



SEPTEMBER NEWSLETTER 2020

OFFICE MOBILE NO. 07597 781 624 (Monday - Friday: 9.00am – 6.00pm)

Reigate Stepping Stones Social Group Trustees have not yet been fortunate in finding another venue, but they are still working on this and hopefully by October the Reigate Stepping Stones Social Group will be in a new location.

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. 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
6.00pm – 11.00pm every evening throughout the year

Guildford Safe Haven

Oakleaf Enterprise, 101 Walnut Tree Close, Guildford GU1 4UQ
6.00pm – 11.00pm every evening throughout the year

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)



People in crisis are able to attend a Safe Haven 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 time and money and remove the

issue of out of hours travel, bringing free expert care closer to home.

For a virtual visit, when you click on the link below you enter the clinic's online waiting area. The Health Service is notified when you arrive and your clinician will join you when ready without needing to create an account.

Click on the link: <http://nhs.vc/sabp/safe-haven-redhill>

- On this web page, click the Start video call button and follow the instructions
- Your healthcare provider sees you arrive in the waiting area queue and joins you in your video room as soon as they are available

If your call is not answered because of an emergency at the Safe Haven you are trying to reach then another Safe Haven will take your call.

Is it secure? No information is stored. Video calls are secure; your privacy is protected. You have your own private video room that only authorised clinicians can enter.

How much does a video call cost? The video call is free (except for your internet usage.)

How much internet data will I use? You do not use any data while waiting for a clinician to join you. A video call uses a similar amount of data to Skype or FaceTime.

RICHMOND FELLOWSHIP – REDHILL WEEKLY GROUPS & ACTIVITIES

Writing Projects (Released Thursdays)
Peer Support Group (Weekly)

Thursdays Email/Video
Fridays 2.00pm – 4.00pm

ONLINE COURSES – SEPTEMBER AND OCTOBER

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, 13TH AND 20TH OCTOBER
7.00PM – 9.00PM**

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

Please note: The three-week goal setting course is not over consecutive weeks, allowing attendees to set their new goals in action!

MANAGING UNCERTAINTY



**MONDAYS 12TH & 19TH OCTOBER
1.00PM – 2.00PM**

This course will help and enable you to deal with the various uncertainties there are in today's world.

The tutor for all the above courses is Angie Muscio.

The 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.

ART MATTERS - RICHMOND FELLOWSHIP

Parochial Hall, Earlswood, Redhill RH1 6HE



The very good news is that Art Matters again is open which started in the first week in September. There will obviously been less people attending each session due to the Covid-19.

Art Matters was established in 1995 and is a community arts studio and centre of wellbeing.

The studio offers a person-centred and supportive environment in which people are encouraged to explore their creativity, curiosity and develop new skills and confidence.

Individuals are encouraged to set themselves goals and take ownership of their development pathways, building on personal strengths and aspirations in a shared and inclusive environment.

To find out more, please contact them: Tel: 01737 766 212 or 07786 191 153

Email: artmatters@richmondfellowship.org.uk

THE OLD MOAT GARDEN CENTRE AND CAFÉ - RICHMOND FELLOWSHIP

LET US HELP YOU GROW

Horton Lane, Epsom KT19 8PQ

Opening Hours: Monday – Friday 11.00am – 4.00pm

Saturday and Sunday 10.00am – 4.00pm



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 with regards to gaining horticultural experience and playing an integral role in the operation of their garden centre. They offer the opportunity to gain qualifications and work as part of a team in running their Garden Centre.

The Old Moat Café and Shop also offers a different range of work based opportunities and experience in the catering and service industry.

If interested, please contact: 01372 731 971

Email: contact.moat@richmondfellowship.org.uk

EAST & MID SURREY FOCUS GROUP

SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST

MONDAY 7TH SEPTEMBER 1.00PM – 2.00P

Join by zoom link:

<https://us02web.zoom.us/j/85773995354?pwd=VEtRMVpjbjRnWTAzcHQzQVlra2E5UT09>



By free phone: 0800 260 5801

Meeting ID: 857 7399 5354

Password: 629843

AGENDA

1. Welcome, Ground Rules and Apologies
2. Minutes and Actions of the E&M FoCUS meeting from 6th July 2020
3. Feedback from August FoCUS Committee meeting
4. Body Worn Camera and Oxehealth Digital Solution Update Claire Clifford
5. Refreshment Break – 10 minutes
6. Local Issues, good news and compliments on Surrey & Borders Partnership Services
7. CMHRS Update
8. The next meeting is on: Monday 5th October 2020 – time and location to be confirmed.

This meeting is open to anybody who is suffering from a mental health illness and/or their carers who live in the East and Mid Surrey area.

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 and wellbeing 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 Coffee Mornings Monday to Friday from 10.30am – 11.30am with many others that are regular.

The following are new online courses.

Building Confidence and Self Esteem Wednesday 9th September from 11.30am-1.00pm Catherine & Parvin

Yoga (S.E.E. course) Wednesday 9th September 3.00pm = 4.50pm 4-week course
Anna Rowe Thomas

Pilates Tuesday 15th September 11.00am – 12.00pm Arlette

Qigong Wednesday 16th September 10.30am – 11.45am 6-week course Kate

Changing habits and routines to increase energy, resilience & motivation Wednesday 16th September 11.30am – 1.00pm Catherine & Parvin

Salsa-cise – dancing for health Starting Wednesday 16th September 3.00pm – 3.30pm Jayne

Intro to Drawing with Charcoal Wednesday 16th September 6.00pm – 7.00pm Starts for four weeks (you can only attend either the Wednesday or Friday, but not both) Taryn

Intro to Drawing with Charcoal Friday 18th September 10.45am – 11.45am Starts for four weeks (you can only attend either the Wednesday or Friday, but not both) Taryn

Pain Management Course Thursday 24th September.

Future courses

Practical Mindfulness Thursday 15th and 22nd October 1.00pm – 3.00pm MFT external provider

Sleep-Eat-Exercise Yoga Wednesday 4th – 25th November (four-week course)

Address your Stress and Anxiety Thursday 5th November 1.00pm – 3.00pm Four-week course MFT external provider

For further details with regards to the above mentioned courses, please contact Mary Frances Trust.

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

PEOPLE IN MENTAL HEALTH CRISIS

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.

Safe Havens

The Safe Havens are Redhill, Epsom, Guildford, Woking and Leatherhead.

Safe Havens – Online appointments

All the details of these organisations are on the front pages; one to three.

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)

Redhill CYP Haven, The Annexe, The Redhill Centre, 132-138 Station Road, Redhill RH1 1ET

Access is through the back gate on Fairfax Avenue – use postcode RH1 1HX

This service is now open on the days below:

Wednesday 4.00pm – 8.30pm

Fridays 4.00pm – 8.30pm

Sundays 12.00pm – 6.00pm

Workshop Timetable

Join them online for small group workshops discussing different mental health topics.

Wednesday at 7.00pm and 8.00pm

If you want to join a group, please call the CYP Haven and book a slot. They will send you a link to join. You will need Google Chrome on your computer/device.

They have a variety of subjects of interest that affect young people.

Tel: 07773 008 435 Website: 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@ymcaeastsurrey.org.uk

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

Childline: 0800 1111 childline.org.uk For children and young people under nineteen years.

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

YoungMinds – parents worried about their children

Parents Helpline call 0808 802 5544

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 possible. They are planning to keep the office open, 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 you will have that much deserved conversation.

Email: info@escsa.org.uk

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 following are events arranged by Action for Carers.

Mindfulness Tuesday 8th September at 4.00pm and Tuesday 15th September at 4.00pm

Join them for a mindfulness session where they will practise techniques to promote wellbeing and reduce stress.

Consultation on carer experiences Tuesday 8th September at 7.30pm

Give your views on being a carer in Surrey. What works and what could they do better?

Anticipatory grief Wednesday 9th September at 10.30pm

Grief is expected when someone dies, but we can also feel that loss before the death of a loved one. Join them to get support and talk about this difficult situation with the help of bereavement specialist, Angela Higgins.

End of life carers' session with Marie Curie Monday 14th September at 11.00am

If you are looking after someone who has a terminal illness, there is a lot of help available to you. IN this special session with Marie Curie and Action for Carers they will talk about some of the challenges of end of life care and the support available.

Dementia support session Wednesday 16th September at 10.30am

Are you supporting someone with dementia? Join them to talk to a dementia navigator from the Alzheimer's Society and find out some helpful strategies.

Puberty and neurodiversity Thursday 17th September at 3.30pm

Puberty can be challenging at the best of times but for the neurodiverse it can present additional hurdles. Join ADHD expert Mark Brown to learn strategies to help you through.

Coffee, Chat and Support

Why not also join one of their video Support Groups now running monthly? They are open to all carers, just pick the day and time that suits you and book. Either leave a message on 0303 040 1234 option 1, email them CSAdmin@actionforcarers.org.uk or visit their website Actionforcarers.org.uk/events. Once registered, they will send joining instructions, a brief Zoom guide and a password for your group.

Tuesdays 10.00am – 11.30am

Wednesdays 1.00pm – 2.30pm

Thursdays 1.30pm – 3.00pm

Fridays 10.30pm – 12 noon

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

USEFUL HELPLINES

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

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

RASASC is pleased to inform you that their Helpline is re-opening which is on Tuesdays and Wednesday from 7.30pm – 9.30pm. Please call on their local number 01483 546 400.

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