



**APRIL
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)

We are very pleased to report that the Reigate Stepping Stones Social Group is now open again on Tuesdays and Thursdays from 10.45am – 1.15pm following the Government's Covid-19 regulations regarding support groups for vulnerable people.

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

MINDFUL MATTERS – WEEKLY GROUP

MONDAYS 4.00PM – 5.00PM

Weekly mindfulness and meditation practice

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.

LIFE IN LOCKDOWN – WEEKLY GROUP

WEDNESDAYS 4.00PM – 5.00PM

Join their weekly group to help to look after yourself during the lockdown period which was set up in response to requests for support with the lockdown. The group will discuss ways to look after yourself and managing your mental health during this lockdown.

PHOTOGRAPHY GROUP – WEEKLY GROUP

WEDNESDAYS 6.00PM – 7.00PM

Photography Appreciation Group

No camera required* for this informal weekly group to learn more about photography and inspire each other to use photography as a way of taking notice, being creative and finding new perspectives on life.

(*a smartphone camera will be suitable for these informal sessions)

LIGHT RELIEF COFFEE MORNING – WEEKLY GROUP

THURSDAYS 10.30AM – 11.30AM

A light-hearted coffee hour to catch up and find out what has entertained us this week. A chance to talk about the little things that have kept us going and brought a smile to our face: it could be a T.V. programme, a joke someone told, a message or anything in between. Let's infect one another with some smiles and laughter.

WEEKLY SUPPORT GROUP

FRIDAYS 2.00PM – 4.00PM

Hearing someone else's story is how we make sense of our own. Telling our story is what alchemizes our pain into someone else's medicine.

Join this group for emotional comfort and moral support, practical advice and tips to help you cope with your situation.

WORKSHOPS - ZOOM

SIX STEPS TO WELLBEING FOR FRONTLINE WORKERS

WEDNESDAY 7TH APRIL 10.00AM – 12.30PM

Feeling exhausted after a year in lockdown? To look after others, you first need to take care of yourself.

Take time out and have a break with our fun 2.1/2 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.

EMOTIONAL HEALTH & WELLBEING

TUESDAYS – 6TH, 13TH, 20TH AND 27TH APRIL 7.00PM – 9.00PM

During this 4-weeks course they will look at the areas which will enrich your wellbeing by, increase your self-esteem, confidence and assertiveness, enhance your personal relationships and set SMART Goals to enhance your life.

Costs £25.60 – Free to those receiving specific income related benefits.

SELF ESTEEM & CONFIDENCE

MONDAYS – 12TH, 19TH AND 26TH APRIL & 10TH MAY 10.30AM – 12.30PM

Join their 4-weeks course to discover how self-esteem and confidence are already within you.

Discover new tools to help boost your self esteem which in turn will improve your self-confidence and assertiveness. Identify the triggers that can knock confidence and learn how to bounce back.

Costs £25.60 – Free to those receiving specific income related benefits.

How to book:

Online: www.virtualwellbeing.healthysurrey.org.uk

Phone: 01737 771 282 Email: RichmondCC@RichmondFellowship.org.uk

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.

It has been announced that Art Matters will open again on Monday 12th April 2021 which is very good news.

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.

Congratulations to the Old Moat as once again they have been shortlisted for the Community Award at The Good Retail Awards 2021.

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.

Please note that Mary Frances Trust will not be running any of their groups or activities or offering any wellbeing appointments or welfare calls on Good Friday (2nd April) or Easter Monday (5th April). This is to allow their staff and facilitators to rest and spend time with their families over the Easter Bank Holiday weekend. Their activities and appointments will restart on Tuesday 6 April.

The following are new online courses via Zoom.

THE WELLBEING HOUR

FIRST MONDAY OF EVERY MONTH 9.00PM – 10.00pm

Mary Francis Trust's show on Surrey Hills Community

Listen on Surrey Hills Community Radio website.

WEEKLY WELCOME

STARTS MONDAY 19TH APRIL AT 12.00 – 12.45PM

Welcome tea for new MFT clients.

MFT staff

MEDITATION

MONDAY 12.00 – 12.40PM

Fully booked

Litsa & Michele

FIRST STEPS FOR NEW CLIENTS

TUESDAY 6TH AND 27TH APRIL 12.00 – 1.30PM

An introduction to the Recovery Star for new MFT clients.

CREATIVE WRITING

TUESDAY 2.00PM – 3.00PM

Currently fully booked

Michele & Chris

STEPPING OUT & MOVING ON

TUESDAY 6TH – 27TH APRIL 2.00PM – 3.30PM

A 4-week course aimed at supporting you as the transition from lockdown to whatever the world will be looking like beyond.

The course will focus on helping you to adjust your lifestyle and regain confidence in order to support your physical and emotional wellbeing.

MFT external provider and Volunteer.

MINDFUL MOVEMENT

TUESDAY 13TH APRIL 3.00PM – 4.00PM

Through this 4-week course you will learn and experience how mindful movement and various forms of meditation can help you to:

- release negative emotions and thoughts such as tension, anxiety, stress, anger and fear in your body, mind and spirit.
- Cultivate positive emotions and thoughts of gratitude, joy, peace, abundance, acceptance and compassion.

Taking a mind-body approach to exercise, this course is suitable for all abilities.

Anna and Ruby

YOUNG PEOPLE AGED 16-25

ARTS CONNECT!

TUESDAYS 6.00PM – 7.00PM

Weekly Arts & Crafts sessions.

Taryn & Ruby

QIGONG

WEDNESDAY 7TH APRIL 10.00AM – 11.00AM

New session for all abilities replacing Qigong for Beginners and Qigong for Regulars.

Kate & Litsa

SINGING IN MIND (CHOIR)

WEDNESDAY FROM 21ST APRIL TO 7TH JULY (NO SESSION ON 2ND JUNE)

A new 11-week course.

Hazel & Volunteer

RELAXING INTRO TO CLAY WORK

THURSDAY 8TH APRIL 11.00AM – 12.00 NOON

4-week course. (There are two of these courses, please choose one.)

Taryn & Michael

YOGA – PREPARING YOU FOR COMING OUT OF LOCKDOWN

FRIDAY 16TH APRIL 3.00PM – 4.00PM

This 6-week Yoga course will help to calm your nervous system and centre your emotions when coming out of lockdown.

The impacts of lockdown have meant more people are suffering from mental health issues. Whether you are working from home, juggling parenting and work, self-isolating or finding ways to fill your time, it is a tricky time to be in our heads.

Yoga has been proven to aid with anxiety, stress and depression. A short Yoga practice fed into your new daily routine might be the few minutes you need to stay on top of everything.

Anna R & Michael

RELAXING INTRO TO CLAY WORK
FRIDAY 9TH APRIL 6.00PM – 7.00PM

4-week course. (There are two of these courses, please choose one.)

Taryn & Michael

Besides the above-mentioned courses, there are plenty of other courses being held during the week. To view these, please go on Mary Frances Trust website to look at their Calendar.

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

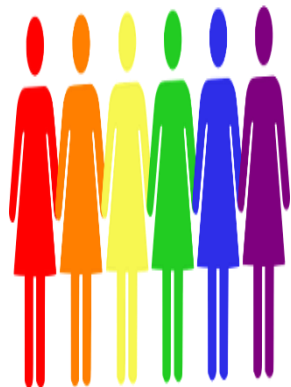
Email: info@maryfrancestrust.org.uk www.maryfrancestrust.org.uk

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.

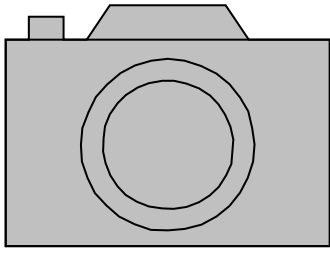
The sessions are free of charge and are part of the needs-led groupwork services offered by ESDAS.

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

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 during the week.

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

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?



APRIL 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 will be 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@ymcaeastssurrey.org.uk

SUN GROUP (SERVICE USER NETWORK)



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)

Tuesdays 2.00pm – 4.30pm (South West Group spanning Guildford, Waverley, Surrey Health, North East Hampshire).

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

WEA COURSES (SOUTHERN REGION)

WEA arrange many courses to help people – such as:

Arts and Craft
Community and Family
English, Maths, Digital
Health and Lifestyle
History and Writing
Languages and Writing
Natural and Social Sciences
Performing Arts
Work Related

For further information, please contact WEA
Support Centre: 0300 303 3464 Email: Southern@wea.org.uk
Website: www.wea.org.uk

CITIZENS ADVICE – REIGATE & BANSTEAD

Redhill branch – Tel: 0800 144 8848

Merstham Outreach Branch – 01737 931 064

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

To contact their 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

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 Aldershot.

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 which is free from any mobile, even without credit.

24 hours a day – 365 days a year Tel: 116 123

Email: jo@samaritans.org 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

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: 0800 07405560 or text “Mind” to 66777 Email: info@iesohealth.com

<http://www.iesohealth.com>

Think Action

Locations: Redhill, Caterham, Reigate, Oxted
Tel: 01737 225 370

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

WEBCHAT

Togetherall: 24/7

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

Calmzone: Webchat 5.00pm-midnight 365 days

<https://www.thecalmzone.net/help/webchat/>

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.

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

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.

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.

All Carers - 'Coffee and Chat'

First Tuesday of each month. 10.00am – 11.30am.

This group is for all carers to attend.

Former Carers

Second Tuesday of each month 10.30am – 11.30am

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

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.

Mental Health

Third Wednesday of each month 7.00pm – 8.30pm

For carers who care for an adult with a mental health problem.

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.

Mental Health – Caring for Young People

Third Thursday of each month 1.30pm – 3.00pm

Support for parents of a young person with mental health problems.

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.

NEW: 'R.A.N.T'

Third Friday of the month 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 have borrowed? Life can be frustrating! How about setting some time aside from care to chat about **Random And Non-care-related Topics** in our **R.A.N.T** purposes!

NAAFI BREAK

28th April, 27th May, 23rd June 10.30am – 11.30am

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

New Groups

Mental Health – Caring for a Partner

Third Tuesday of the month – 7.00pm – 9.00pm

For carers who care for a partner with mental health problems.

Autism

Fourth Tuesday of the month – 7.30pm – 9.00pm

For carers who care for an adult on the Autistic Spectrum

Yoga with Saara

Starting on Monday 19th April 10.30am – 11.30am

Join them in starting the week with a positive, fun yoga session to look after yourself in both body and mind. Every Monday.

Moving & Handling: Car Transfers

Monday 12th April 10.30am – 12 noon

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

Anticipatory Grief – Understanding Bereavement

Monday 26th April 12.30pm – 2.30pm

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

A chance to talk about the fatigue carers can feel and the mental, emotional and social affects of grief, both in anticipation and after a bereavement. Explore how bereavement affects us emotionally, physically, mentally and socially and how we can cope.

Mindfulness

Monthly evening sessions: 12th April, 10th May, 14th June 7.00pm – 7.45pm

Led by Suzette Jones

Take sometime for yourself. Join them for mindfulness sessions where they will practice techniques to promote wellbeing and reduce stress.

Wills, Trusts and Lasting Power of Attorney

Monday 19th April 7.00pm – 8.30pm

Wednesday 12th May 10.30am – 12pm (This one will focus on related mental health issues.)

Led by Steve Howells, Rethink

Steve will guide you through these topics.

Carer Experiences of Health and Social Care

Tuesday 13th April (No time was mentioned in Action for Carers Spring Newsletter)

Lead by Sarah Browne, Healthwatch Surrey

Healthwatch are keen to listen to your experience of all NHS services including GPs, Acute Hospitals, homecare providers and residential homes.

Moving & Handling: Bed Mobility

Tuesday 4th May 1.00pm – 2.30pm

Led by their Moving & Handling Advisors

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

Introduction to ACS: Session for New Carers (and for carers simply wishing to learn more)

Wednesday 7th April 10.30am – 11.30am

Led by Sally Burton and their Carer Support Advisors

Find out about all the services offered by Action for Carers and how they can support you.

1-2-3 Magic

A three-week programme, Wednesday 15th, 22nd & 29th April 10.30 - 12 noon

Led by Jacqui Maclean and Nicole Williams, ACS

1-2-3 Magic is a behavioural management programme for parent carers of young children. It divides parenting responsibilities into three straightforward tasks: controlling negative behaviour, encouraging good behaviour and strengthening child-parent.

Emotional Freedom Technique: TAP Therapy

Wednesday 5th May 10.30am – 11.45am

Led by Aga Kehinde

Emotional Freedom Technique (EFT), often referred to as EFT tapping is an alternative therapy for anxiety, post-traumatic stress disorder and many other conditions. This self-help therapy involves acupuncture points on the hands and face, allowing the body to calm down even when the mind is overwhelmed.

Autism: Supporting an Adult on the Spectrum

Led by Val Goldberg, Succeed with Autism

Wednesday 21st April 4.30pm – 6.00pm

Strategies to help manage anxiety

Wednesday 19th May 4.30pm – 6.00pm

Strategies to help manage situation you find difficult.

Create a Jar of Positivity

Wednesday 7th April 7.00pm – 8.00pm

Led by Heidi, ACS

Create your own jar which you can fill with things that make you feel good including thoughts, quotes, positive feelings, photographs, special letters or just a simple thank you note. Be inspired to create a jar of happy thoughts!

Managing Anxiety and Stress

Thursday 6th May 1.00pm – 2.30pm

Led by Marya Hicks, Psychologist, Surrey & Borders Partnership

Skills-based workshop to help manage stress. You will learn about what stress is, how to recognise it in yourself and what strategies can be used to help to manage stress and calm your soothing system.

Older People's Strategy Consultation

Thursday 22nd April (No time was mentioned in the Action for Carers Spring Newsletter)

Led by Katie Newton, Surrey County Council

Services for older people are under review. If you are aged 65 or care for someone over 65 then please join them to share your experiences and what you need from the community, hospital and care homes in the future.

Photography Club

Fourth Friday of the month – 23rd April, 28th May, 25th June 10.00am – 12 noon

Led by Katie Davey

"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.

Stress Management Six-week course
Starting Saturday 17th April 2.00pm – 4.00pm

Led by Centre for Psychology

6-week course looking at different techniques to manage stress and anxiety.

Booking is essential. Phone: 0303 040 1234 option 1

Email: CSAdmin@actionforcarers.org.uk <https://www.actionforcarers.org.uk/register-with-us/>

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

Office Address:

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

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