



AUGUST 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)

The Reigate Stepping Stones Social Group Trustees were hoping by now that the Social Group would be opened or about to. Sadly circumstances beyond our control has prevented this.

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.

Please wear your face mask when visiting.

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.

SAFE HAVEN REDHILL – ONLINE APPOINTMENTS

(6.00pm – 11.00pm 365 days a year)



Where appropriate you can attend your consultation online via a video call.

Video calling is as convenient as a phone call with the added value of face-to-face communication.

It can save you time and money and brings your care closer to home.

Where do I go to attend my appointment?

Go to: <https://nhs.vc/sabp/safe-haven-Redhill>

Is it secure?

Yes. Health Service is notified when you arrive and your clinician will join you when ready. There is no need to create an account. No information you enter is stored.

What do I need to make a video call?

A good connection to the internet if you can watch a video online (e.g. You Tube). A private, well-lit area where you will not be disturbed during the consultation.

One of these:

Google Chrome web browser on a desktop or laptop or an Android tablet or smartphone

Safari web browser on an Apple iMac, Macbook, iPad or iPhone

Web-camera, speakers and microphone already built into laptops or mobile devices

Video calls are secure; your privacy is protected.

You will have your own private video room that only authorised clinicians can enter.

How much internet data will I use?

You do not use any data while waiting for a clinician to join you. An Attend Anywhere video call uses a similar amount of data to Skype or FaceTime.

How much does a video call cost?

The video call is free (except for your internet usage).

Smartphone and tablet users

If you can connect to a home or work Wi-Fi network to avoid using your mobile data allowance.

Get ready to make video calls

Make sure that you use one of the following browsers:

Google Chrome

Windows 7+, Android 5.1+, MacOS 10.11+

Apple Safari

MacOS 10.12+. iOS 11.4+, iPadOS 13+

Go to: <https://nhs.vc/sabp/safe-haven-Redhill>

1. On this web page, click the Start video call button and follow instructions.
2. Wait in your own private video room.
3. Your healthcare provider sees you arrive in the waiting area queue and joins you in your video room when they are ready.

RICHMOND FELLOWSHIP – REDHILL ONLINE COURSES – AUGUST AND SEPTEMBER

COURSE	DATE	TIME
Mindfulness and Grounding Techniques	Monday 3rd August	10.30 am - 12.30pm
Finding Happiness in Current Times	Monday 10th August	10.30am – 12.30pm

MEET THE TEAM – AN INTRODUCTION TO RF ZOOM GROUPS

MONDAY 10TH AUGUST 3.30PM – 4.30PM

Via your Richmond Fellowship Advisor



A free introduction session for anybody who is feeling anxious or uncertain about attending a Zoom group through Community Connections. Meet Lucy, Angie and their lovely team of volunteers and find out how attending a wellbeing group through Zoom feels.

GROUNDING TECHNIQUES MONDAY 17TH AUGUST 10.30AM – 12.30PM



A free 2-hour workshop offering convenient grounding techniques to swiftly bring your mind back to the present moment during times of heightened emotions. Grounding is a practice that can help you pull away from flashbacks, unwanted memories and negative or challenging emotions. These techniques may help

distract you from what you are experiencing and refocus on what is happening in the present moment.

DEVELOPING & BUILDING EMOTIONAL RESILIENCE

STARTS TUESDAY 18TH AUGUST 7.00PM – 9.00PM

(A four-week course)



A free four-week evening course to introduce you to coping strategies to help building strength and resilience to withstand life's challenges and enhance your emotional health and wellbeing.

Learn the skills to unlock your emotional resilience, protect your mental health and reach your full potential.

- How to make small changes to feel big benefits
- Recognising the difference between destructive and pro-active behaviours

MANAGING STRESS AT HOME



MONDAY 24TH AUGUST 10.30AM – 12.30PM

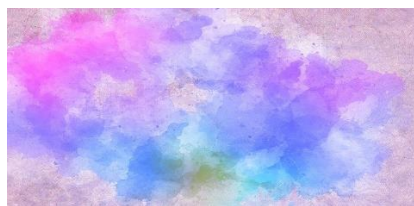
A free two-hour workshop and discussion group to discover practical strategies to manage the stresses of juggling home life

During this point in time there are many stresses and anxieties to deal with in the home, e.g. loneliness;

illness; care of children and elderly relatives, financial worries, overseeing home education.

Join this discussion group to air your concerns and discover practical strategies to help manage these and other situations as best one can.

LIVING MINDFULLY



MONDAY 14TH & 21ST SEPTEMBER

10.30AM – 12.30PM

A free two-week course to learn practical mindfulness techniques to help relieve anxiety and stress during this time.

Becoming mindful in everyday activities can reduce stress and anxiety and increase your wellbeing and help you get the most out of life.

GOAL SETTING



TUESDAY 22ND SEPTEMBER 7.00PM – 9.00PM

A free short two-hour workshop covering how to set SMART goals in order to motivate and challenge your in these difficult days and for the future, both personally or professionally.

The tutor for the above courses is Angie Muscio.

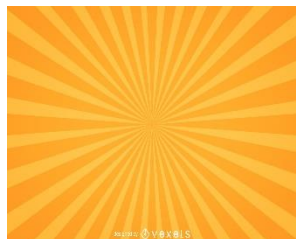
Their courses are free for users of Richmond Fellowship services, but other people will have to have a referral, or self refer and attend an appointment with a Community Links Advisor before they can attend a course.

For all enquiries, please contact Lucy Rowley 07770 890 245

Lucy.Rowley@RichmondFellowship.org.uk

Lucy will then forward you the zoom links for the course when you book.

RICHMOND FELLOWSHIP – ART MATTERS



Over the past few months Mark and the team at Art Matters have received hundreds of emails of photographs, paintings and prints; of works in resin, wood, collage, land-art, sculpture, words and books; in stone, textiles, glass and decoupage.

During such difficult times, Art Matters artists have created an amazing body of work, a legacy in which they can all feel proud.

ART MATTERS RE-OPENING

Staff have started to implement the changes needed to reopen the service safely and are working to the Risk Assessment action list that has been approved by Richmond Fellowship Property Services.

Preparation to reopen will be the focus of their work for the next couple of weeks and this may impact on their current provision.

They will endeavour to continue to call/text all of you every two weeks. This may change nearer they get to reopening.

Instagram and Playlists projects on hold for a couple of weeks. These will return with new themes if they have the capacity.

They aim to continue the newsletter and Zoom meetings, but, at some point, this may change.

Face Masks

When they reopen it will be a requirement to wear a face mask when attending Art Matters. If you are interested in making your own mask there are lots of YouTube tutorials for all abilities. However, if you feel you would benefit from more guidance please contact Natasha who may be able to guide you in WhatsApp. If there are a number of people interested we will look at setting up a Zoom session.

RICHMOND FELLOWSHIP THE OLD MOAT GARDEN CENTRE AND CAFÉ

LET US HELP YOU GROW

Horton Lane, Epsom KT19 8PQ



The Old Moat Garden Centre and Café supports people living with mental ill health to build confidence and skills in a supportive environment. Their experience there encourages positive social interaction and helps them to achieve their personal goals.

If interested, please contact: 01372 731 971

Email: Contact.Moat@RichmondFellowship.org.uk

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 so it is important to book your place. The current calendar of online activity is found on their website which has a vast selection of courses besides a Coffee Morning Monday to Friday from 10.30am – 11.30am.

The following are new online courses.

Thursday 6th August from 1.00pm – 3.00pm Regaining Confidence and Self Esteem 4-week course.

Thursday 27th August from 2.30pm – 4.30pm Improving Sleep Difficulties
Need to register by the 14th August. Your details will then be passed to Centre for Psychology (CFP) for them to conduct their telephone assessment.

Monday 31st August at 2.00pm. Managing your Emotional Health Post-Covid in a Language Familiar to you.

Are you feeling overwhelmed or isolated? Are you struggling with worry or low mood? Are you finding things difficult to manage during this time of social distancing? Come and join their support workshop on Zoom to learn and share information in Bengali, Urdu and Hindi.

Tuesday 8th September at 5.00pm. Health & Diabetes Post-Covid
4-week course will help you develop the skills, knowledge and understanding you need to support your own mental health and manage your diabetes. You will have the opportunity from Public Health England, Active Surrey and IAPT Services. The course will cover mental health, foot care, diet and physical activity.

For further information and registration regarding this workshop please contact Parvin on 07380 857701 or Lieneke on 07764 906220. The deadline for registration is the 21st August.

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 Mary Frances Trust 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.

Log-in details may be changed for security reasons. Please ensure you re-book your place to get the right details. The Activity Facilitator can also re-book your place and can forward any new log-in details to you.

To contact: 01372 375 400 Text: 07929 024 722

Email: info@maryfrancestrust.org.uk www.maryfrancestrust.org.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



Wellbeing Prescription is currently operating a telephone social prescribing service both for existing and new clients. Telephone support includes discussions on how to remain physically active, maintaining a healthy balanced diet, weight management, looking after your emotional wellbeing including stress, worry, poor sleep and general feelings of loneliness and isolation. Wellbeing Prescription will be able to direct you to a variety of local and national organisations that will help you to improve both your physical and emotional health during the pandemic and beyond.

If you would like free wellbeing support and advice please contact Wellbeing Prescription on 01883 732 787 or email wellbeingprescription@tandridge.gov.uk. You can also visit their website for more information www.wellbeingprescription.co.uk

YMCA

VIRTUAL EXERCISE – ZOOM

As you are aware, YMCA is closed for the time being. They have been running virtual sessions through Zoom which people who have been Exercise referred are welcomed to join as well.

For information, please contact Wayne Askin, Exercise Referral Co-ordinator
Direct – 01737 784 976 Tel. 01737 779 979 Website: www.ymcaeastssurrey.org.uk

CRISIS SUPPORT

Safe Haven – Redhill

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

Open: 6.00pm – 11.00pm 365 days a year

Safe Haven – Redhill Online Appointments 6.00pm – 11.00pm 365 days a year
<https://nhs.vc/sabp/safe-haven-Redhill>

Safe Haven – Epsom

The Larches, 44 Waterloo Road, Epsom KT19 8EX

Open: 6.00pm – 11.00pm 365 days a year

Safe Haven – Epsom Online Appointments 6.00pm – 11.00pm 365 days a year

<https://nhs.vc/sabp/safe-haven-Epsom>

www.sabp.nhs.uk/ourservices/mental-health/safe-havens

The Crisis Line

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.

The Samaritans

Telephone Support: For anyone in emotional distress or at risk of suicide

24 hours a day – 365 days a year

Tel: 116 123 www.samaritans.org

SHOUT – Crisis text line – Text Shout 85258



A national 24/7 crisis line called Shout is 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.

GENERAL SUPPORT



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

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.

COUNSELLING SERVICES

Mind Matters

Locations: Redhill, Oxted, Caterham, Reigate, Dorking, Epsom

Tel: 0300 330 5450

www.mindmattersnhs.co.uk

ieso Digital Health

Telephone & online service

One-to-one cognitive behavioural therapy in real time using typed conversation over secure internet connection.

Tel: 01954 23 066

<http://www.iesohealth.com/surrey>

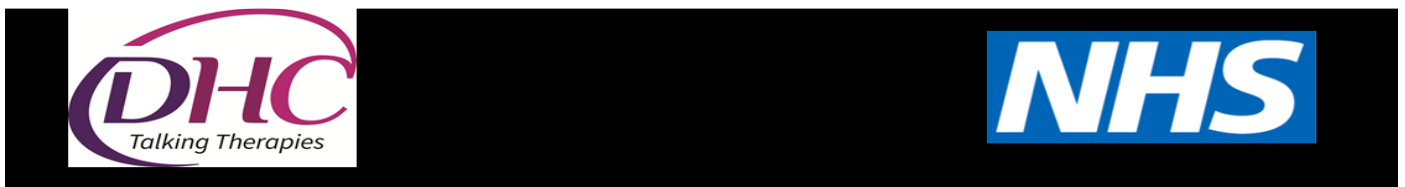
Think Action

Locations: Redhill, Caterham, Reigate, Oxted

Tel: 01737 225 370

Text: TALK to 82085

www.thinkaction.org.uk



DHC Talking Therapies are offering free, confidential support to individuals age seventeen plus in Surrey to people who are struggling with their mental health.

If interested, please contact: DHC on 01483 906 392 or visit

<https://dhctalkingtherapies.co.uk>

CHILDREN AND YOUNG PEOPLE'S CRISIS SERVICES

CYP Haven (10 – 18 years old)

Due to the advice given by HM Government and Public Health England to reduce social contact, the decision has been made to physically close the CYP Havens temporarily. They are however offering a virtual service over the phone and this will be available every week day from 4.00pm – 8.30pm and weekends from 12.00noon to 6.00pm for young people to talk and access support. The number will not be available outside of those times and text messages may not be responded to for several days, so please call rather than text.

07773 008 435 - This number is subject to change, please check here before calling.

You will initially put through to a youth worker who will have an initial chat with you and may decide to take your details and ask a mental health professional to call you back.

Please note that although we are a crisis service, if you are physically harmed or are not safe in your current surroundings, please call 999.

Please note: If you are calling from a withheld number, please leave a message with your name and someone will get back to you. Calls which do not display the phone number will not be answered

www.cyphaven.net

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

Childline: 0800 1111 childline.org.uk

Papyrus: 08000 684 141 or you can text 07786 209 697 papyrus-uk.org

CARERS' SECTION

East Surrey Carers Support Association (ESCAS) 01737 276 000

East Surrey Carers Support Association has now changed their email address; e.g. for general contact with this organisation is info@escsa.org.uk

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
Wednesdays 1.00pm – 2.30pm
Thursdays 1.30pm – 3.00pm
Fridays 10.30am – 12 noon

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

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 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

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

This organisation 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>)

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 CABs are:

Redhill and Horley 01737 778383

Banstead and Tadworth 01737 778383

Street Light UK



Streetlight UK support all women (18+) involved in prostitution regardless of how or where they sell sex. They support women advertising off-street as well as on-street, using tailored 1-1 support plans according to the needs of each woman.

In addition, they support police teams on their modern day slavery operations, assisting them on suspected brothels or properties where trafficking is taking place. Streetlight offers practical advice, emotional support, exit support and post-exit support to women involved in prostitution.

Women can self-refer by texting or calling 07546 588 449 or emailing info@streetlight.uk.com or emailing info@streetlight.uk.com or completing a referral form. More information at www.streetlight.uk.co

East Surrey
Community
Connections



Office Address:

165 Buckswood Drive, Gossops Green, Crawley, West Sussex RH11 8JD

Charity No. 1136374

Company limited guarantee in England No. 7236238

Website: www.reigatesteppingstones.org.uk

Email: rss@reigatesteppingstones.org.uk

Office No: 07597 781624