

Reigate Stepping Stones



AUGUST NEWSLETTER 2021

SOCIAL GROUP MOBILE NO. 07543 889 649

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

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

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

REDHILL SAFE HAVEN

EVERY EVENING THROUGHOUT THE YEAR

6.00PM – 11.00PM

**Wingfield Resource Centre, St. Anne's Drive, Off Noke Drive,
Redhill RH1 1AU**



A safe place for anyone experiencing a mental health crisis. Mental health professionals are available to talk, listen and help you through.

Come along and see us. You do not have to book a place and you can talk as much or as little as you want. If you prefer you can sit with us and have drink.

We offer a relaxed environment. Everyone is welcome, whether you are in a crisis yourself or know someone who is. Mental Health carers are also welcome.

Please wear your face mask when visiting.

Directions if driving: Drive along St. Anne's Drive, passing the Post Office building and their parking space, Wingfield Resource Centre and then turn left into St. Anne's Mount and follow road round into Wingfield Resource Centre parking area.

Epsom Safe Haven

The Larches, 44 Waterloo Road, Epsom KT19 8EX

6.00pm – 11.00pm every evening throughout the year

Guildford Safe Haven

Oakleaf Enterprise, 101 Walnut Tree Close, Guildford GU1 4UQ

6.00pm – 11.00pm every evening throughout the year

Woking Safe Haven

The Prop, 30 Goldsworth Road, Woking GU21 6JT

Monday – Friday: 6.00pm – 11.00pm

Weekends and Bank Holidays: 3.00pm – 8.00pm

Aldershot Safe Haven

The Wellbeing Centre, 121-123 Victoria Road, Aldershot GU11 1JN

Monday – Friday: 6.00pm – 11.00pm

Weekends and Bank Holidays: 12.30pm – 11.00pm

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

RICHMOND FELLOWSHIP/YMCA



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

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

The following courses are all on Zoom.

MOOD AND FOOD (New)

Monday 2nd and 9th August 10.30am – 12.30pm

Better food means better mood!

This two-week workshop will examine the relationship between mood and food and explore changes that we can make to our lifestyles and diet to enhance our wellbeing.

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 skills of paying attention to the present moment.

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

USE YOUR STRESS CONTAINER (New)

Tuesday 3rd August 7.00pm – 9.00pm

Understanding your stress container.

The stress container can help us understand how we experience stress and how to improve our stress levels.

MANAGING ANGER (New)

Tuesday 10th August 7.00pm – 9.00pm

Learn how to manage anger effectively.

UNLOCKING NEW BEGINNINGS

Wednesday 4.00pm – 5.00pm

Freedom can bring some apprehension as well as excitement. Get prepared to 'open-up' and embrace the world. Attend their programme about coming back from Covid and get ready to return to the new life that we create for ourselves.

WEEKLY PHOTOGRAPHY GROUP – PHOTOGRAPHY APPRECIATION GROUP

Wednesday 6.00pm – 7.00pm

No camera required* for this informal 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. No experience necessary!

*A smartphone camera will be suitable for these informal sessions.

LIGHT RELIEF COFFEE MORNING

Thursday 10.30am – 11.30am

A chance to talk about the little things that have kept us going and brought a smile to our faces: it could be a T.V. programme, a joke someone been 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 their group for emotional comfort and moral support, practical advice and tips to help you cope with your situation.

The above-mentioned courses are for anyone who lives in Surrey and is over the age of eighteen and if interested you will need to fill in a form.

How to book:

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

SMS: 07393 797 846 Online: www.virtualwellbeing.healthysurrey.org.uk

STRUGGLING AT WORK AND NEED MENTAL HEALTH EMPLOYMENT SUPPORT?

Richmond Fellowship Surrey has a long and highly successful track record in employment services supporting people to find a job or to retain their current role.

Their employment advisors focus on an individual's strengths and opportunities and reflect on what someone can do rather than on what they cannot.

Their services are FREE and support includes:

CV design

Job searching

Interview practice and techniques

In-work advice and guidance

Job retention

Employer liaison support and much more!

This is a free one-to-one service that runs Monday to Friday. You will have a personal appointment that works around you.

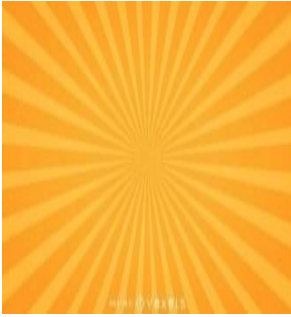
How to book:

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

SMS: 07393 797 846

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 – Saturday 9.30 – 4.30pm

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*.

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.

Their 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 WELLBEING HOUR
FIRST MONDAY OF EVERY MONTH
2ND AUGUST 9.00PM – 10.00PM

Mary Francis Trust's show on Surrey Hills Community

Listen on Surrey Hills Community Radio website at 9.00pm on the first Monday in the month to the show live on your smartphone, tablet, laptop or even car radio. Read further instructions on the Surrey Hills Community Radio website of how to do this. Alternatively, if you cannot listen live, they will share the Listen Again link after the show in The Wellbeing Hour section of their website and on social media so you can catch up.

It is very sad that after next month, this will no longer continue due to lack of funding.

The following are new online courses via Zoom:

PRACTICAL MINDFULNESS
Tuesday 17th August 10.30am – 12.30pm

Learn how to be mindful in everyday activities.

This workshop will provide:

- An introduction to mindfulness
- Tips of how to practice it
- A look at how it can support your mental health

CONFLICT RESOLUTION
Tuesday 31st August & 7th September 10.30am – 12.30pm

Conflict is a normal part of any healthy relationship. After all, two people cannot be expected to agree on everything all the time.

The key is not to fear or try to avoid conflict, but to learn how to resolve it in a healthy way.

This two-part workshop will look at healthy and unhealthy ways of managing and resolving conflict.

CREATING A WELLBEING PLAN
Wednesday 4th August 10.30am – 12.30pm

This session will explore practical tips and actions you can take to support your own mental health.

From quick, 30 second 'emergency' actions you can do if you suddenly feel panicky, scared or unable to cope, to actions of 30 minutes or more to maintain your wellbeing in the longer term.

MENTAL HEALTH

Wednesday 11th August 10.30am – 12.30pm

The online world can be great for keeping us connected with the world and people around us, but it can also bring new pressures to our lives.

This session will look at:

- What online activity can help our mental health
- What can harm our mental health
- How to manage our time online

UNDERSTANDING YOUR STRESS CONTAINER

Wednesday 11th August 7.00pm – 9.00pm

Stress is your body's way of responding to any kind of demand or change.

Whether it is stress at work, family or the current global issues, we all respond differently.

This two-part workshop will give you an understanding of what causes stress and enables you to take action to manage stress levels as a key part of looking after your wellbeing.

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.

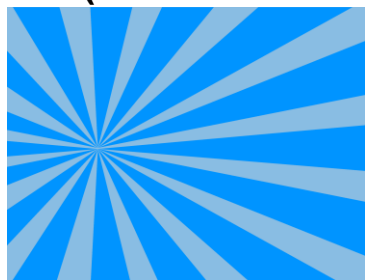
The sessions are free of charge and are part of the needs-led groupwork services offered by ESDAS.

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.

DHC (DORKING HEALTHCARE) TALKING THERAPIES



WHAT IS TALKING THERAPIES?

Talking Therapies is a free and confidential NHS service offering a range of talking therapies to adults, 17 years and over, who are registered with a GP in Surrey.

They pride themselves on their short waiting time, great recovery rates and being recognised as a leading provider of talking therapies across Surrey.

They deliver therapies for people experiencing common difficulties including:

Depression, Anxiety, Panic, Stress, Phobias, OCD, Single episode trauma, Sleep difficulties, Anger.

They understand that emotional difficulties can impact on all areas of daily life. They can help by providing a tailored individual service where you can talk about your concerns.

The types of treatment they offer include:

- Counselling for depression
- Cognitive behavioural therapy (CBT)
- Eye movement desensitization and reprocessing (EMDR)
- Psycho-education
- Long term conditions CBT
- Online CBT

Self-referrals can be made by calling 01483 906 392

or online via: <https://dhctalkingtherapies.co.uk/self-referral/>

YMCA VIRTUAL EXERCISE REFERRAL CLASSES



FREE VIRTUAL EXERCISE REFERRAL CLASSES

EVERY MONDAY, WEDNESDAY AND FRIDAY

7.00PM – 8.00PM

ONLINE THROUGH ZOOM

COST: FREE

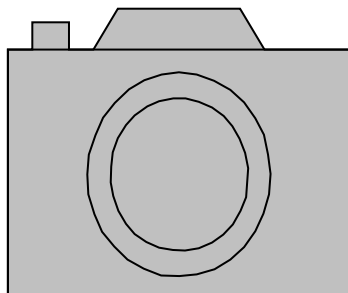
Join their free online group classes for people with long-term conditions. Meet new people online and exercise safely under the experienced guidance of a qualified Exercise Referral professional.

Sessions are inclusive for all abilities. All you need is use of an upright chair, free weights (or water bottles/cans) and water to drink.

Make the change at home and enjoy better physical mental and social health.

To find out more and book your place, please email: Wayne Askin

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.

Plus a summer programme of competitions and social events.

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

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

Website: www.patchworkinggardenproject.co.uk

TUESDAYS AND THURSDAYS (10.45AM – 1.15PM)

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.

MASH



(Men Alone Self Help Group)
Every Tuesday at 3.00pm
The Woodhatch Centre, Whitebeam Road,
Reigate RH2 7LS

MASH is for men who are on their own following the loss of their partner.

The reason for starting MASH was driven by the lack of bereavement groups specifically for men and recognising that their needs at this time are different from those of women. Generally, men find it more difficult than women to deal with emotional issues and in traditional bereavement groups are outnumbered by women who have different coping strategies and are usually more emotionally literate. MASH meetings do not follow an agenda and are in the form of a social gathering. Members can say as much or as little as they want about any topic. Meetings enable members to socialise, share their experiences and learn from others. Mutual respect is an essential ingredient.

Typically, 5-8 men attend each meeting. Over the years more than forty men have come to the meetings. They have come from a wide variety of backgrounds. While MASH does not organise other activities, individual members do meet up to help one and another and share their interests and hobbies.

MASH also runs another group at the Medwyn Centre, Reigate Road, Dorking RH4 1SD every Thursday at 3.00pm.

If you would like to know more then please contact Tom – Tel: 01306 883 961
Email: tomcpearson@googlemail.com

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.

Confidential

Non-judgemental

Supportive

Text: 07537 432 444

Text: 07537 432 444

www.selfinjurysupport.co.uk and click on link to TESS text and email support and then email TESS.

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

MARY FRANCES TRUST (EPSOM DOWNS WALK)



**THURSDAYS AT 11.00PM – 12.00pm
Weekly**

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

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

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

For more information and to book your place please visit:

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

Or contact Anna on 07432 510 493 or at anna@maryfrancestrust.org.uk (Tuesdays, Wednesdays and Thursdays only)

DO YOU LIKE MUSIC?



**St. Matthew's Church, 71 Station Road, Redhill RH1 1DL
ST. MATTHEW'S LUNCHTIME CONCERTS
AUTUMN SEASON 2021
Thursdays 1.10pm – 2.00pm**

St. Matthew's Lunchtime Concerts will resume on
Thursday 2nd September.

Details of concerts from September to December will be published as soon as they are available.

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

SUN GROUP (SERVICE USER NETWORK)



Sun groups are currently being held virtually due to current social distancing restrictions.

Once you have completed an online membership form, SUN admin will send you a Microsoft Teams invite and instructions on how to attend your first SUN group. To ensure the virtual groups work well, SUN admin will manage the number of people attending each group. This is why you will need to book a place at each group you wish to attend.

There are currently running several virtual groups a week. These are held on:

- **Mondays**, 2pm-4.30pm
- **Tuesdays**, 2pm-4.30pm
- **Wednesdays**, 10am-12.30pm
- **Thursdays**, 2-4.30pm
- **Fridays**, 10am-12.30pm and from 9th July 2021 they will also be offering a group from 2pm-4.30pm

Cancellations

They will always try to ensure that all SUN groups run as planned. But there may be occasions when a group is cancelled as a result of staff absence or training. In these instances, their SUN Admin team will aim to contact Sun group members as soon as possible via email or text informing them of the cancellation.

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

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



Wellbeing Prescription offer one to one and group appointments led by a Wellbeing Adviser who will talk through your needs, offer advice and support you to meet achievable health and wellbeing goals. We can support you on a variety of topics, including losing weight, healthy eating, getting active, looking after your emotional wellbeing, such as stress, worry, poor sleep and feelings of loneliness and isolation.

Your Wellbeing Adviser will work with you to find local and national organisations that will be able to support you to improve both your physical and emotional health. Appointments take face to face or via telephone or video call.

For more information or make an appointment visit their website www.wellbeingprescription.org or ring 01883 732 787

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 Safe Havens are on the front pages of this Newsletter, 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

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/>



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

WELCOME TO CYP HAVEN IN REDHILL



**The Annex,
The Redhill Centre
132-138 Station Road, Redhill RH1 1ET**
(Access is through the bank gate on Fairfax Avenue
Use postcode RH1 1HX)

CYP Haven (10 – 18 years old)

Opening Times

Wednesdays 4.00pm – 8.30pm

Fridays 4.00pm – 8.30pm

Sundays 12 noon – 6.00pm

Workshop Timetable

Join them online for a small group workshop discussing different mental health topics.

Wednesday at 7.00pm and Sunday at 3.00pm

If you want to join a group, please call in to the Haven and book a slot. They will send you a link to join. You will need Google Chrome on your computer/device.

Topics in August:

05th – Examinations Worries

16th - Transitions

19th - Examinations Worries

23rd - Drop-in

26th - Relationships

30th - Transitions

How to contact them: 01483 519 436

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

NEW MENTAL HEALTH CRISIS LINE FOR CHILDREN

A new 24-hour mental health crisis line for children, young people and families in Surrey has been launched by the county's NHS mental health trust; Surrey & Borders Partnership NHS Foundation Trust.

The freephone number is – **0800 915 4644** – is the same phone number as the adult mental health crisis line and it is now also available for all children and young people from the age of six and their families by simply selection **option one**.

The crisis line is staffed by a team of trained call handlers and mental health nurses. It provides emotional wellbeing support, advice and signposting to a range of community services for children and young people (and their families and carers) who are in a mental health crisis.

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.

NAFFI Break

Wednesday 25th August 10.30am – 11.30am

Hosted by their Armed Forces Coordinator

August session: Funds available for you.

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 2.30pm – 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.

'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!

Mental Health and Wellbeing

Led by Angela Higgins, Bereavement Centre

Monday 2nd August 7.00pm – 9.00pm

Develop confidence and skills in addressing mental health and wellbeing issues in daily life.

Mindfulness

Monthly evenings sessions:

Monday sessions are led by Suzette Jones

9th August, 13th September 7.00pm – 7.45pm

Tuesday sessions are led by either Diana Thornton or Clare Garthwaite

Weekly day sessions Tuesdays at 4.00pm – 4.45pm starting 6th July

Zine Making

Led by Heidi and Barbara, ACS

Tuesday 10th August 7.00pm – 9.00pm

Join them for a taster session to explore your creativity using writing and collage to create your own Zine (DIY magazine)

Knit and Natter

Led by Heidi and Katie

Thursday 26th August 9.30am – 10.30am

Relax, chat and share knitting projects. All abilities welcome.

Emergency Care Plane

Thursday 12th August 10.00am – 11.30am

Having an emergency care plan is vital for carers. Complete their plan document and explore what you need to consider.

Otago Classes

In partnership with Active Surrey, they are able to provide free Otago exercise classes running over sixteen weeks. Otago helps to improve your strength and balance.

If you have a disability, recovering after an illness or just need to keep up your physical health join them at one of their classes across Surrey. Please contact them for more information and dates.

Reigate group will be at St. Mary's Hall

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: 08088 010 327

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 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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