



**OCTOBER NEWSLETTER  
2020**

**SOCIAL GROUP MOBILE NO. 07543 889 649**

**(Only in use Tuesday and Thursday: 10.45am – 1.15pm)**

**SOCIAL GROUP ADDRESS: MERSTHAM FOOTBALL & SOCIAL CLUB,  
WELDON WAY, MERSTHAM, REDHILL RH1 3QB**

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

As you can see, we have now been fortunate that we have now found some new premises which we started to use on Tuesday 22nd September for our Social Group which continues to open on the usual Tuesdays and Thursdays. We thank Merstham Football & Social Club Trustees for allowing us to use their premises. This is much appreciated.

We are following the latest Government's requirements with regards to Covid-19 which also currently limits the number of members to fifteen that can attend at one time.

**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.

It is secure as no information is stored, video calls are secure and 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 you 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.



**“MENTAL HEALTH FOR ALL – GREATER INVESTMENT-  
GREATER ACCESS. EVERYONE, EVERYWHERE”**

## **RICHMOND FELLOWSHIP – REDHILL**

Inspired by the theme of World Mental Health Day, Lucy Rowley Service Manager at East Surrey Community Connections Richmond Fellowship has compiled a series of short video interviews which highlight the various ways that we can manage our mental health as well as the broad range of support that is available across the East Surrey area.



Each morning in the week leading up to World Mental Health day on Saturday 10 October they will be releasing one of these videos on their Facebook page and in the afternoons they will upload a piece of writing, composed by a person who they support at their service.



Look out on Facebook for the links to the daily videos on YouTube. The first video will be published on Monday 5 October.

**EPSOM MENTAL HEALTH & WELLBEING FESTIVAL**  
**“SEEDS OF HOPE IN UNCERTAIN TIMES”**  
**3RD – 10TH OCTOBER 2020**  
**All are welcome**

Festival at home Packs

The Festival is online this year with Festival at home Packs for people without access to the internet. More on our website.

Please contact us for a home pack.

Love Me Love My Mind

Tel: 01372 721518

*Please leave a message on their answer machine when the office is closed.*

Email: [info@lovemelovemy mind.org.uk](mailto:info@lovemelovemy mind.org.uk)

**RICHMOND FELLOWSHIP**

**WELLBEING COURSES – WORKSHOPS & COURSES**

<b>WORKSHOPS/COURSES</b>	<b>DATE</b>	<b>TIME</b>
Managing Uncertainty – 2-week course	Monday 12th and 19th October	1.00pm – 3.00pm
Working Well from Home	Monday 12th October	6.30pm – 8.30pm
Managing Anxiety	Tuesday 3rd, 10th, 17th November	7.00pm – 9.00pm
Action for Happiness Course	Wednesday 4th, 11, 18th, 25th November & 2nd, 9th, 16th December	1.30pm – 3.00pm
Regaining Confidence – 4-week course	Monday 9th, 16th, 23rd, 30th November	10.30am – 12.30pm

**Weekly Groups and Activities**

<b>ACTIVITIES</b>	<b>DATE</b>	<b>TIME</b>
Mindful Matters – Weekly meditation drop-in group	Mondays	4.00pm – 5.00pm
Peer Support Group	Fridays	2.00pm – 4.00pm

How to book:

Online: <https://virtualwellbeing.healthysurrey.org.uk>

Phone: 01737 771 282 SMS: 07393 797846

Email: [RedhillCC@RichmondFellowship.org.uk](mailto:RedhillCC@RichmondFellowship.org.uk)

By booking your place you will be registered with Richmond Fellowship

## **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](mailto: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

## **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/85351101092?pwd=UXpmZvMvNmtXMDVhPeFZwWEJrQT09>

By free phone: 0800 260 5801

Meeting ID: 853 5110 1092

Password: 308610



## AGENDA

1. Welcome – Ground Rules and Apologies
2. Minutes and Action of the E&M FoCUS meeting from 7th September 2020
3. Local Issues, good news and compliments on Surrey & Borders Partnership Services.
4. Virtual Meeting Review
5. Refreshments Break – 10 minutes
6. FoCUS Terms of Reference & Ground Rules
7. CMHRS Update – Gardner Gwashavanhu, Zaahira Saab, Jane Cooper
8. The next meeting is on Monday 7th December 2020 – time and location to be confirmed.

## 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:

### **Introduction to Goal Setting and Decluttering**

Friday 9th October 10.30am-12.30pm

### **Singing in Mind (Choir)**

Wednesday 14th October – 2.00pm – 2.45pm 8-week course (no session on Monday 28th October)

## **Working Well from Home**

Wednesday 14th October – 6.30pm – 8.30pm

## **Practical Mindfulness**

Thursday 15th and 22nd October – 3.00pm – 5.00pm MFT external provider

November

## **Covid-19 Anxiety Tool**

Monday 2nd November – 1.30pm – 3.00pm 7-week course

## **Yoga (S.E.E. course)**

Wednesday 4th November – 3.00pm – 4.30pm 3-week course

## **Building Emotional Resilience**

Wednesday 4th November – 7.00pm – 9.00pm 4-week course

## **Yoga for Anxiety**

Friday 6th November – 3.00pm – 4.00pm

## **Mindful Matters**

Starting Thursday 5th November – 4.00pm – 5.00pm MFT external provider

## **Coping with IBS**

Tuesday 10th November 10.00am – 12.00 This is a 6-week course. You will need to register by 30th October.

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.

## **ESDAS (EAST SURREY DOMESTIC ABUSE SERVICE)**

### **ROLLING PROGRAMME OF WOMEN'S INFORMAL DROP-IN WORKSHOPS SPECIFIC MONDAYS 9.00AM – 4.00PM ON ZOOM 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 9.00am to 4.00pm on Zoom only.

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 Jeanette on 01737 771 350.

## **ST. LUKE'S CHURCH**

### **HEARING AID CLINIC**



The Hearing Aid Clinic offers free general maintenance on NHS hearing aids.

If interested, please contact Pearl for more information .

Tel: 01737 222 390 Mobile: 07969 393 206

## **YMCA EAST SURREY – GYM CLASSES**

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



Annual Membership is free on production 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.

As you are aware, YMCA have also been running virtual sessions through Zoom which people who have been Exercise referred are welcomed to join as well

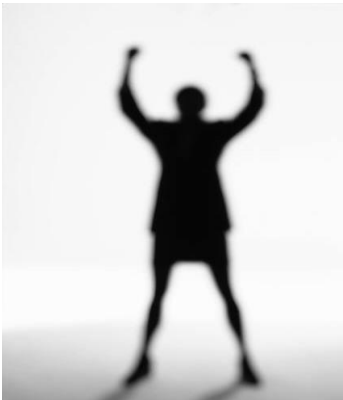
For further information, please contact Wayne on 01737 779 979.



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](mailto:wellbeingprescription@tandridge.gov.uk). You can also visit their website for more information [www.wellbeingprescription.co.uk](http://www.wellbeingprescription.co.uk)

## SELF INJURY SUPPORT



### **WOMEN'S SELF INJURY HELPLINE** **TUESDAY, WEDNESDAY, THURSDAY 7.00PM - 9.30PM** **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

If you are under 24 years of age you can contact TESS text and email support service for girls and young women affected by self-injury on the above-mentioned days.

Text: 07537 432 444

[www.selfinjurysupport.co.uk](http://www.selfinjurysupport.co.uk) and click on link to TESS text and email support and then email TESS.

Confidential

Non-judgemental

Supportive

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Charity No. 1092299

## 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](mailto:info@include.org)

## **MARY FRANCES TRUST (EPSOM DOWNS WALK)**



**THURSDAYS AT 11.00PM – 12.00pm**

Join their weekly 45-minutes gentle walk in the Epsom Downs on Thursdays.

Due to current social distancing rules, a maximum of eight people can join plus two walk leaders.

They will meet outside the Beefeater at Tattenham Corner and walkers will be expected to respect social distancing rules throughout the walk.

Only people with pre-booked places will be able to attend.

For more information and to book your place on the calendar go to:

<https://www.ymcaeastssurrey.org.uk/our-services/health-wellbeing-walks/book-a-walk>.

Or contact Anna on 074325 510 493 or at [anna@maryfrancestrust.org.uk](mailto:anna@maryfrancestrust.org.uk) (Tuesdays, Wednesdays and Thursdays only)

## **DO YOU LIKE MUSIC?**



**OCTOBER - THURSDAY 1.10PM – 2.00PM**

**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 £5.00 would be appreciated.

01st – Piano Recital – Simon Watterton

08th - Guitar Recital – Paul Gregory

15th - Piano Recital – David Elwin

22nd - Harp Recital – Margaret Watson

29th - Flute Recital - Anna Kondrashina Flute; Pavel Timofeyevsky Piano

Please note that programmes and performers may be subject to change without notice.

Social distancing measures will be in place.

Please wear a face covering when in church.

Toilets will be available and sanitised between each use.

Note – the Coffee Shop is closed until further notice.

## **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](http://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](http://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](http://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](http://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](http://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](http://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 personal circumstances, enabling them to lead a fuller and more satisfying lives.

Tel: 01737 378 481 Email: [headstog@ymcaeastsurrey.org.uk](mailto:headstog@ymcaeastsurrey.org.uk)

Website: [ymcaeastsurrey.org.uk/heads-together-counselling](http://ymcaeastsurrey.org.uk/heads-together-counselling)

Childline: 0800 1111 [childline.org.uk](http://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](http://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](mailto: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.

**Understanding Positive Risk Taking** – Led by Anna Preston, Consultant Psychologist SABP Monday 5th and 12th October 2.30pm-3.30pm

**Yoga with Saara** – Monday 5th October 10.30am-11.30pm 6-week course

**Mindfulness** Tuesdays 6th, 13th, 20th, 27th October 4.00pm-4.45pm

**Introduction to ACS: Session for new carers** (and carers simply wishing to learn more) Wednesday 7th October 10.30am-11.30am

**Eating Disorders and Co-dependency** – Led by Veronica Kamerling Thursday 8th October 10.00am-11.00am

**Moving and Handling: Bed mobility** – Moving & Handling Advisors Thursday 8th October 1.00pm-2.30pm

**Mindfulness – Monthly evening sessions** – Monday 12th October, 9th November, 14th December 7.00pm- 7.45pm

**Tai Chi** – Led by Kai Tuesday 13th October 1.30pm-2.30pm 6-week course

**Healthwatch** – Led by Sarah Browne, Healthwatch Wednesday 14th October 10.30-12 noon

**Knit and Natter** – Led by Heidi and Katie Wednesday 14th October 7.00pm-8.00pm

**Scam Awareness** – Led by Tom Dent, Trading Standards Scam Champion Volunteer Thursday 15th October 10.30am-11.30am

**Black History Month Workshop: ‘What it means to be black and a carer’** Led by Miss Yankey Friday 16th October 10.30am-12noon

**Anxiety and Loss** – Led by Angela Higgins, Bereavement Coordinator, Bereavement Tuesday 20th October 10.30am-12.30am

**Yoga with Saara** – Tuesday 20th October 7.30pm-8.30pm 6-week course

**Moving and Handling: Falls Prevention** – Led by our Moving & Handling Advisors Wednesday 21st October 1.00pm-2.30pm

**Autism: Coping with Challenging Behaviour** – Led by Mark Brown Friday 23rd October 10.30am – 12 noon

**Otago** – Led by Saba Raza Thursday 29th October 1.30pm-2.30pm 6-week course

**‘Coffee, Chat and Support’** groups are held monthly. They are all open to all carers – just choose a time that suits you best. (The booking link they send you now last three months.)

### **Every Month**

First Tuesday 10.00am – 11.30am

Fourth Wednesday 1.00pm – 2.30pm

Third Wednesday 7.00-8.30pm

Third Thursday 1.30pm – 3.00pm

Second Friday 10.30pm – 12 noon

**Dementia Navigator Support** – Third Wednesday 10.30am-12noon (booking link is for one session only)

### **New Former Carer Support Group**

Second Tuesday 10.30am-11.30am Starts 13th October

A group for carers who are experiencing loss and bereavement to find support from others.

### **Support group for Eating Disorders**

Fourth Wednesday 7.00pm-8.30pm



Support for carers supporting someone with an eating is disorder.

### **Meet the Armed Forces Coordinator**

This starts on Wednesday 28th October 10.30am – 11.30am and will continue on every fourth week in the month.

Booking is essential but simply leave a voicemail on 0303 040 1234 option1 or email [Admin@actionforcarers.org.uk](mailto:Admin@actionforcarers.org.uk) or go to their website to register your interest: [www.actionforcarers.org.uk/events](http://www.actionforcarers.org.uk/events)

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.

Email: [Admin@actionforcarers.org.uk](mailto:Admin@actionforcarers.org.uk) Voicemail 0303 040 1234 option 1

Website: [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)

### **Young Carers Section**

#### **Action for Carers Surrey – Surrey Young Carers**

[www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk) T: 01483 568 269 E: [scy@actionforcarers.org.uk](mailto: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](mailto:info@catalystsupport.org.uk)

### **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

### **SURREY 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) (<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 are can self-refer by texting or calling 07546 588 449 or emailing [info@streetlight.uk.com](mailto:info@streetlight.uk.com) or emailing [info@streetlight.uk.com](mailto:info@streetlight.uk.com) or completing a referral form. More information at [www.streetlight.uk.co](http://www.streetlight.uk.co)

## JUST A GENTLE REMINDER



**CLOCKS GO BACK AN HOUR ON SUNDAY 25TH OCTOBER**

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East Surrey  
**Community  
Connections**



Website: [www.reigatesteppingstones.org.uk](http://www.reigatesteppingstones.org.uk)  
Email: [rss@reigatesteppingstones.org.uk](mailto: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