



MAY 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)

Very sadly as the country is still in lockdown there is obviously no Reigate Stepping Stones Social Group. However, if you wish to make contact with Reigate Stepping Stones please ring David Murphy on the office mobile as above.

REDHILL SAFE HAVEN

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 4UQ

Woking Safe Haven

The Prop, 30 Goldsworth Road, Woking GU21 6JT

Monday – Friday: 6.00pm – 11.00pm

Weekends and Bank Holidays: 3.00pm – 8.00pm

Aldershot Safe Haven

The Wellbeing Centre, 121-123 Victoria Road, Aldershot GU11 1JN

Monday – Friday: 6.00pm – 11.00pm

Weekends and Bank Holidays: 12.30pm – 11.00pm

Please note that there is no wellbeing support between 6.00pm – 8.00pm at any of the Safe Havens until further notice.



REIGATE STEPPING STONES

Reigate Stepping Stones continues to make contact with their members that live on their own and give help and support as and when this is needed.

RICHMOND FELLOWSHIP

Richmond Fellowship is committed to supporting their people as best they can and their services continue to stay open with suitable restrictions and safety protocols.

Their Community Connections advisors are working remotely from home and clients can choose to have their appointments by telephone, video call (What's App, Skype, Zoom) or through email updates.

Wellbeing courses continuing via Zoom which can be accessed by a computer, tablet, laptop or mobile.

There is a variety of courses running at different times throughout the week; some of which are in the mornings, afternoons and one in the evening lasting for one hour or two hours depending upon the course. The courses are WEA Emotional Health and Wellbeing course, Cuppa and Catch Up session, Chair Exercises, WEA Confidence & Self Esteem course, WEA Mindfulness and Anxiety evening course, Good Nutrition

whilst Isolating over a Cuppa, WEA Mindfulness and Anxiety morning course and Peer Support Group.

These are run by Angie Muscio WEA Course Tutor and Safe Haven Recovery Worker.

If you are interested in one or more of these courses, please contact Lucy Rowland on 07770 890 245 or by email: Lucy.Rowley@RichmondFellowship.org.uk for further information and to register.

RICHMOND FELLOWSHIP – ART MATTERS

The Art Matters studio is closed, but staff are supporting their artists with online initiatives as below.

They are working on a community group project where they hope to involve all the artists they support where possible. This would happen by sending out a sketch book pack with details of how to get involved! This project is essential as it will tie into the 'Art Matters Online' contact via Instagram which will include images of their artists and short videos clips of art projects from staff.

'Art Matters Offline' is for those people they support who do not have internet access or the IT skills to join up to Instagram – this would be staying in connect with a ZINE (a small publication) <https://blog.flipsnack.com/what-is-a-zine>) that will be posted out featuring contents from Instagram.

Art Matters will be staying in touch and checking-in *all* of their Artists through emails, messages and phone calls until they open again.

MARY FRANCES TRUST

Mary Frances Trust continues to offer 30-minute phone appointments that need to be booked in advance. Please note that these are *not* a counselling session, but mental health support conversations.

To be eligible for their phone appointments you need to be registered with them. If you are not registered already, please *complete the registration form available on their website*.

Download their appointment calendar either on their website or the current Newsletter to see what is available. If you would like to book a time you can:

- Phone the main office on 01372 375 400 between 9.00am – 12.00pm Monday to Friday and leave a message. Someone will get back to you as soon as possible.
- Or else contact anyone from their team which is advertised in their monthly Newsletter
- Book with a specific person by calling them directly, but if it is urgent they can book you for the next available appointment.

Online groups and activities

Mary Frances Trust have now expanded their programme of online groups and activities following the success of the initial ones. They are keeping the groups quite small and short for the time being so it is important to book your place. The current calendar of online activity is found on their website.

To take part, what do you need to do?

1. If you are not already registered with them, you will need to complete a simple registration form on their website. They will contact you as soon as possible and set up an initial phone appointment to get to know you and advise you on the best way they can support you.
2. Once you are fully registered, you will need an internet connection and either a smartphone, tablet, laptop or desktop.
3. Download a free App called Zoom. If you are unsure of how to do so follow their step-by-step instructions.
4. Phone the office or contact one of the team to book a place.
5. Once you are booked on, you will receive a link and a password to click on at the time the group is due to start – it is that easy! *Please do not share this link or password with anyone as it is a closed group.* If you know someone is interested in the group, encourage them to book with the and they will send them details.
6. Make sure you read their Participation Guidelines before you join to keep yourself and others safe online and ensure everyone has the best experience!
7. You can choose if you want to be seen or if you just want to talk.
8. Do not worry if you are not sure how to use Zoom – you have got instructions on their website or you can ring them for help.

ESRA – MINDING YOUR BUSINESS

Last week they focussed on how to support furloughed staff and if interested please go online for their report.

This week ESRA – Minding Your Business will be sending out overviews of four online courses which they are now in a position to organise and run. These include an online one-hour pre-recorded webinar that they are looking into being accessed via vimeo (password protected), a 90-120 minutes interactive online Line Manager's support workshop run by one of their mental health trainers. Then there is the interactive four-hour MHFA England 'Awareness' and four-hours MHFA England 'Refresher' course.

In the coming weeks, they will cover topics such as juggling the family whilst working at home, kindness (which ties in with the Mental Health week 18th-24th May 2020, positive coronavirus experience and revisiting supporting our own mental health during these unstable times.

ESRA continues to give help and support to their clients which includes welfare and support which benefits them and helps them to keep their wellbeing and positivity.

To contact: Tel. 01737 772 115 Email: info@esrasurrey.co.uk

Website: <http://www.esrasurrey.co.uk>

THE INCLUDE CHOIR



ONLINE
WEDNESDAYS 8.00PM – 9.00PM

The Include Choir has now set up **The Include Choir Online**.

Redhill's Include Choir seeks to reach to *everyone* including the most vulnerable members of our community with learning disabilities and autism. The choir uses Makaton signing alongside music and singing.

The new Facebook Group <https://www.facebook.com/groups/215837659503721/> is a focus for the choir during Covid-19 restrictions and has proved very popular in Redhill and much further afield too.

The **Wednesday evening Facebook Live sessions from 8.00 – 9.00pm** are for anyone with or without disabilities who need a little boost in their day with the added bonus that singing with Include means also learning new communications skills.

The online version of the Include Choir has attracted many new members, retained existing members and also regained some members who had moved away from the local area! Everyone is welcome in the Include Choir Online.

Smaller Include Choir groups with a social and communication focus are also running via Zoom.

Please contact Alix Lewer for more information by email at: info@include.org

NEW SERVICE



During this period of the COVID-19 isolation It has been more important to look after your mental health and wellbeing. The Surrey Virtual Wellbeing Hub is your one-stop-shop to find online sessions and classes to offer you the support you need during COVID-19 pandemic isolation measures.

Partners including The Richmond Fellowship, Catalyst, Mary Frances Trust and Surrey Coalition of Disabled People are still providing support and adapting many of their popular sessions so that can be access online.

Simply visit healthysurrey.org.uk/virtualwellbeing to view the range of sessions and register your interest – or refer someone you know who is currently struggling.



DATE: WEDNESDAY 3RD JUNE 2020

TIME: 10.30AM – 12.30PM

Via: Zoom video call

Access to Zoom is required.

LIVE WELL: WORRY LESS AND BUILD RESILIENCE

Do you feel stressed, worried, anxious, depressed?

Are you having difficulty adjusting to the lifestyle changes during the COVID-19 pandemic?

Are you experiencing unhelpful thoughts and worries about the current situation?

A talking therapy virtual group based on low intensity CBT methods to support people in managing their worries and building resilience during the COVID-19 pandemic. Please contact DHC Talking Therapies to reserve your place on the next course. Talk to them today on 01483 906 393 or visit dhctalkingtherapies.co.uk

HELP AND SUPPORT

Surrey & Borders Partnership NHS Foundation Trust

Mental Health Crisis Line – 0800 915 4644

People with speech and hearing difficulties can access this service by sending a SMS text: 07717 989 024

Dialling the Next General Text Service App or Telephone:
18001 0800 915 4644

More information at www.ngts.org.uk

Open 24 hours a day, 365 days a year for mental health advice and support.

SHOUT – New crisis text line – Text Shout 85258



A new national 24/7 crisis 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

Heads Together – Young People (14 – 24 years)

Heads Together have been providing counselling in East Surrey since 1994. They provide free and confidential counselling for young people aged between 14-24 years 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 a fuller and more satisfying lives.

Tel: 01737 378 481 Email: headstog@ymcaeast Surrey.org.uk

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

Reigate & Banstead Council

Helpline for people needing help at this time. 01737 276 000

Surrey Community Helpline

Surrey County Council has set up a new community helpline to direct you to services that can help during the coronavirus pandemic.

The Surrey Community Helpline is open on Monday to Friday from 8.00am – 6.00pm, Saturday and Sunday from 10.00am – 2.00pm and can be reached at:
0300 200 1008

The community phone line is here for two things:

1. To help direct residents who need support if friends and family are unable to help with such things as picking up shopping, prescription collections, or having someone who can be a telephone friend and other services that can help.
2. To provide advice on where to register your offer to help to support your community.

Please note that this is not a medical helpline. It only provides practical information in your local community.

You can also visit the Surrey Community Support online hub for more information.

CARERS' SECTION

East Surrey Carers Support Association (ESCAS) 01737 276 000

East Surrey Carers Support Association continues to give all their carers a service for as long as they can. They are planning to keep the office open for as long as possible, so please contact them by telephone, leaving a message if they are not there or via an email with your caring concerns. They will get back to you as soon as it is possible which may not be as quickly as in the past months.

Working alongside you all they know that this is going to be a tough time for you all. If any of you would like to have a reassuring chat about your personal situation please phone them and they will have that much deserved conversation.

Action for Carers 0303 040 1234 (text 07714 075 993)

Action for Carers continues to be open and is there to support you. Besides giving support and information, they can provide letters to confirm you are a carer, for priority shopping, for people who want to prove their caring status to employers and for those caring for someone with autism who needs to leave the house more frequently.

Action for Carers is now running their general support groups for carers by video, using a system called 'Zoom'. You can join with your computer, tablet or mobile. The groups will be held every other week and they are called 'Coffee, Chat and Support' and will be starting from Tuesday 12th May.

Tuesdays 10.00am – 11.30am Led by the North West Surrey team
Wednesdays 1.00pm – 2.30pm Led by the South West Surrey team
Thursdays 1.30pm – 3.00pm Led by the Mid Surrey team
Fridays 10.30am – 12 noon Led by the East Surrey team

Booking is essential, but it is easy. Please leave a voicemail on 0303 040 1234 option 1, email them at CSAdmin@actionforcarers.org.uk or you can go on to their website: Actionforcarers.org.uk/events. Once you have been registered, you will be sent out joining instructions, a brief guide to using Zoom and a password for your chosen Group.

Groups are general, but they may have 'specialist' groups, e.g. parent carers, in time.

You do not have a computer or smart phone?

If you do not have a computer, tablet or mobile, or have one but do not feel confident in using it, please call the Carer Information Centre. There are many places offering grants for people to get computer equipment and they can apply for you.

Additionally, they can put you in touch with charities that can help you with getting to grips with your IT equipment or phone. Please ask.

Young Carers Section

Action for Carers Surrey – Surrey Young Carers

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

COUNSELLING FOR YOUNG PEOPLE

Heads Together

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

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

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

Childline – for children and young people under 19 0800 1111

YoungMinds – parents worried about their child – Parents Helpline call 0808 802 5544

YoungMinds Crisis Messenger – free 24/7 - 85258

CATALYST

SMART (Self Management and Recovery Training)

Smart meetings are for people addicted to alcoholic and drugs.

Smart meetings are now held online and now have eight meetings with a variety of day and evening times, all facilitated by trained and vetted staff or volunteers.

Wednesdays at 11.30am – 12.30pm 7.30pm – 9.00pm

Thursdays at 10.00am – 11.30pm 7.30pm – 9.00pm

Fridays at 1.00pm – 2.30pm 7.30pm – 9.00pm

Saturdays at 11.00am – 12.30pm

Sundays at 6.30pm – 8.00pm

Tel: 01483 590 150 Text: 07909 631 623 Email: info@catalystsupport.org.uk

USEFUL HELPLINES

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

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

RASASC

Unfortunately, due to the Coronavirus outbreak and in line with the Government advice regarding social-distancing their helpline is currently closed until further notice.

The Survivors Trust provides information, advice and emotional support.

08088 010 818

Monday – Thursday: 10.00am – 6.00pm

Friday 10.00am – 2.00pm

Rape Crisis – National Telephone Helpline

0808 802 9999

Open between 12.00pm – 2.30 and 7.00pm – 9.30pm every day of the year

SurvivorsUK – providing support for male survivors of sexual abuse

Online helpline open 12.00pm – 8.00pm <https://www.survivorsuk.org/ways-we-can-help/online-helpline>

Safeline's National Male Helpline

0808 800 5005

Open: Monday, Wednesday and Friday 9.00am – 5.00pm

Tuesday and Thursday 8.00am – 8.00pm

Saturday 10.00am – 2.00pm

www.safeline.org.uk (<http://www.safeline.org.uk>)

Samaritan's providing emotional support

Phone 116 123 – open twenty-four hours

www.samaritans.org. (<http://www.samaritans.org>)

CITIZEN'S ADVICE

Citizen Advice Bureau is now part of Adviceline open Monday – Friday
10.00am – 4.00pm .

Mobile calls are charged at local rate. If an advisor is unable to solve your problem
they will be able to offer an appointment. For further information contact:

East Surrey Adviceline 03444 111 444

National Line 03444 77 20 20

Your local Cas are:

Redhill and Horley 01737 778383

Banstead and Tadworth 01737 778383

SPECIAL DAYS IN MAY 2020

Friday 8th May – Bank Holiday - Celebrating VE Day

Monday 18th May – Sunday 24th May - National Mental Health Week – Kindness

Spring Bank Holiday Monday - 25th May

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