



FEBRUARY NEWSLETTER 2021

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)

Very sadly as the country is still in lockdown there is obviously no Reigate Stepping Stones Social Group. However, if you wish to make contact with Reigate Stepping Stones please ring David Murphy on the office mobile as above.

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

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 AND WORKSHOPS – ZOOM

NURTURING YOUR WELLBEING

Mondays 22nd February 01st, 15th, 22nd March 2021 10.30am – 12.30pm

During this 4-week course they will look at different steps you can take which can be implemented in your daily life. These steps will enrich your wellbeing and grow an awareness of your emotional intelligence.

WHAT MAKES YOU, YOU?

Tuesdays 23rd February 02nd, 16th, 23rd March 2021 7.00pm – 9.00pm

Ever wondered what makes you, you?

Together they will explore your personal identity during this 4-week course. You will discover how your core values, life experiences, beliefs and various other aspects all play a part in your individual identity.

WEEKLY GROUPS AND ACTIVITIES

MINDFUL MATTERS

Mondays 4.00pm – 5.00pm

Weekly mediation drop-in group.

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 mediation lead by their group facilitator.

STRESS AND ANXIETY TOOLKIT

Weekly drop-in group on Wednesday at 1.30pm – 3.30pm

MORNING LIGHT RELIEF COFFEE

Weekly drop-in group on Thursday at 10.30am – 11.30am

PEER SUPPORT GROUP

Weekly drop-in group on Fridays at 2.00pm – 4.00pm

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.

Art Matters will be staying in touch and checking-in all of their Artists through emails, messages and phone calls during the current lockdown.

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 are 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. The Old Moat Café is, of course, closed for the time being due to the Covid-19.

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 via Zoom.

An Introduction to Mindfulness Practice

Starting Friday 5th February 2.15pm – 3.45pm

This 8-week course will help you to discover the benefits of practising Mindfulness in your daily life and how it can support your wellbeing. Each class will last 90 minutes to allow time for discussion too.

This course delivered by Amanda replaces their weekly class on Friday afternoons. Everyone welcome!

Life after Lockdown

Mondays, 15th, 22nd February and 1st March 2021 11.00am – 1.00pm

A 3-week course of positive ideas to get you thinking about settling into the “new normal” after lockdown. Whilst 2020 was a hard year for everyone you will explore the positive aspects that have happened to help make our lives sustainable and perhaps fulfilling.

Delivered by Shirley O’Donoghue and Kate Winter who have been teaching and practising these therapies for over twenty years.

Yoga for Bipolar

4-week course starting on Tuesday 16th February 3.00pm – 4.00pm

Stress has been shown to worsen bipolar disorder. Anything that relieves stress and anxiety may be useful for managing bipolar disorder. Yoga can be a helpful addition to an overall treatment plan for bipolar disorder. It incorporates physical, meditative and emotional elements that may help you manage your condition.

This 4-week course is for all abilities and specific for those with Bipolar. This course aims to help improve your physical wellbeing and mental health whilst learning yoga in a safe and friendly environment.

Qigong for Beginners

New series starting Wednesday 17th February 10.30am – 11.45am

Qigong movements are slow and mindful and aim to restore the flow of ‘qi/energy’ that has been negatively affected by stress, ill health or trauma, resulting in greater feelings of wellbeing.

The movement can be easily adapted for all ages and levels of fitness with options to complete them seated if needed.

This 6-week Beginners’ course will be delivered by Kate Harding, a qualified Qigong, Yoga and Mindfulness teacher.

Yoga for Positive Energy and Thoughts

6-week course starting on Friday 19th February 3.00pm – 4.00pm

There is nothing quite like using yoga for positive energy and happiness. When you have positive energy, you feel motivated, you live in the moment and you enjoy an active life. There are lots of different ways you can start to generate this energy and Yoga is one of the best ways to do this

This 6-week course is for all abilities and specific for those with Bipolar. This course aims to help improve your physical wellbeing and mental health whilst learning yoga in a safe and friendly environment.

Zentangle

There are two online courses to choose from:

Morning course – Thursday 25th February, 4th, 11th, 18th March 11.00am – 12.00pm

Evening course – Friday 26th February, 5th, 12th, 19th March 6.00pm – 7.00pm

Join their 4-week art course which is a meditative form of pattern drawing. The drawing technique does not require much creative skills and is excellent for providing comfort and relief. This course is suitable for all abilities.

The materials you will need:

- Fine liner pen
- Sharpie marker
- A soft pencil
- Ruler
- Scissors
- Good quality paper that does not bleed.

An Introduction to Holistic Stress Management with Complementary Therapies

Wednesdays 3rd, 10th, 17th March 11.00am – 1.00pm

A 3-week course that looks at a range of different complementary therapies, exploring how they can help reduce stress and anxiety. You will learn the underpinning theories of how each therapy is practiced as well as some tools and techniques which you can try out for yourself. This is an excellent introduction to complementary therapies for anyone considering training in them or thinking about trying them out.

This will be delivered by Shirley O'Donoghue and Kate Winter who have been teaching and practicing these therapies for over twenty years. The sessions will cover Reflexology, Reiki, Indian Head Massage, Colour Therapy, Crystal Therapy, Massage, Aromatherapy, Homeopathy and Bach Flower Remedies.

This is to let you know that there are still places on the following courses:

Salsacise – Dancing for Health

This weekly activity is on every Wednesday 3.00pm – 3.30pm

Mind over Body – Diabetes Management Course

Starting on Monday 15th February 2.00pm – 4.00pm

SUN – VIRTUAL EVENTS

Surrey & Borders Partnership NHS Foundation Trust (SABP) is running a series of virtual meetings to present SUN (Service User Network), the new community-based

support service for people managing long-term emotional and behavioural difficulties, often associated with personality disorder.

People who join SUN can access regular peer support groups where they can discuss emotional and behavioural issues that are worrying them and receive advice as well as provide support to others. Groups are facilitated by clinicians from SAPB and peer support workers from Community Connection Surrey (of which MFT is a lead provider).

Who is SUN and how can you register for it?

SUN is a self-referral service and available to anyone aged 18+ who is registered with a GP in Surrey or North-East Hampshire. A person does not need a diagnosis of personality disorder to attend.

To attend SUN groups, a person needs to register to become a SUN member. There are three peer support groups running weekly, all of which are currently offered online due to the Coronavirus restrictions.

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How to join the virtual meetings to find out more about the service?

To find out more about SUN, please join one of the following virtual meetings. To receive an invite, please email sun.admin@sabp.nhs.uk highlighting which of the virtual meetings you would like to attend.

The virtual meetings are being held on:

- Tuesday 2nd February 2.30pm-3.30pm
- Thursday 4th February 2.30pm-3.30pm
- Tuesday 9th February 2.30pm-3.30pm
- Thursday 11th February 2.30pm-3.30pm
- Tuesday 16th February 2.30pm-3.30pm
- Thursday 18th February 2.30pm-3.30pm

Punctuality matters

Mary Frances Trust have recently updated their Participation Guidelines for online courses, so please take some time to look at the changes. The main change is a reminder to be **punctual** as activities only last for up to an hour and if you are late not only do you miss out, but this can be disruptive for the rest of the group too, especially in activities such as a Meditation. A few moments late are fine, but it may not be possible for you to join an activity in future if you are more than five minutes late. This will not

apply to the Coffee Mornings or Peer Support Groups, but will be the case for workshops.

Please note that it is important that if you book a course and are not able to attend, please let Mary Frances Trust know as soon as possible so that they can offer it to someone else who needs support and is on their waiting list.

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)
WOMEN'S INFORMAL WELLBEING SESSION
(Currently offered via Zoom)
ALTERNATE MONDAYS 10.00AM – 11.15AM



EDAS offers wellbeing sessions to women who are, or have been, in domestic abuse situations. These sessions cover a wide range of wellbeing topics with time for group discussion and relaxation/meditation exercises.

The sessions will run on alternate Mondays between 10.00am – 11.15am on Zoom only.

Sessions are facilitated by an experienced ESDAS Outreach Worker and a small team of trained ESDAS volunteers. Some sessions will be run by external facilitators. The aim is to offer you

a range of emotional and practical tips for wellbeing, to help build self-esteem and confidence and to decrease isolation by bringing survivors together.

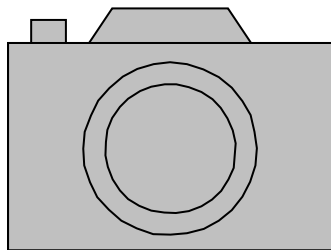
The sessions are free of charge and are part of the needs-led groupwork services offered by ESDAS.

You will need a confidential safe space to take part in the sessions to ensure that everyone's privacy and safety is respected.

Please note they hope to be able to offer face to face sessions at a central location once again when Covid restrictions lift.

If you would like any further information, please contact ESDAS on 01737 771 350 9.00am – 4.00pm Monday to Friday.

REIGATE PHOTOGRAPHIC SOCIETY



MONDAYS – 8.00PM

ONLINE

Meets every Monday (except holidays) from September to May at 8.00pm

New members and members of other Photographic Clubs are always welcome.

For more information, please contact them at: info@reigatephotosoc.co.uk
www.reigatephotosoc.co.uk

DORKING HEALTHCARE LTD. (DHC)



TALKING THERAPIES

Talking Therapies is a free and confidential NHS service offering a range of talking therapies to adults seventeen years and over, who are registered with a GP in Surrey.

They offer therapies for people experiencing common difficulties including:

- Depression
- Anxiety
- Panic
- Stress
- Phobias
- OCD
- Single episode trauma
- Sleep difficulties
- Anger
- Life events

This organisation has a variety of virtual groups running for clients who are pregnant or postnatal, have a long-term health condition or who are interested in learning mindfulness skills.

DHC Talking Therapies also have one-to-one therapy options available too:

Online CBT with SilverCloud – Providing a range of CBT programmes, especially designed for individuals to work through at their own place, but supported by a therapist via online messages or over the phone. This includes their new “Challenging Times” COVID-19 specific modules, as well as managing money worries, mindfulness and Building Resilience.

Telephone or video CBT: One-to-one support to help identify current thinking patterns and behaviours that might be problematic and help you learn new techniques to improve these.

Telephone or video counselling for depression: One-to-one support to help people to explore and understand their feelings underlying their depression and develop new ways of looking at themselves and the world around them.

They accept self-referrals (where you can contact them directly without the need for you to make contact via your GP first) as well as referrals from GPs and other health professionals. To self-refer call: 01483 906 392 Or visit: dhctalkingtherapies.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 and whilst the country is lockdown, please contact David Murphy on 07597 781 624 in order to fill in a form to book an appointment with one of their Mental Health Advisers online.

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 MEETING ROOM



DROP-IN CENTRE FOR HOMELESS,

UNEMPLOYED AND SOCIALLY ISOLATED PEOPLE

WEDNESDAY 11.30AM – 2.30PM

St. Barnabas Church, Temple Road, Epsom KT19 8HA

THURSDAY 11.00AM – 2.00PM

Kings Church, Longmead Road, Epsom KT19 9BU

During these difficult times that everyone has had to endure since March last year, The Meeting Room has continued to provide very much needed essential services to their clients. Whilst they have not been able to operate their daily lunch time drop-in centres, they have continued to support their clients by home delivery of hot meals, snacks and food parcels on an on-going basis.

They are continuing to provide telephone support, counselling services and other forms of assistance as best they can at this difficult time.

THE INCLUDE CHOIR



**WEDNESDAYS 8.00PM – 9.00PM
ONLINE**

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 on Facebook.

The new Facebook Group is a focus for the choir during Covid-19 restrictions and has proved very popular in Redhill and much further afield too.

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.

A Facebook account is needed to join the group and joiners must agree to their Code of Conduct to gain access.

Please contact Alix Lewer for more information by email at: info@include.org

DO YOU LIKE MUSIC?

FEBRUARY 2021 1.10PM – 2.00PM

St. Matthew's Church, 71 Station Road, Redhill RH1 1DL

Due to the Covid-19 restrictions, they are currently unable to stage the lunchtime concerts. However, it is hoped that when the restrictions are lifted, these will be able to continue with concerts.

These concerts are held for about an hour which is free, although a donation of £5.00 would be appreciated.



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

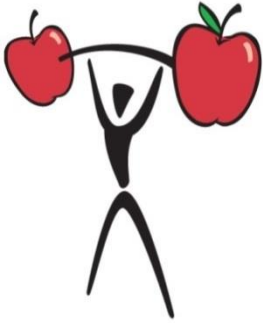
Social distancing measures will be in place.

Please wear a face covering when in church.

Toilets will be available and sanitised between each use.

Note – the Coffee Shop is closed.

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@ymcaeastsurrey.org.uk

SUN GROUP



Members of Sun can choose which group meetings they would like to attend. SABP are currently running three groups a week, all of which are being held online due to the Coronavirus restrictions. This means there is a limit on attendance numbers to encourage groups work well. A person will therefore need to book each group meeting they want to attend.

The groups are held on:

Mondays 2.00pm - 4.30pm (Northwest Group spanning Elmbridge, Spelthorne, Runnymede and Surrey Heath)

Wednesdays 10.00am – 12.30pm (South West Group spanning Guildford, Waverley, Woking and North East Hampshire)

Fridays 10.00am – 12.30pm (East Group spanning Mole Valley, Reigate and Banstead, Epsom and Ewell and Tandridge)

The groups have been divided into geographic areas so members know where these groups will take place once they are able to provide them in person. They encourage SUN members to join groups that are closest to them, but they are also welcome to attend groups that are not in their area.

To find out more about SUN, you can visit the SABP website below:

<https://www.sabp.nhs.uk/ourservices/mental-health/sun>



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

NEW EATING DISORDER STEERING GROUP



In Surrey a steering group is being rapidly assembled to solve the gap in service provision for patients with eating disorders and their physical health monitoring.

Tim Bates GP is co-chair and conscious they do not have patient representation and is looking to talk to an expert patient group for perspective from their side. He would like to hear of patients' experiences of accessing physical health checks, or being denied access to the same if that has been an issue.

If you think you could help, please contact Guy Hill, Independent Mental Health Network Co-ordinator. Tel: 01483 456 558 Mobile/SMS: Text 07305 009 869

Email: guy.hill@surreycoalition.org.uk

WEA COURSES

WEA arrange many courses to help people – such as, Healthy Body, Healthy Mind, New Skills, Personal Development and many others besides those. Below are some of them that may be of interest to you.

Coaching for Positive Change – Course code C3746185

Friday 5th February (7 weeks) 10.00am – 12.00pm

Learn techniques to overcome anxiety and develop positive attitudes to change. Breathing, Mindfulness and relaxation and much more.

<https://enrolonline.wea.org.uk/Online/2020/Courseinfo.aspx?r=C3746185>

Computer Skills for Beginners – Course code C3746167

Friday 12th February (7 weeks) 10.00am – 11.30am

Develop your confidence and to feel more capable in your ability to use Word and Excel in a work environment.

<https://enrolonline.wea.org.uk/Online/2020/Courseinfo.aspx?r=C3746167>

Machine Sewing Beginners – Course code C3746215

Monday 22nd February (5 weeks) 10.30am – 12.30pm

<https://enrolonline.wea.org.uk/Online/2020?Courseinfo.aspx?r=C3746215>

Draw What You See – Course code C3746171

Monday 22nd February (6 weeks) 7.00pm – 8.30pm

A basic introduction to drawing from observation through a series of drawing exercises aimed at developing the ability to relate seeing to drawing and focussing on three elements – line, shape and tone.

<https://enrolonline.wea.org.uk/Online/2020/Courseinfo.aspx?r=C3746171>

For further information, please contact WEA on www.wea.org.uk

To Enrol: Call 0300 303 3464 or enrol online.

All WEA courses are FREE if in receipt of benefits, otherwise they have to be paid for.

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.

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

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

WEBCHAT

Togetherall: 24/7

<https://www.togetherall.com/joinnow/RecoveryFocus>

Calmzone: Webchat 5.00pm-midnight 365 days
<https://www.thecalmzone.net/help/webchat/>

Stay Alive: <https://www.stayalive.app/>



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

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

CHILDREN AND YOUNG PEOPLE'S CRISIS SERVICES

CYP Haven (10 – 18 years old)

Due to public health advice the CYP Havens are currently closed. Instead they are running a virtual service for young people to access support by phone. This service is available every day of the week including Bank Holidays.

Call: 01483 519 436

Monday to Friday 4.00pm-8.30pm Saturday and Sunday 12.00pm-6.00pm

This number is not available outside of these times. Texts and messages left on this number may not be responded to for several days, so please call during session times.

This number is subject to change, so please check here before calling.

You will initially put through to a youth worker who will take your details and have a chat with you. They can help you to access support and advice and may ask one of their mental health professionals to call you back. Look on the website page to see who you may be talking to.

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

Please note that if you are calling from a withheld number, please leave message with your name and number and someone will get back to you.

Workshops

Join them online for small group workshops discussing different mental health topics. Wednesdays at 5.00pm and Sundays at 3.00pm

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 to use either Google Chrome or Apple Safari browser on your computer device to access it.

***Please note that due to limited spaces they ask that young people book onto the workshop at the beginning of the session on the day you wish to attend. They cannot reserve places in advance.

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

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.

We have been informed that East Surrey Carers Support Association (ESCAS) will be closing at the end of March. We would like to thank them for all the work they have been doing and will continue to do until the end of March. They will certainly be missed.

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

There are now specialist groups following feedback.

First Tuesday 10.00am – 11.30am This group is for all carers to attend.

Parent Carers

Second Friday of each month 10.30am – 12 noon Are you a parent supporting your child under 18 years. Join them to talk to their experienced staff and other carers in a similar position.

Mental Health

Third Wednesday of each month 7.00pm – 8.30pm For carers who care for an adult with a mental health problem.

Mental Health – Adolescents and Young People

Third Thursday of each month 1.30pm – 3.00pm Support for parents of a young person with mental health problems.

Eating Disorders

Fourth Wednesday of each month 7.00pm – 8.30pm Are you supporting someone with an eating disorder? Join their new specialist support group to talk to other carers in a similar position, explore new ideas to recovery and have a chance to look after your own needs.

Dementia Navigator Support

Third Wednesday 10.30am – 12 noon (booking link is for 1 session only)

Time to ask questions and share tips around caring for someone with dementia.

Former Carers

Second Tuesday of each month 10.30am – 11.30am (Starts 12th January)

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

Laughter Yoga

Led by Odette Kurland

1st February at 2.00pm – 2.45pm

Lift yourself with this fun and light hearted laughter experience.

Tai Chi

Led by Kai Cheong

Tuesday 2nd February at 1.30pm – 2.30pm

6-week course for beginners

Take some time out from caring with Tai Chi session. Ta Chi combines deep breathing and relaxation with flowing movements and is practised around the world as a health-promoting exercise.

Emergency Care Plan

Led by Rachel Brennan and our Care Support Advisors

Wednesday 3rd February at 10.30am – 12.00 noon

Having an emergency care plan is vital for you as a carer especially in this difficult time. Action for carers has a plan which they will support you in completing and explore what you need as part of contingency planning as a carer.

Brigitte Trust

Led by Sarah Pattenden, Brigitte Trust

Wednesday 3rd February 1.30pm – 2.30pm

Find out more about how the Brigitte Trust can support you as a carer and the person you care for.

Pilates

Thursday 4th February 1.30pm – 2.30pm

Pilates focuses on strengthening the body, especially core strength, improving both general fitness and overall wellbeing.

Advanced Care Planning with Marie Curie

Led by Julie Skelton, Marie Curie Nurse

Friday 5th February 2.00pm – 2.45pm

Find out about creating an advanced plan. What to include, which forms to use, how to know when it's the right time to use it and how to start the conversation.

Mindfulness

Monday sessions led by Suzette Jones

Monthly evening sessions start on Monday 8th February at 7.00pm – 7.45pm

Tuesday sessions are led by either Diana Thornton or Claire Garthwaite

Weekly day session starting on Tuesday 9th February at 4.00pm – 4.45pm.

Take some time for yourself. Join them for mindfulness techniques to promote wellbeing and reduce stress.

Building Emotional Resilience

Led by Angela Higgins, Bereavement Coordinator, Bereavement Centre

Wednesday 10th February 10.30am – 12.30pm

Learn how to build up your own resilience and be aware of things that prevent us from doing so. Understand the difference between pressure and stress and learn how to turn surviving into thriving.

Moving and Handling: Car Transfers

Led by the Moving & Handling Advisor

Wednesday 10th February 1.00pm – 2.30pm

Tips and manoeuvres to help you getting the person you care for in and out of a car.

Basic First Aid

Led by British Red Cross

Thursday 18th February 10.30am – 12.00 noon

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

Moving and Handling: Falls Prevention

Led by Moving and Handling Advisors

Tuesday 23rd February 10.30am – 12.30pm

Join them for some tips and techniques to help you prevent falls.

Photography Club

Led by Katie Davey

Fourth Friday of the month, 25th February, 26th March 10.00am-12.00pm

“When life gets blurry adjust your focus.” This club enables you to meet fellow carers who have an interest in photography, learn new skills and to share projects. All abilities welcome.

NAAFI Break

Every fourth Wednesday of the month, 27th January, 24th February, 24th March
10.30am – 11.30am

Their Armed Forces Carers Support Coordinator is running a question-and-answer Zoom meeting for carers who are servicing, reservist, veterans and family members. So bring a brew and a biscuit and come and join them.

New: ‘R.A.N.T.

Led by Stuart Woods

Friday 19th March 10.30am – 11.30am

Your sports team not performing well? Fed up with ‘expert’ comments on social media? Family or neighbours not returning things they borrow? Life can be frustrating! How about setting sometime aside from caring to chat about **Random And Non-care-related Topics** in our R.A.N.T. group. Other groups are caring issues – this one is exclusively for RANT purposes.

Booking is essential. Please do not turn up at these groups without booking in first having a conversation so that they can carry on ensuring the safety of you, the other carers and staff.

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

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.

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

East Surrey
**Community
Connections**



Website: www.reigatesteppingstones.org.uk
Email: rss@reigatesteppingstones.org.uk
Office No: 07597 781 624

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Charity No. 1136374 Company limited guarantee in England

