



**DECEMBER 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)

**WISHING YOU ALL A HAPPY AND PEACEFUL CHRISTMAS AND A JOYFUL
NEW YEAR
FROM EVERYONE AT REIGATE STEPPING STONES**

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.



'Festive Feast on Wheels' is a Community Christmas Day lunch for anyone living in the Reigate & Banstead area who is spending Christmas Day alone or who cannot afford a Christmas Day lunch.

If you would like a two-course lunch with all the trimmings delivered to your door on Christmas Day, please complete the registration form and return to the address provided by Friday 11th December 2020 the latest.

The meals are being prepared by a network of community partners including: Voluntary Action Reigate & Banstead, St. Mary's Church – Reigate, Merstham Mix Café, Age Concern-Banstead, Banstead 5 Churches, Renewed Hope and Churches for Horley.

The project is funded by Gatwick Airport Community Trust.

RICHMOND FELLOWSHIP

WORKSHOPS AND COURSES - ZOOM

Maintaining Winter Wellbeing

Monday 7th, 14th, 21st December 10.30am – 12.30pm

Join their free 3-week course for practical tips and advice about managing anxiety, low mood and general wellbeing during the winter months.

Mindful Matters – Weekly Group

Mondays 4.00pm – 5.00pm

For the first half of the session, they will share ideas and techniques which can be embedded into everyday life, developing the skill of paying attention to the present moment.

The second half of the session will be a guided meditation led by their group facilitator.

Six Steps to Wellbeing

Tuesday 8th December 6.30pm – 9.00pm

Join them for a free fun two- and half-hour 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.

Peer Support Group

Every Friday from 2.00pm – 4.00pm

Facilitator: Angie

Computer – Zoom

Something eluding you with MS Excel or M.S. Word, or would you like to know more about how to do something? Join these informal one-off Q&A sessions where your topics will be elected randomly.

Questions about Microsoft Excel?

Monday 14th December 11.00am – 12.30pm

Closing date – Monday 7th December 2020

Questions about M.S. Word?

Wednesday 16th December 11.00am – 12.30pm

Closing date – Wednesday 9th December 2020

NEW WORKSHOPS AND COURSES START IN JANUARY

Exploring Identity 5-Week Course

Monday 11th, 18th, 25th January and 01st and 8th February 2021

10.30am – 12.30pm

Goal Setting 3-Week Course

Wednesday 26th January and 02nd and 09th February 2021

Living Mindfully 4-Week Course

Tuesday 23rd February and 02nd, 16th and 23rd March 2021

Weekly Group

Stress and Anxiety Toolkit - Every Wednesday

13th January 2021 1.30pm – 3.30pm

Refresher for Word – Mondays Three-week course. Date to be confirmed.

Refresh and expand your M.S. Word skills

Learn how to personalise your workspace and manage and edit documents effectively including: using the ribbon – styles and sizing – highlighting – magnifying – spell check - autocorrect and more!

Moving on with Word – Mondays Three-week course online. Date to be confirmed.

This 3-week afternoon course is the next progression from Refresher for Word and covers: address layout – imagines within text – headers and footers – A5 flyers and more

Excel Basics – Wednesday **Three-week morning course online.** Date to be confirmed.

If you are an Excel beginner this is the perfect place for you to start: Navigate the Excel working area – Formula – Auto Sum Format – Rows & Columns – Ribbon & tabs – Quick Calculator and more!

Moving on with Excel – Wednesday **Three-week afternoon course online.**
Date to be confirmed.

This course is the next progression from Excel Basics, covering – Making simple charts – make an annual sales table – formulas count feature – sorting & filtering – controlling printable area and more!

How to book:

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

Phone: 01737 771 282 SMS: 07393 797846

Email: RedhillCC@RichmondFellowship.org.uk

By booking your place you will be registered with Richmond Fellowship

RICHMOND FELLOWSHIP/YMCA



WALK YOUR WAY TO HEALTH
MONDAY 7TH DECEMBER AT 1.30PM
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.

If this is something that appeals to you, why not come along?

Contact: Lucy Rowley T: 01737 771 282 M: 07770 890 245

E: Lucy.Rowley@RichmondFellowship.org.uk

There will be no courses or workshops during the Christmas period which starts from Tuesday 22nd December until Monday 4th January 2021.

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

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 such Peer Support Group.

The following are new online courses.

The Big Christmas Quiz – Michael and John

Monday 21st December 2020 at 12.30pm – 13.45pm

Yoga for Beginners (New Year – New You) – Anna Rowe, Thomas and Michele

4-week course starting Tuesday 5th January at 3.00pm – 4.15pm

Qigong for Beginners

Restarts again on Wednesday 6th January 2021 at 10.30am – 11.45am

Singing in Mind (Choir) Hazel and Marcia

8-week course starting on Wednesday 13th January at 2.00pm – 2.45pm

Pain Management Kiran and Parvin

6-week course starting on Thursday 14th January 2021 at 10.00am – Noon

(To be eligible for this course, you will need to be assessed by the Centre for Psychology and not be receiving other CBT or counselling. You will need to register first with MFT by the 30th December 2020, then your details will then be passed on to the Centre for Psychology who will conduct a telephone assessment.)

Funk & Flow Yoga - Anna Rowe, Thomas and Michele

4-week course starting Friday 8th January 2021 at 3.00pm – 4.00pm

Ongoing Groups

Improve Your Language in Current Times Parvin and Joanna

6-week course for non-native English speakers on Monday 6.00pm – 8.00pm

Last session on Monday 14th December 2020. Restarts on Monday 4th January 2021.

Women's Group on Tuesdays from 11.00am – 11.45am.

Last session Tuesday 8th December 2020 and the re-start date is to be confirmed.

Bipolar Support Group on Thursday 3rd December from 7.00pm – 8.00pm Helen

LGBTQ Support Group on Thursday 17th December from 7.30pm – 8.30pm

Patrick, Vix and Emily

Young People

Arts Connect! Arts & Crafts sessions for young people aged 16-25

4-week course starting Tuesday 8th December 2020.

Taryn Last session Tuesday 15th December – Restarts Tuesday 5th January 2021

Connect! A peer support group for young people aged 16-25

Next session Thursday 3rd December (every two weeks normally)

Last session 3rd December and re-starts Thursday 7th January 2021)

Sarah and Justin

Being Well, Doing Well Workshops for young people (16-25)

Thursday 10th December, 14th and 28th January and 11th February 2021

Taj, Sarah and Justin

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

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 MONDAY OF THIS 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.

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/82273466043?pwd=aTBBbTFBZlhkVjJZc0YrWTBnL28zQt09>

By free phone: 0800 260 5801

Meeting ID: 822 7346 0643

Password: 075678



AGENDA

1. Welcome, Ground Rules and Apologies
2. Minutes and Actions of the E&M FoCUS meeting from 5th October 2020
3. Local Issues, good news and compliments on Surrey and Borders Partnership Services
4. Feedback from FoCUS Committee including Terms of Reference and Hospital Programme Update
5. Refreshments Break – 10 minutes
6. CMHRS Update – Gardner Gwashavanhu, Zaahirah Saabm Jane Cooper
7. The next meeting is on: Monday 4th January 2021 via Zoom

PATCHWORKING GARDEN PROJECT



**TUESDAY WEDNESDAY THURSDAY
10.00AM – 12.30PM AND/OR 1.30PM – 4.00PM
Patchworking Garden Project,
Aviva Pic (formerly Friends Life) Sports Ground,
Pixham Close, Dorking RH4 1QA**

The Patchworking Garden Project is bringing positive change to people's lives through the therapeutic benefits of gardening.

Gardening improves wellbeing as well as providing social interaction and the opportunity to learn new skills.

Set in a walled garden, The Patchworking Garden Project does all this in a stunning natural environment. People can come and garden in supported sessions, or simply enjoy the space.

If interested, please contact: 07814 544 420

Email: info@patchworkinggardenproject.co.uk

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 online.

ST. LUKE'S CHURCH



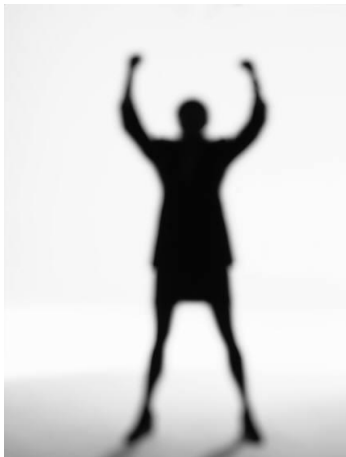
HEARING AID CLINIC

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

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 and click on link to TESS text and email support and then email TESS.

Confidential

Non-judgemental

Supportive

www.selfinjurysupport.org.uk

Charity No. 1092299

THE INCLUDE CHOIR



ONLINE
WEDNESDAYS 8.00PM – 9.00PM

The Include Choir is an inclusive choir for people with and without learning disabilities or autism. Enjoy the benefits of singing for wellbeing, the fun and friendly community - and practice and learn Makaton signs. (It's a great opportunity for Care staff and families to join in with people they support).

The Include Choir Online runs Wednesdays at 8pm free on Facebook live for anyone to join until the end of 2020. The group is closed as many members may be vulnerable online - so a Facebook account is needed to join the group and joiners must agree to our Code of Conduct to gain access.

We are also hosting the **'Included at Christmas' Big Sing** on Zoom on Saturday 12th December at 4.30pm. This is free to join and open to anyone who would like to start the season of goodwill with song and inclusion - just email info@include.org if you are interested.

Their term will end with our **Virtual Include Carol Concert** on YouTube at 7pm on 19th December for anyone to enjoy virtual and past performances from The Include Choir and friends - and sing and sign along with some favourite carols. Just subscribe to www.youtube.com/c/theincludechoir/ to get the alert (and enjoy their weekly Sign of the Week songs)

These services are provided completely free by our local charity, as they have been since March. Donations are very welcome and can be made online at www.include.org/donation/. (Between 1st and 8th December, they will be doubled by The Big Give Christmas Challenge!).

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.

03rd – Piano Recital – Raymond Wui-Man Yiu

10th - Organ Recital – Martin Cooper

17th - No Concert – Christmas Break

24th - No Concert – Christmas Break

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.

YMCA



WELLBEING GYM SESSION
THURSDAY 2.00PM – 3.00PM
YMCA Sports & Community Centre, Princes Road,
Redhill RH1 6JJ

Annual Membership is free on production of 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.

For further information, please contact Wayne Askin on 01737 784 976 or email: wayne.askin@ymcaeast Surrey.org.uk



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

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

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 any more information: 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

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

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

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 and two.

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

Campaign Against Living Miserably (CALM) – for men or people identifying as male

Call 0800 58 58 58 – 5.00pm to midnight every day
Or visit the webchat page

SANEline – Mental health support line – open every day from 4.30pm to 10.30pm
Tel: 0300 304 700

GENERAL SUPPORT



During this period of the COVID-19 pandemic 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



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@ymcaeast Surrey.org.uk

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

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

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

MARY FRANCES TRUST – YOUNG PEOPLE

Connect! A peer support group for young people aged 16-25

Thursday 3rd December 2020 at 5.30pm – 6.30pm (Last one before Christmas.

Re-starts Thursday 7th January 2021)

Sarah and Justin

BEING WELL - DOING WELL Emotional wellbeing workshops for people aged 16-25 living in Surrey

Zoom sessions from 6.30pm to 7.30pm

Thursday 10th December 2020: Art Activity – Getting to know each other and exploring mindful art activities

Thursday 14th January 2021: The Stress Bucket – Exploring how stress works and how you can manage it.

Thursday 28th January 2021: Well Me! – What am I like when all is well? What are my triggers and early warning signs that I am not well?

Thursday 11th February 2021: Balancing & Grounding – Learning to observe your thoughts without reacting to them and using a physical exercise to help you to relax. Looking at what balance is and how to cultivate it in our lives.

Facilitators: Taj Gilligan of Even Keel for LIFE, tutor specialised in you adults' wellbeing. Sara Mills and Justin Gillard, Nescot teachers who also run Connect, our young people peer support group.

Arts Connect! Arts & Crafts sessions for young people aged 16-25

4-week course starting Tuesday 8th December 2020.

Taryn Last session Tuesday 15th December – Restarts Tuesday 5th January 2021

Being Well, Doing Well Workshops for young people (16-25)

Thursday 10th December, 14th and 28th January and 11th February 2021

Taj, Sarah and Justin

To book your place with any of the above Mary Francis Trust (MFT) courses you need to register with them. Tel: 01372 375 400 Text: 07929 024 722

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.

'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.

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

The following are events arranged by Action for Carers.

Mindfulness

Monthly Evening Sessions – Second Monday of the month
14th December 2020 at 7.00pm – 7.45pm

Moving and Handling: Bed mobility

Wednesday 2nd December 2020 – 1.00pm – 2.30pm

Workshop for anyone caring for someone who struggles to get in or out of, or move around in bed.

Christmas Motivational Jar

Monday 7th December 2020

Decorate a festive Christmas jar to contain all your motivational thoughts, compliments and affirmations. Keep for yourself or use as Christmas gift.

Moving and Handling: Sit to Stand

Thursday 10th December 2020 – 10.30am – Noon

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

Diabetes – Led by Diabetes UK

Friday 11th December 2020 at 2.00pm – 3.00pm

Support to manage diabetes through healthy eating and exercise.

Knit and Natter – Led by Heidi and Katie

Thursday 17th December 2020 at 10.00am – 11.00am

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

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

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

SURREY RASASC

Helpline – 01483 546 400

This is open from 7.30pm – 9.30pm on Monday, Tuesdays and Wednesday.

Their free helpline provides information and emotional support to survivors of rape or sexual abuse and to people who are supporting a survivor. If you need to talk, they are there to listen to you.

If you have an emergency, please call 999.

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.
Freephone: 0808 8010327

There is help.

There is hope.

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 or emailing info@streetlight.uk.com or completing a referral form. More information at www.streetlight.uk.co



REIGATE STEPPING STONES SOCIAL GROUP WILL BE OPEN DURING THE CHRISTMAS PERIOD

**TUESDAY 22ND DECEMBER
THURSDAY CHRISTMAS EVE**

**TUESDAY 29TH DECEMBER
THURSDAY NEW YEAR'S EVE**

NORMAL TIME: 10.45AM – 1.15PM



East Surrey
**Community
Connections**



Website: www.reigatesteppingstones.org.uk

Email: rss@reigatesteppingstones.org.uk

Office No: 07597 781624

Office Address:

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

Charity No. 1136374 Company limited guarantee in England