



**NOVEMBER 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)**

**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

### **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.

## **RICHMOND FELLOWSHIP**

### **WELLBEING COURSES – ONLINE**

#### **MINDFUL MATTERS WEEKLY GROUP**

**Monday starting 2nd November 2020 at 4.00pm – 5.00pm**

Each week they will practice and share techniques which can be embedded into everyday life, developing the skill of paying attention to the present moment for a calmer and peaceful approach to life with a positive manner.

#### **MANAGING ANXIETY**

**Tuesdays 3rd, 10th, 17 and 24th November 2020 at 7.00pm – 9.00pm**

We all experience fear and worry, but for some it's ongoing and intrusive. If you have an anxiety disorder feeling can be overwhelming. Learn how to manage them at our free four-week evening course.

#### **ACTION FOR HAPPINESS**

**Wednesday 4th November to 16th December 2020 at 1.30pm – 3.00pm**

A seven-week course to explore what really matters for a happy and meaningful life using 10-key steps.

#### **PEER SUPPORT GROUP**

**Every Friday from 2.00pm – 4.00pm**

Facilitator: Angie

#### **REGAINING CONFIDENCE**

**Monday 9th, 16th, 23th and 30th November 2020 at 10.30am – 12.30pm**

#### **SIX STEPS TO WELLBEING**

**Wednesday 11th November at 10.00am – 12.30pm**

**Thursday 26th November at 6.30pm – 9.00pm**

Join them for a two and a half hours workshop to learn about six easy steps to a happier and more positive you: emotional and mental wellbeing are combined and these are improved by using the Wheel of Wellbeing

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

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 9.00am – 4.45pm**

**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

**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 has now expanded its 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:

#### **Monday 2nd November 2020 at 1.30pm – 3.00pm**

Covid Anxiety Tool

7-week course – External Provider

#### **Monday 23rd November 2020 at 6.00pm – 8.00pm**

Improve your language in current times (for non-native English speakers)

#### **Wednesday 4th November 2020 at 10.30am – 11.45am**

Qigong for Beginners

New 6-week course – Kate and Litsa

#### **Wednesday 4th November 2020 at Noon – 2.00pm**

Introduction to Holistic Stress Management with complementary therapies

3-week course – Shirley and Kate

#### **Wednesday 4th November 2020 at 7.00pm – 9.00pm**

Building Emotional Resilience

4-week course – MFT External Provider

#### **Thursday 5th November 2020 at 4.00pm – 5.00pm**

Stress Matters

(This is a drop-in, but requirement is to attend the full hour) – MFT External Provider

#### **Thursday 5th November 2020 at 3.00pm – 4.30pm**

Yoga (S.E.E. course)

3-week course – Anna Rowe Thomas and Michele

#### **Thursday 5th November 2020 at 7.00pm – 8.00pm**

Bipolar Support Group – Helen

#### **Friday 6th November 2020 at 3.00pm – 4.00pm**

Yoga for Anxiety

3-week course – Anna Rowe Thomas

## Mindful Christmas Crafts



### **MINDFUL CHRISTMAS CRAFTS** **Thursday 3rd and 10th November** **and 17th December** **6.30pm – 8.30pm**

Join Angie and Diana for an evening of Christmas crafts with relaxation techniques and mindful exercises along the way. Over the three sessions you will create a card and two different decorations. Resources will be sent out to participants, so it is imperative to register early for this course in order to allow times for dispatch of materials.

To book your place, you need to register with Mary Frances Trust  
Contact: 01373 375 400 Text 07929 024 722  
Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
or visit

## **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.

## RICHMOND FELLOWSHIP/YMCA



**WALK YOUR WAY TO HEALTH**  
**SECOND AND FOURTH MONDAYS OF THE MONTH AT 1.00PM**  
**Richmond Fellowship, Wingfield Resource Centre,**  
**St. Anne's Drive, Off Noke Drive, Redhill RH1 1AU**

Walking will keep your mind healthy as well as your body and is proven to have a positive impact on mental health. It's the ideal way to enjoy the outdoors and meet new people. Followed by refreshments for those taking part.

Please speak to your Richmond Fellowship Advisor or contact their office on 01737 771 282 if you are interested in doing this.

## REIGATE STEPPING STONES SOCIAL GROUP (TUESDAYS & THURSDAYS)



**MID & EAST SURREY**

**MENTAL HEALTH OUTREACH**

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

Do you need assistance with any of the following?

- Housing
- Employment
- Benefits, Appeals and Tribunals
- Consumer Rights
- Debt
- Family and Personal Matters
- Discrimination

If the answer is yes, please speak to RSS Social Group staff to fill in a form to book an appointment with one of their Mental Health Advisers. This will be done by telephone.

## 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.

## 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?**

**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.

Please note: In view of the Government instructions issued on the 31st October all the concerts will be cancelled until Thursday 3rd December 2020



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.



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)

### **CITIZENS ADVICE – REIGATE & BANSTEAD**

Redhill branch – Tel: 0800 144 8848

Merstham Outreach Branch – 01737 931 064

This is a new service for clients who find using the phone challenging and/or have no access to the Internet.

To contact their NEW SERVICE to arrange an appointment, please call the answer phone 01737 931 060.

Please say 'Outreach Request' at the start of your message for a faster service.

For self-help advice, go to [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **UNIVERSITY OF SURREY**

#### **SERVICE USER AND CARER INVOLVEMENT**



**Are you interested in getting involved in teaching nursing students?**

We at the University of Surrey are looking for experts by experience of using mental health services to come and co-produce and teach content for our nursing students.

We train all the fields of nursing (mental health, child, adult) as well as Paramedic Science and feel the input from service users and carers is integral to the development and experience of our students.

What would this involve?

Supporting our mental health tutors to develop content, as well as teach on some of the modules.

Will this be paid?

Yes – they will pay you for your time, or if you prefer, give you vouchers?

Who do I need to contact if I am interested?

Vicky Naidoo is one of the mental health tutors who is organising this group of experts. You can contact her through her email if you are interested, or if you would like anymore information: [v.naidoo@surrey.ac.uk](mailto:v.naidoo@surrey.ac.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](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



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

## **MARY FRANCES TRUST**

### **SUPPORT GROUP WORKSHOPS**

### **FOR 16 – 25 YEAR OLDS**

Zoom sessions from 6.30pm to 8.30pm on Thursday 12th November, 10th December 2020, 14th January and 28th January 2021

4 workshops with different topic each session.

### **Fun activity**

### **Discussions**

Sign up now for this great opportunity

To book your place, you need to register with Mary Frances Trust (MFT).

Tel: 01372 375 400 Text: 07929 024 722

Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) Website: [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.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)

## **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.

### **'Coffee, Chat and Support' Groups**

These are held monthly. They are all open to all carers – just choose the time that suits you best. (The booking link sent to you now lasts for three months.)

Every month:

First Tuesday 10.00am – 11.30am

Fourth Wednesday 1.00pm – 2.30pm

Third Wednesday 7.00pm – 8.30pm

Third Thursday 1.30pm – 3.00pm

Second Friday 10.30am – 12 noon

### **Dementia Navigator Support**

Third Wednesday 10.30am – 12 noon. (Booking link is for one session only)

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

Second Tuesday 10.30am – 11.30am.

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 disorder.

### **Armed Forces Carers News**

- Are you caring for someone in the Armed Forces or a member of their family?
- Are you a veteran or are you caring for a veteran?

Action for Carers has an Armed Forces Co-ordinator, as well as Armed Forces champions in our area teams. They are here to support you.

They would like to hear from you about the support that you feel would help you in your caring role.

Call them on 0303 040 1234 or email: [CIC@actionforcarers.org.uk](mailto:CIC@actionforcarers.org.uk)

The following are events arranged by Action for Carers.

### **Basic First Aid**

Monday 16th November at 10.30am – 12 noon

Learn about everyday first aid. Build your confidence to be able to help someone in a first aid emergency using objects around you.

Led by British Red Cross

### **Xmas Comfort Box**

Monday 30th November at 1.00pm – 2.30pm

Stressed? Need something to help you through the holidays? A comfort box can be used to collect items that will help you deal with stress and difficult emotions.

### **Mindfulness**

Monthly Evening Sessions – Second Monday of the month

9th November at 7.00pm – 7.45pm

Tuesdays: 3rd, 10th, 17, and 24th November at 4.00pm – 4.45pm

### **Understanding Bereavement**

Tuesday 17th November at 10.30am – 12.30pm

This workshop will help you gain an understanding of anxiety and loss, looking at symptoms and strategies.

Led by Angela Higgins, Bereavement Co-ordinator, Bereavement Centre

### **Understanding Personality Disorder**

Tuesday 24th November at 10.30am – 12 noon

Led by Rachel Brennan ACS

### **Moving and Handling: Sit to Stand**

Wednesday 4th November at 10.30am – 12 noon



This workshop is suitable for any one caring for someone who struggles to get up from a bed, chair or wheelchair.

### **Knit and Natter**

Wednesday 4th November at 1.00pm – 2.00pm

A chance to meet fellow carers, relax, chat and share knitting projects. All abilities welcome.

### **Remembrance Day Event**

Wednesday 11th November at 10.30am – 11.30am

Get a Poppy, a cup of tea and a biscuit and join them for Remembrance Day including the two minutes silence. They would like to see your Poppies, whether painted, made from wood or metal, knitted or carved from soap. Come along and share as we ***Remember the Fallen.***

### **Building Emotional Resilience**

Wednesday 11th November at 1.00pm – 2.30pm

Led by Angela Higgins, Bereavement Co-ordinator, Bereavement Centre

### **Budgeting**

Wednesday 18th November at 1.30pm – 3.00pm

As winter approaches you might be worrying about fuel bills, how much the holidays might cost, and 'will I have enough money to see me to the end of the month'? FREE information to help you save money this winter.

Led by David Carter from Surrey Community Action

### **Laughter Yoga**

Thursday 5th November at 10.30am – 11.15am

Lift yourself with this fun and light hearted laughter experience.

Led by Odette Kurland

### **Diabetes**

Friday 20th November 10.30am – 11.30am

Support to manage diabetes through healthy eating and exercise.

Led by Diabetes UK

### **Meet the Armed Forces Coordinator (NAFFI BREAK)**

The Armed Forces Carers Support Co-ordinator is running a question and answer Zoom meeting for any carers who are serving, reservist, veterans and family members.

So bring a brew and a biscuit, a bacon butty or an egg banjo and anything that you might like to ask or get cleared up and join them.

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

Call them on 0303 040 1234 or email: [CIC@actionforcarers.org.uk](mailto:CIC@actionforcarers.org.uk)

## **SOUTH ASIAN CARERS OF PEOPLE LIVING WITH DEMENTIA**

### **Engagement events via Zoom**

You are warmly invited to join a series of three (one hour) online forums, organised by the Surrey Carers & Providers Network, aimed at further developing their knowledge and support for carers from the South Asian community affected by dementia.

Setting the scene – 18th November 2020 at 11.00am – 12 noon

Carer Experiences – 14th December 2020 at 11.00am – 12 noon

Meeting Cultural Needs – 18th January 2021 at 11.00am – 12 noon

There is a cohesive thread running through all three sessions and you are highly encouraged to join all three in order to gain the maximum benefit.

The sessions will be presented and facilitated by Mohammed Akhlak Rauf MBE, Found & Director of Meri Yaadain CIC.

Do not miss this opportunity to book your place – limited spaces available on a first come first serve basis!

A zoom link with information on how to join will be sent to you upon confirmation of your registration.

To apply – please email immediately to: Hasu Ramji Event Co-ordinator  
[ramjihasu@gmail.com](mailto:ramjihasu@gmail.com) 01883 626 264

## **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**

Our services are open to women, men and young people aged 13 and over. We also offer support to family and friends, giving them the opportunity to talk through their concerns and anxieties and provide them with information on how to support their loved one.

### **Latest News Services Update**

Unfortunately, due to the Coronavirus outbreak and in line with Government advice our office is currently closed until further notice.

If your enquiry is urgent the best method to contact us is by emailing us at [admin@rasasc-guildford.org](mailto:admin@rasasc-guildford.org). This email address will be monitored throughout the day. Alternatively, you can leave a brief message on 07718 424577, however please be aware that this phone is only occasionally checked.

We will be updating our website regularly with information on our services. Please visit [www.rasasc.org](http://www.rasasc.org)

### **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

Website: <https://www.malesurvivor.co.uk/support-for-male-survivors>

### **Respect – Men's Advice Line**



**Don't suffer in silence!**

**You are not alone**

**Domestic violence has surged since the start of the coronavirus lockdown**

Domestic abuse affects men too. Talk it over.

Are you being abused?

Have you changed the way you behave because you are frightened of your partner's reaction?

Do you feel afraid, 'walking on eggshells' or intimidated by your partner?  
Does your partner hurt you – physically, emotionally or in other way?  
If you answer yes, you are being abused.

It is not your fault.

There is help.

There is hope.

Freephone: 0808 8010327

## 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)

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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