frances Trust

Tel: 01273 375 400 Text: 07929 024 722 Email: info@maryfrancestrust.org.uk

or visit www.maryfrancestrust.org.uk

ST. LUKE'S CHURCH



**ENJOY A CUP OF TEA AND CAKE
TUESDAY 7TH JANUARY**

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

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

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



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

MEN ALONE SELF HELP (MASH)



TUESDAY 4.30PM – 6.30PM
The Woodhatch Centre, Whitebeam Drive, Reigate RH2 7LS

If you are a man on his own, why not join them?

Men Alone Self Help (MASH) is a group for men who are alone due to bereavement. The length of bereavement can vary from a few months to many years.

If you would like to know more about this group please contact Tom on 01306 883 961 or via email – tomcpearson@googlemail.com

SELF INJURY SUPPORT



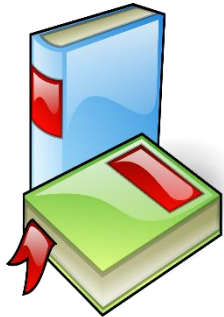
WOMEN'S SELF INJURY HELPLINE
TUESDAY & WEDNESDAY 7.00PM - 9.00PM
THURSDAY 3.00PM - 5.00PM
0808 800 8088

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 Charity No. 1092299

MARY FRANCES TRUST



READING GROUP
TUESDAY 7TH JANUARY
(FIRST TUESDAY OF THE MONTH)
6.00PM – 8.00PM

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

(All Saints Church and Princess Alice (Banstead) will be running this group with us.)

Reading helps us to gain new perspectives, boosts teamwork skills and many more. This ongoing group will help you to discover how to achieve greater confidence, build resilience and meet new people.

To book your place, please contact: Mary Frances Trust

Tel: 01273 375 400 Text: 07929 024 722 Email: info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk

MARY FRANCES TRUST



COMMUNITY CRICKET
START DATE: TUESDAY 28TH JANUARY
(TASTER SESSION)
6.00PM – 8.00PM

**Phoenix Youth Centre, Preston Manor Road,
Epsom, Tadworth KT20 5LG**

This weekly evening activity will help you to discover how to achieve greater confidence, improved emotional health and physical wellbeing and resilience.

Community Cricket builds team skills, social skills such as cooperation, communication and learning how to cope with winning and losing. It's a great way to meet new people and make new friends.

To book your place, please contact: Mary Frances Trust
Tel: 01273 375 400 Text: 07929 024 722 Email: info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk

FUTURE ACTIVITIES

Healthy Living Healthy Lifestyles

Monday 24th February – 23rd March (Every Monday for 5 weeks) 11.00am-1.00pm
Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP
Course Code: C3745039

Manager Anger

Wednesday 26th February – 18th March 10.00am-12 noon
(every Wednesday for 4 weeks)
Wingfield Resource Centre, St. Anne's Drive, Off Noke Drive, Redhill RH1 1AU
Course Code: C3745143

Music, Mood and Wellbeing

Thursday evening 27th February – 26th March 6.30pm – 8.30pm
(every Thursday for 5 weeks)
Wingfield Resource Centre, St. Anne's Drive, Off Noke Drive, Redhill RH1 1AU
Course Code: C3745150

Please note that booking is essential. Please contact Richmond Fellowship:
Tel: 01737 771 282 SMS 07770 890 245
Email: redhillcc@richmondfellowship.org.uk

Mid & East Surrey Mental Health Stakeholder Group

Tuesday 25th February 10.00am – 12.00pm
Green Room, Woodhatch Community Centre, Whitebeam Drive, Woodhatch, Reigate
RH2 7LS

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 patients for up to six appointments within GP practices or within the patient's homes 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 Tel: 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

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@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

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

Email: 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

SHOUT – New crisis text line



A new national 24/7 crisis text line called Shout is now available. It is a safe space for anyone experiencing an emotional crisis where you are listened to by a trained Crisis Volunteer.

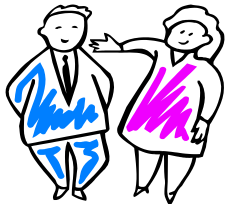
In a nutshell, Shout is:

- A 24/7 text service
- A support to take you from a hot moment to a calmer place
- A service based on a tried and tested model of crisis support
- A service where Shout Clinical Supervisors work alongside their Crisis Volunteer and monitor conversations 24/7
- An anonymous, free conversations that will not show on your phone bill
- A professional support to create a simple plan of action to manage your crisis

To find out more, please visit the Give Us A Shout website.

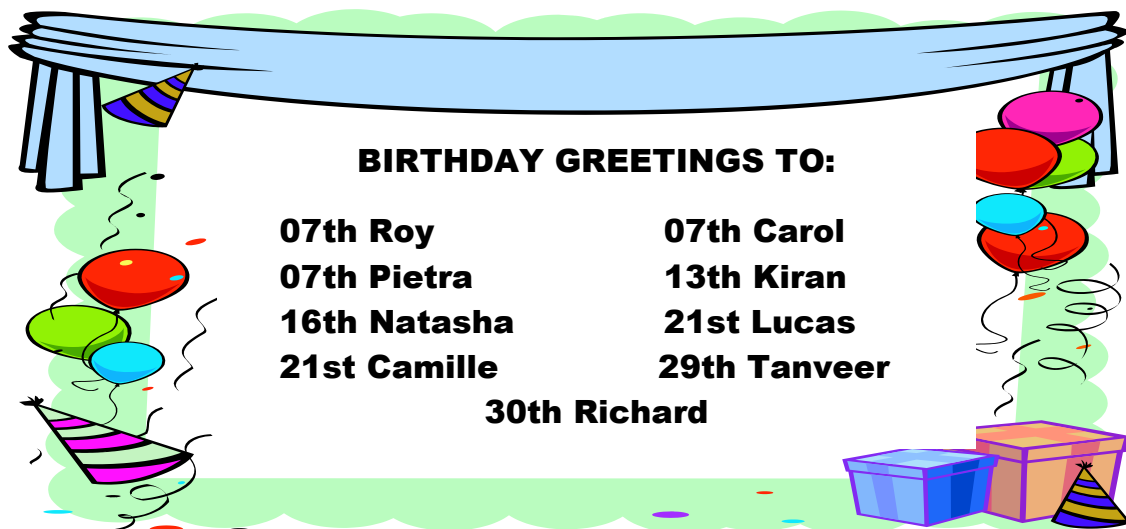
To use – text Shout 85258

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 30th January 10.30am – 12.00pm

Lingfield Carers Support Group

Community Room, Gun Pit Road, Lingfield

Thursday 9th January 2.00pm – 3.30pm

Oxted Carers Support Group

Community Room, Eastlands Way, Oxted

Tuesday 14th January 10.30am – 12.00pm

Caterham Carers Support Group

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

Monday 20th January 1.30pm – 3.30pm

Men's Group

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

Thursday 30th January 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 January 10.30am – 12.30pm

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

Friday 17th January 10.30am – 1.30pm

Health & Wellbeing Marketplace for Carers

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

Tuesday 21st January 1.45pm – 3.00pm

Scams Awareness Event

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

Action for Carers also have upcoming Hampton Court visits for Carers on Wednesday 5th and Tuesday 25th February. Places are limited and booking is essential.

Please ring 0303 040 1234815 for more information and to book if interested.

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: CSAdmin@actionforcarers.org.uk

Action for Carers have extended their opening times on Tuesdays and Wednesdays to 6.00pm.

Young Carers Section

Action for Carers Surrey – Surrey Young Carers

www.surrey-youngcarers.org.uk T: 01483 568 269 E: scy@actionforcarers.org.uk

Heads Together

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

T: 01737 378 481 E: headstog@ymcaeast Surrey.org.uk

Website: ymcaeast Surrey.org.uk/heads-together-counselling

Reigate Community Counselling Centre

This is a local counselling service established in 2012 in Reigate, offering counselling to adults for a range of issues including anxiety, anger, low self-esteem, depression, family relation issues, stress and bereavement. Sessions run throughout the week and are by appointment only. Our counsellors provide a confidential, non-judgement service aiming to support clients through difficult issues and develop stronger emotional resilience in order to lead more fulfilling lives.

They are registered charity and ask for client contributions to cover our costs based upon a suggested sliding scale dependent on income and what is affordable. Our counsellors offer their time at reduced cost to enable counselling to be available to those in need. Generally, the minimum cost per session is £20.00.

For more information please call:

Reigate Community Counselling Centre

Telephone: 07791 214 903

Email: Reigatecounsellor@btinternet.com

Website: www.reigate-counselling.co.uk

Charity No. 1154986

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 & 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 1RX

Advice Line 03444 111 444

Monday – 10.00am until 4.00pm

Tuesday – 10.00am until 4.00pm

Wednesday – 10.00am until 4.00pm

Thursday – 10.00am until 4.00pm

Friday - 10.00am until 4.00pm

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: Revd. 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