



## SEPTEMBER 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)**

**IMPORTANT NOTICE:** Reigate Stepping Stones is pleased to say that as from Tuesday 7th September, the Social Group will open again from 10.30am – 1.30pm. Reigate Stepping Stones Social Group is still following the Covid-19 precautions; face masks on except when sitting down; sanitizing hands plus sanitizing Pool and board games before playing with them.

### 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.

### **CONFIDENCE & SELF ESTEEM - I LOVE ME**

**Mondays: 20th September, 4th, 11th and 18th October 11.00am – 1.00pm**

#### **Building Confidence & Self Esteem**

Their 4-week course to discover how self esteem and confidence are already in you. Discover new tools to help boost your self-esteem which in turn will improve your self-confidence and self-esteem. Identify what can knock your confidence and learn how to bounce back!

Venue: Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

### **COPING WITH ANXIETY**

**Tuesdays: 21st & 28th September, 05th & 12th October 7.00pm – 9.00pm**

#### **Coping with anxiety by challenging unhelpful thinking**

Discover how a change in your mindset can give you coping strategies.

Stress and anxiety impact on physical and emotional health. Learn new techniques to increase your relaxation and wellbeing.

Join their Free 4-week course on Zoom

### **ACTION FOR HAPPINESS**

**Wednesdays: 22nd September, 20th October 2.00pm – 3.30pm**

#### **Happiness is a skill you can learn!**

This free 5-week course explores what really matters for a happy and meaningful life.

Feel good

Do good

Action for happiness

Join their 2-week course on Zoom

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](mailto:RichmondCC@RichmondFellowship.org.uk)

SMS: 07393 797 846 Online: [www.virtualwellbeing.healthysurrey.org.uk](http://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](mailto: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](mailto:artmatters@richmondfellowship.org.uk)

[www.artmatters-richmondfellowship.org.uk](http://www.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 which includes Women's Group, LGBTQ+ Support Group, Bipolar Support Group and Peer Support Group.

### **Regaining Confidence & Self-esteem**

**Tuesday: 21st September 2.00pm – 4.00pm (5-week course)**

This 5-week course is being run by WEA on behalf of MFT and you will need to register with them to attend.

MFT external provider and volunteer.

### **Managing Stress and Anxiety**

**Wednesday: 22nd September 7.00pm – 9.00pm (5-week course)**

This 5-week course is being run by WEA on behalf of MFT and you will need to register with them to attend.

MFT external provider and volunteer.

Please book your place on any course by emailing [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk). If you do not already use their service, you will be asked to complete a short online registration form that can be found at: <https://mft.support-me.org.uk>. If you book onto one of their physical activities, please make sure to complete the Medical and or Waiver form as required by the activity and send it to them before attending the session.

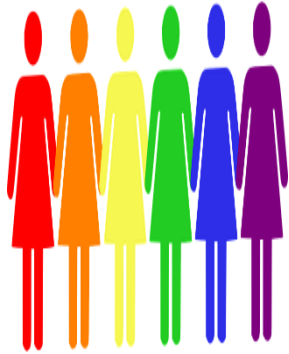
## **ESDAS (EAST SURREY DOMESTIC ABUSE SERVICE)**

### **WOMEN'S INFORMAL WELLBEING SESSION**

**From September these sessions will be offered on  
Monday mornings.**

**Once a month via Zoom 10.00am – 11.15am**

**Once a month in person at a central Redhill  
location 10.00am – 12.00pm**



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.

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.

The sessions are offered fortnightly as above. If you are attending a Zoom session you will need a confidential safe space to take part in the sessions to ensure that everyone's privacy and safety is respected.

For dates and venue please contact ESDAS on 01737 771 350 9.00am – 4.00pm Monday to Friday.

## **LOVE ME LOVE MY MIND MONDAY DROP-IN**

**ST. BARNABAS CHURCH, TEMPLE ROAD,  
EPSOM KT19 8HA**

**EACH MONDAY 4.00PM – 7.00PM**



What is expected at this drop-in:

4.00pm – Welcome, refreshments, sharing joys and sorrows if this is like

4.45pm – Activity chosen by the drop-in

5.45pm – Home cooked meal

7.00pm – Evening closes

## **SEPTEMBER PROGRAMME**

06th September – Welcome back

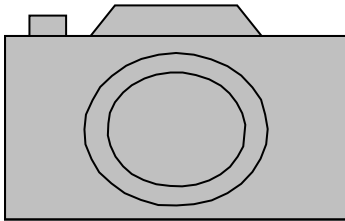
13th September – Board games and time to talk

20th September – Autumn Walk with Allen

27th September – Service at 4.45pm to remember Penny Spring followed by buffet

Everyone is very welcome to come to any part or all of a meeting. Cost £2.00 per evening to include all refreshments and activity. There are also occasional trips out. The group has chosen to make the drop-in an alcohol and non-medication drug free zone and to see to treat everyone with respect and acceptance.

## REIGATE PHOTOGRAPHIC SOCIETY



**REIGATE COMMUNITY CENTRE**  
**53 HIGH STREET, REIGATE RH2 9AE**  
**MONDAYS @ 7.45PM FOR 8.00PM START**  
(Currently masks are recommended, please bring one, as well as any refreshments you require)

This is a friendly club, covering a range of levels, aiming to help members to enjoy their photography, share their work with like-minded people and improve skills. The season's programme is a varied mixed of competition evenings, visiting speakers and social sessions.

For more information, please contact them at: [info@reigatephotosoc.co.uk](mailto:info@reigatephotosoc.co.uk)  
[www.reigatephotosoc.co.uk](http://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](mailto:info@patchworkinggardenproject.co.uk)

Website: [www.patchworkinggardenproject.co.uk](http://www.patchworkinggardenproject.co.uk)

## REIGATE STEPPING STONES SOCIAL GROUP

**TUESDAYS AND THURSDAYS (10.30AM – 1.30PM)**



**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](http://www.selfinjurysupport.co.uk) and click on link to TESS text and email support and then email TESS.

## WALKING FOOTBALL



**MIXED WALKING FOOTBALL  
EVERY WEDNESDAY AT 11.00AM  
FOR 40 MINUTES  
THE ASTRO PITCH, BATTLEBRIDGE CLUB,  
FRENCHES ROAD, REDHILL RH1 2JE  
(NEXT TO LIMETREE SCHOOL)**

Come and enjoy playing Walking Football with others in a group led by staff from Merstham Football Club. Refreshments afterwards.

£1.00 per session.

Bus routes: Merstham – Redhill 430 Redhill – Merstham 435

For further information, please contact: [alice.oswell@reigate-banstead.gov.uk](mailto:alice.oswell@reigate-banstead.gov.uk)

Mobile: 07974 325 208

## THE MEETING ROOM (SURREY)

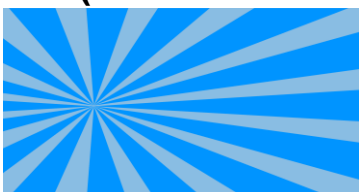


**DROP-IN CENTRE FOR HOMELESS,  
UNEMPLOYED AND SOCIALLY ISOLATED PEOPLE  
WEDNESDAY 11.30AM – 2.30PM  
St. Barnabas Church, Temple Road, Epsom KT19 8HA  
THURSDAY 11.00AM – 2.00PM  
Kings Church, Longmead Road, Epsom KT19 9BU**

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.

## DHC (DORKING HEALTHCARE) TALKING THERAPIES



### WHAT IS TALKING THERAPIES?

Talking Therapies are here to help when life get tough.

They provide a range of therapies including CBT (Cognitive Behavioural Therapy) and Computer-based CBT to people over seventeen and registered with a Surrey GP.

**Wednesday 22nd September 2021 6.00pm – 7.30pm (4 weeks)**

Live Well; Worry Less and Build Resilience is a talking therapy group based on low intensity CBT to support people in managing their worries and building resilience during the Covid-19 pandemic and other life stressors or changes.

Self-referrals can be made by calling 01483 906 392

## LET'S TALK EPSOM



**EPSOM METHODIST CHURCH  
11, ASHLEY ROAD, EPSOM KT18 5AQ  
EVERY WEDNESDAY  
7.00PM – 9.00PM**

This will run every Wednesday from 7.00pm-9.00pm and all are welcome to attend. It has been a challenging year for everyone in varying degrees, so they are keen to lend an ear again to support the difficulties that the pandemic and lockdowns have brought.

The sessions will adhere to medical guidelines for health and safety so volunteers and attendees are required to wear facemasks indoors.

For further information email: [letstalkepsom@yahoo.com](mailto:letstalkepsom@yahoo.com)

## 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](mailto: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](mailto: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**

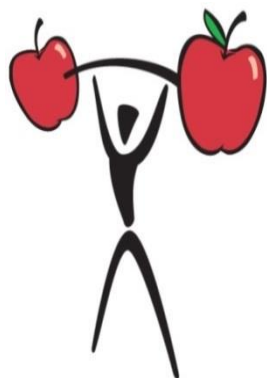
**AUTUMN SEASON 2021**

**SEPTEMBER**

**Thursdays 1.10pm – 2.00pm**

- 02nd Piano Duet Recital – Raymond Wui-Man Yiu and Kyle Nash-Baker
- 09th 'Cello Recital – William Bass – 'Cello and Martin Hall – Piano
- 16th Piano Recital – Pavel Timofeyevsky
- 23rd Song Recital – Helen Hardwick – Soprano, Philip Robinson Tenor, Warren Shatties – Piano
- 30th Violin Recital – David Hanesworth – Violin, Patricia Romero Piano

## 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.

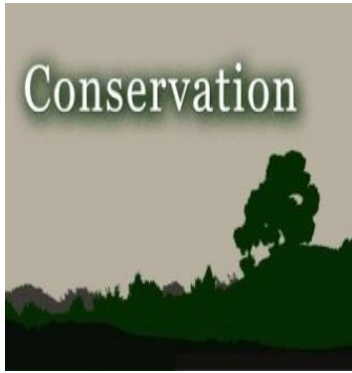
If you are new to the YMCA please ring for an initial appointment, details on the referral form.

For further information, please contact Wayne Askin on 01737 784 976

or email: [wayne.askin@ymcaeast Surrey.org.uk](mailto:wayne.askin@ymcaeast Surrey.org.uk)

## FRIENDS OF MERSTHAM PARKS & GREENS

### SATURDAYS



The Friends of Merstham Parks and Greens continue with the good work of conserving and improving the green spaces and natural areas of Merstham who meet on Saturdays in each month to do this.

Saturday 18th September at 10.00am – 1.00pm

Meeting Bolsover Grove wildlife garden, Merstham RH1 3NU.

They will be installing a wooden solitary bee post, planting sedum on the bug hotel, putting in tree protectors to prevent

damage from strimmers and hedge trimming. If this is finish, then they will move onto Huddleston Crescent wildlife garden for more of the same.

Saturday 2nd October at 10.00am – 1.00pm

Battlebridge Spinney glade clearance and maybe a fire if it is not too dry. (RH1 2JE)

Come and enjoy the outdoors, chat to friendly locals, beautify the greenspace and 'green gym' exercise!

If you are interested in volunteering with Friends of Merstham Parks and Greens please contact Drummond Richardson by Email [drummond@drumr.co.uk](mailto:drummond@drumr.co.uk) or Phone: 07913 148 821

<https://m.facebook.com/friendsofmersthamparksandgreens/?ref=bookmarks>

## 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

Please note that Friday afternoon 2.00pm – 4.30pm from the 27th September until the 12th November will be temporarily stopped.

## 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 Advisor 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](http://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](mailto:Southern@wea.org.uk)  
Website: [www.wea.org.uk](http://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](http://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](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)

### **SHOUT – Crisis text line – Text Shout 85258**



A national 24/7 crisis line called Shout is available. It is a safe space for anyone experiencing an emotional crisis where you are listened to by a trained Crisis Volunteer.

In a nutshell, Shout is:

- A 24/7 text service
- A support to take you from a hot moment to a calmer place
- A service based on a tried and tested model of crisis support
- A service where Shout Clinical Supervisors work alongside their Crisis Volunteer and monitor conversations 24/7
- An anonymous, free conversations that will not show on your phone bill
- A professional support to create a simple plan of action to manage your crisis

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](http://www.mindmattersnhs.co.uk)

## ieso Digital Health

Telephone & online service

One-to-one cognitive behavioural therapy in real time using typed conversation over secure internet connection.

Tel: 0800 07405560 or text "Mind" to 66777 Email: [info@iesohealth.com](mailto: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](http://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**

The CYP Haven is a safe place for children and young people aged 10-18 where you can talk about worries and mental health in a confidential, friendly and supportive environment. Please note that their physical locations are still closed, so please phone them on the number: 01483 519 436.

The staff answering will listen to you and take time to understand what is going on for you and they will try and help you.

Times: Monday – Friday 4.00pm – 8.00pm      Sunday Noon – 6.00pm

From Monday 20th September 2021, the above-mentioned times will alter slightly.

### **Heads Together – Young People (14 – 24 years)**



Heads Together have been providing counselling in East Surrey since 1994. They provide free and confidential counselling for young people aged between 14-24 years at various locations across East Surrey in a range of schools, Youth Centres, Churches and their YMCA centres. They aim to help them to cope with difficult emotional, family or personal circumstances, enabling them to lead a fuller and more satisfying lives.

Tel: 01737 378 481 Email: [headstog@ymcaeast Surrey.org.uk](mailto:headstog@ymcaeast Surrey.org.uk)

Website: [ymcaeast Surrey.org.uk/heads-together-counselling](http://ymcaeast Surrey.org.uk/heads-together-counselling)

Childline: 0800 1111 [childline.org.uk](http://childline.org.uk) For children and young people under nineteen years.

YoungMinds – parents worried about their children

### **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.

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.

### **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!

### **Face – To – Face Support Group**

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Fourth Monday of the month. 11.00am – 1.00pm

### **Yoga**

Led by Saara

Started on Monday 6th September 10.30am – 11.30am

Join them with a positive, fun yoga session to look after yourself in both body and mind.

## **Carers Parliament**

Led by Maria young, ACS

Friday 24th September 10.00am – 11.30am

Come and contribute your views on services provided and how they can improve support for you.

## **Building Emotional Resilience**

Led by Angela Higgins, Bereavement Coordinator, Bereavement Centre

Wednesday 29th September 10.30am – 12.30pm

Learn to build your 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.

Booking is essential. Phone: 0303 040 1234 option 1

Email: [CSAdmin@actionforcarers.org.uk](mailto: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](mailto: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-survivor>

### **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](mailto:info@streetlight.uk.com) or emailing [info@streetlight.uk.com](mailto:info@streetlight.uk.com) or completing a referral form. More information at [www.streetlight.uk.co](http://www.streetlight.uk.co)

### **INDEPENDENT MENTAL HEALTH NETWORK (IMHN)**

#### **LUNCH AND LEARN**

**WEDNESDAY 29TH SEPTEMBER 2021**

**12.00 NOON – 1.30PM ZOOM**

They hope that you can join them on Wednesday 29th September from 12 noon for a Lunch + Learn session about Surrey's new Mental Health Improvement Plan. They will be talking about why Surrey is doing this, what areas changes will be made and how we can get involved.

Phone: 01483 456 558/07563 997 932 [imhn@surreycoalition.org.uk](mailto:imhn@surreycoalition.org.uk)

[www.imhnsurrey.com](http://www.imhnsurrey.com)

East Surrey  
**Community  
Connections**



Website: [www.reigatesteppingstones.org.uk](http://www.reigatesteppingstones.org.uk)

Email: [rss@reigatesteppingstones.org.uk](mailto:rss@reigatesteppingstones.org.uk)

Office No: 07597 781 624

Office Address:

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

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