



NOVEMBER 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.

EMOTIONAL RESILIENCE

Mondays: 01, 08, 15 and 29th November 11.00am – 1.00pm

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Mindset is everything!

Learn how to build up your emotional resilience and bounce back from stressful situations!

Online: <https://virtualwellbeing.healthysurrey.org.uk/building-emotional-resilience-3/>

WHAT MAKES YOU, YOU?

Tuesdays: 09, 23, 30 November and 07 December 7.00pm – 9.00pm

Ever wondered what makes you, you?

Explore your personal identity.

You will discover how your core values, life experiences, beliefs and various other aspects all play a part in your individual identity.

Online: <https://virtualwellbeing.healthysurrey.org.uk/every-wondered-what-makes-you-you-2/>

MANAGING STRONG EMOTIONS

Wednesdays: 10, 17, 24 November and 01 December 2.00pm – 3.30pm

Find it difficult to express yourself?

Learn how to respond to stressful situations positively to stay emotionally healthy.

Online: <https://virtualwellbeing.healthysurrey.org.uk/managing-strong-emotions/>

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: RedhillCC@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!

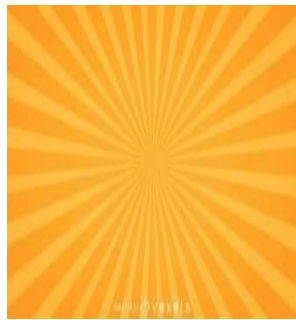
This is a free one-to-one service that runs Monday to Friday. You will have an appointment that works around you.

How to book:

Phone: 01737 771 282 Email: RedhillCC@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 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.

If interested, please contact: 01372 731 971

MARY FRANCES TRUST

They provide wellbeing support for any mental or emotional health issues through one-to-one sessions, course group and activities. They also provide wellbeing advice and information, volunteering opportunities and crisis support.

Mary Frances Trust are slowly restarting their face-to-face activities as well as continuing to deliver online activities, groups and courses on Zoom.

They are putting Covid-related risk measures in place in all the venues they are working from to keep everyone safe as they can. For now, they will be asking people to book a place, even for activities that are traditionally considered to be 'drop-ins'. They will be asking you to confirm beforehand that you have no Covid symptoms and have not had contact (to your knowledge) with anyone who has Covid.

The following will be happening:

Temperature checks with non-contact thermometers before attending a session.

A register and sanitiser facilities will be in place.

Seating will be space out and keeping groups small.

Some face-to-face appointments will also be taking place in safe, socially distances space at local venues.

Although masks wearing is not mandatory, they would prefer you to do so to keep you, other clients and staff as safe as possible.

They advise prospective users to check their calendar regularly as they keep on adding new courses every week.

If taking part in a face-to-face activity please read their COVID safety guidelines before attending.

If taking part in online activity please read their COVID participation guidelines before attending.

Yoga for Wellbeing

Banstead Youth Centre, 4 The Orchard, Banstead SM7 2BP

Starting on Tuesday 2nd November at 11.30am to 12.30pm (No session 21st and 28th December)

MFT external provider

Arts & Crafts

Banstead Youth Centre, 4 The Orchard, Banstead SM7 2BP

Starting on Tuesday 19th October at 2.00pm – 3.00pm

Susan & Parvin

Women's Craft & Sewing Group

King's Church, Longmead Road, Epsom KT19 9BU

Weekly at 10.30am – 12.00 noon (Term time only)

Parvin & Volunteer

Wellbeing Walk – Epsom Downs

Thursdays: 11.00am – 12.00 noon

Weekly walk starting from the Beefeater at Tattenham Corner, Tattenham Crescent, Epsom Downs KT18 5NY

MFT staff and Volunteer

On Thursday 11th November there will also an optional walk extended from 11.00am – 1.30pm for Remembrance Day visiting the WWI commemorative benches.

Seasonal Arts & Crafts

The Brickfield Centre, Portland Place, Epsom KT17 1DL

4-week course starting 18th November at 11.30am – 1.30pm

Peer Support – Epsom

Weekly at The Brickfield Centre, Portland Place, Epsom KT17 1DL

Allen & Parvin

The above-mentioned courses are in either Epsom or Banstead. 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.

Please book your place on any course by emailing 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.

WEA – Please note for any courses being run by WEA on behalf of MFT, you will also need to register with them to attend.

Tel: 01372 375 400 Text: 07924 024 722 Email: maryfrancestrust.org.uk

CATALYST SUPPORT

Monday

Be Active 11.00am – 12.00pm

Tuesday

Keep Learning – Music Group 12.00pm – 1.00pm

9th November only – Film Group 5.00pm – 7.30pm

Wednesday

History Group 11.00am – 12.00pm

Creative Craft Hour 3.30pm – 4.30pm

Thursday

Connect Social Group 10.30am – 11.30am

Animal – Pet Group 1.00pm – 2.00pm

All their online groups are delivered on their secure Catalyst platform. If you would like to register for any of these activities, please register online via their Activity Timetable link or use the contact details below:

Register online: www.catalystsupport.org.uk/register/

Email: groups.cc@catalystsupport.org.uk T: 01276 409 415

**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.

**MERSTHAM COMMUNITY FACILITY TRUST/RAVEN HOUSING TRUST/
PEOPLE'S HEALTH TRUST**



**MEN'S CREATIVE & SOCIALIZING GROUP
EVERY MONDAY 2.00PM – 4.00PM**

RELAX UNWIND CREATE

Work with soapstone to uncover creative skills.

For more information contact: 01737 333 461

**LOVE ME LOVE MY MIND MONDAY DROP IN
ST. BARNABAS' CHURCH
TEMPLE ROAD, EPSOM KT19 8HA**

4.00pm Welcome, refreshments, sharing our joys and sorrows if we would like.

4.45pm Activity chosen by the drop in.

5.45pm Home cooked meal.

7.00pm Evening closes.

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 seek to treat everyone with respect and acceptance.

WELCOME

November Programme

01st Sharing our favourite music

08th Fireworks with Matt and Jackie

15th Yoga with Isabel

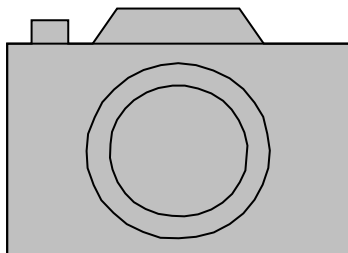
22nd Drumming with Ray

29th Making Christmas Cards

If interested, please contact St. Barnabas Church Tel: 01372 721 518

Email: info@lovemelovemy mind.org.uk

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

REIGATE STEPPING STONES SOCIAL GROUP TUESDAYS AND THURSDAYS (10.45AM – 1.15PM)



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 partial 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.

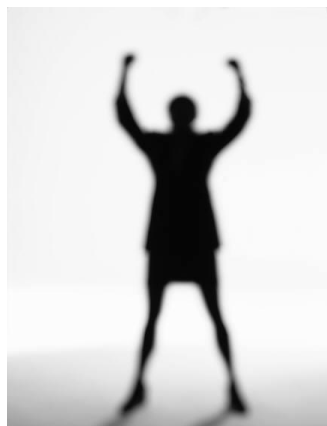
MASH meetings do not follow an agenda and are in the form of a social gathering. Members can say as much or as little as they want about any topic. Meetings enable members to socialise, share their experiences and learn from others. Mutual respect is an essential ingredient.

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.

Text: 07537 432 444

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

Confidential

Non-judgemental

Supportive

ST. LUKE'S CHURCH:



LUNCH MATTERS - WEDNESDAY LUNCH **WEDNESDAY 10TH AND 24TH NOVEMBER**

11.30am Tea and coffee served

12.15pm Lunch is served

**St. Luke's Church, St. Peter's Room, 5 Church Road,
Reigate RH2 8HY**

Join them at St. Luke's, Reigate for food and friendship.

A suggested donation of £4.00 would be appreciated.

For further information contact Alison on 07927 415 631

THE MEETING ROOM (SURREY)



DROP-IN CENTRE FOR HOMELESS, UNEMPLOYED AND SOCIALLY ISOLATED PEOPLE **WEDNESDAY 11.30AM – 2.00PM**

**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.

LET'S TALK EPSOM



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

A weekly self-help group where people who are affected by any kind of depression can meet to share experiences and coping strategies with others in similar situations.

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

Further details contact: letstalkepsom@yahoo.com

Love Me – Love My Mind Charity

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.

On Thursday 11th November there will also an optional extended walk from 11.00am – 1.30pm for Remembrance Day visiting the WWI commemorative benches.

For more information and to book your place please visit:

<https://www.ymcaeastssurrey.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

NOVEMBER

04th "Lips" Piano and Wind Quintet

(Dan Elson – Oboe; Charlotte Woolley – Clarinet; Matthew Sackman – Horn; Rick Yoder – Bassoon; Stephen Carroll – Piano)

11th Dunottar School: Director of Music – Emily Petter

18th Piano Recital: Yoon Seok Shin - Piano

25th Violin Recital: David Hanesworth – Violin; Patricia Romero – Piano



The St. Matthew's Church Lunchtime Concerts are free, but a donation of £5.00 would be welcomed.

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

WALKING FOOTBALL



**MIXED WALKING FOOTBALL
EVERY FRIDAY 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 every Friday.

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

Mobile: 07974 325 208

FRIENDS OF MERSTHAM PARKS & GREENS



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 alternate Saturdays in each month to do this.

Saturday 13th November

Colourful spring bulb planting on Serpentine Green (RH1 3JJ)

Saturday 27th November

Battlebridge Spinney glade clearance and fire (RH1 2JE)

Saturday 11th December

Xmas Furzefield woods event – glade clearance, fire and marshmallows, children's craft activity (RH1 3NL)

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 or Phone: 07913 148 821

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**, 2pm-4.30pm
- **Fridays**, 10am-12.30pm

Due to changes in staffing, they have temporarily stopped their Friday afternoon group (2.00pm-4.30pm) which will start again on the 12th November 2021.

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>



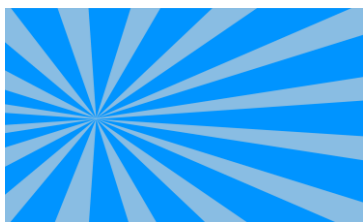
Wellbeing Prescription offer one to one and group appointments led by a Wellbeing Adviser who will talk through your needs, offer advice and support you to meet achievable health and wellbeing goals. We can support you on a variety of topics, including losing weight, healthy eating, getting active, looking 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 or ring 01883 732 787

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/>

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 931 064.

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

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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.

ADULT EATING DISORDERS SERVICE TRANSFORMATION



Are you interested in helping to shape the development of our new expanded service? If so, we're keen to hear from you!

The adult eating disorders service is seeking expressions of interest from people keen to become involved in informing the development of our service expansion.

This expansion will see the development of a new pathway, which is integrated with primary care, and which focuses on the delivery of services for people with mild and recent onset eating disorders.

We're especially keen to involve people with lived experience of eating disorders, their family & carers, as well as healthcare professionals in the new pathway development. You can have as much or as little involvement as you wish, and no prior experience of service development is required.

You can register as a Stakeholder if you wish to be kept informed of the developments and wish to comment on the evolving plans. Alternatively, you might be interested in joining our Co-Production Reference Group which will be meeting via the MS Teams digital platform.

If you are interested in becoming involved please contact
rxx.aedsenquiries@nhs.net to register your expression of interest.

Sharing Your Information: Surrey and Borders Partnership NHS Foundation Trust
(sabp.nhs.uk)

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 they can talk about worries and mental health in a confidential, friendly and supportive environment. The friendly staff will be able to give you advice and support on a wide range of issues. Whatever is bothering you, come and have a chat.

Guildford CYP Haven: Monday 3.30pm – 7.00pm
Wednesday 3.30pm – 7.00pm

Epsom CYP Haven: Tuesday 3.30pm – 7.00pm
Thursday 3.30pm – 7.00pm

(From 20th September these times will change slightly). Call 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 personal circumstances, enabling them to lead a fuller and more satisfying life.

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 selecting **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.

Wherever you live, these Action for Carers events are open to you. They take place online by Zoom video – they will send simple instructions when you register.

You will find more details of these events on their website and you can register your interest there.

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.

Mental Health: Caring for a Partner

Third Tuesday of the month 7.00pm – 9.00pm

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

Autism

Fourth Tuesday of the month 7.30pm – 9.00pm

For carers who care for an adult on the Autistic spectrum over 17 years old.

Dementia Navigator Support

Third Wednesday 10.30am – 12 noon

NAFFI Break

Fourth Wednesday 10.30am – 11.30am

Hosted by their Armed Forces Carers Support Coordinator. Bring a brew and a bacon buttie and come and join us.

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 1.00pm – 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 GROUPS

All groups are open to ALL carers and will run monthly from September

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Fourth Monday 10.00am – 12 noon

Caterham

Third Tuesday 1.00pm – 2.30pm

Horley Baptist Church, 289 Lodge Road, Horley RH6 8RG

First Thursday 10.00am – 12 noon

The Library, 12 Gresham Road, Oxted RH8 0BQ

Second Thursday 10.30am – 12 noon

Emotional Freedom Technique: TAP Therapy

Monday 29th November 7.00pm – 8.30pm

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.

Mindfulness

Monthly evening sessions:

Monday 8th November 13th December 7.00 - 7.45pm

Monday sessions led by Suzette Jones

Tuesday sessions are led by either Diana Thornton or Claire Garthwaite.

Weekly day sessions Tuesdays at 4.00pm – 4.45pm starting Tuesday 5th October

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

Creating a Memory Book

Tuesday 30th November 10.30am – 12.00 noon

Led by Sarah Lott, writer and reminiscence practitioner

'When we lose loved ones we can lose their precious family stories which we need to celebrate and preserve.' This session will give you ideas and ways to get started.

Coping with Caring: Caring for an adult with Autism

Tuesday 7th December 7.00pm – 8.30pm

One workshop led by Marie-Anne McKee, Space 2BYou

The session will focus on Autism and anxiety and consider useful strategies and skills and how to use them.

Emergency Care Plan

Wednesday 10th November 10.00am – 11.30am

Led by Rachel and Sally, ACS

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

ADHD: Medication and Behaviour Management Session

Medication Session - Thursday 11th November 12.30pm – 2.30pm

Behaviour Management Session – Thursday 2nd December 1.00pm – 2.30pm

Led by Angela Hraib, Specialist Nurse SABP

Angela will be discussing medication and its role in ADHD. In the second session she will also be looking at behaviour management and strategies.

These sessions are suitable for carers of children and young people up to eighteen years of age.

Mental Health and Wellbeing

Wednesday 1st December 10.30am – 12.30pm

Led by Angela Higgins, Bereavement Centre

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

Make -Up Tutorial

Wednesday 8th December 10.30am – 12.00 noon

Led by Same Caine, HCSA, ACS

Sam is sharing her knowledge and make-up skills from her career in cosmetics with this 'How to workshop'. Tips on skin care, prep, fashion trends and how to do a great 'day look' and glamorous 'evening look'. Free cosmetic products provided.

Christmas Wreath Workshop

Wednesday 15th December 1.00pm – 3.00pm

Led by Lynis Williams, Ashstead Flower Arrangement Group

Join them to enjoy making a festive wreath for a front door or table using foliage from the garden.

Christmas at the Palace, Hampton Court

Thursday 16th December 10.30am – 12.30pm and 2.00pm – 4.00pm

Celebrate the festive season in this interactive workshop. Discover how Christmas has been celebrated at throughout the ages and experience the sights and sounds of Christmas at court.

All sessions have ground floor access. For more information or to book a session, please contact Sarah Fairbairn at sarah.fairbairn@hrp.org.uk

****New** Carers' Checklist**

Action for Carers have anew booklet, a Carers' Checklist, to help you understand what is available for you as a carer. It covers all sorts of matters, health, legal, social services, etc. for you to check you are getting all that you should in terms of support in Surrey.

Call them for a copy: 303 040 1234, press option 1, or CSAdmin@actionforcarers.org.uk

New to Zoom?

New to using Zoom or having difficulty using it?

They have an easy read guide to help you! Their guide will help you get going with Zoom and join their events. Contact details are below.

Besides the above-mentioned courses, there are plenty more in their current Action for Carers Surrey Update. Besides those, monthly visits are also arranged for carers.

Booking is essential: Phone 0303 040 1234 option 1 or email: CSAdmin@actionforcarers.org.uk

CATALYST

Catalyst is a not for profit organisation providing services for people who experience wellbeing problems which may arise from traumas, often resulting in drug and alcohol use. They offer non-medical interventions in a friendly, accessible, professional and non-judgement way. They believe people for their own best resource and they work to enable these skills to be activated and learn new ones.

Catalyst work in partnership with i-access to deliver drug and alcohol services for adults in Surrey. The integrated service provides help for opiate misuse, all other drug use, dependant drinkers and for harmful and high risk drinkers with complex needs.

Catalyst helps people to improve their lives on a daily basis by being available by offering accessible support and believes from its own evidence that people have the power to change given the right tools and help.

Phone: 01483 590 150 Text: 07909 631 623

Website: <https://www.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

Charity No. 1136374

Company limited guarantee in England No. 7236238