



JUNE NEWSLETTER 2022

SOCIAL GROUP MOBILE NO. 07543 889 649

(Only in use Tuesday and Thursday: 10.30am – 1.30pm)

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.

The Maintaining Wellbeing peer support session is available between 6.00pm and 8.00pm.

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 Brickfield Centre, Portland Place, Epsom KT17 1DL.

6.00pm – 11.00pm every day of the year which includes weekends and Bank Holidays.

People can connect to the Epsom Safe Haven virtually by clicking on this link:
<https://nhs.vc/sabp/safe-haven-Epsom>.

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 including Bank Holidays

Weekends: In person support is now available from 12.30am – 11.00pm on Saturdays and Sundays. This is a pilot service that will run until next April 2023.

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



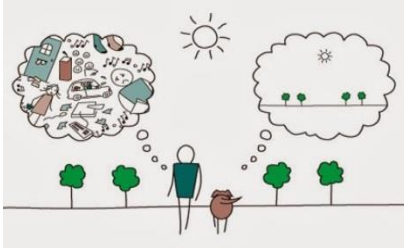
WALK YOUR WAY TO HEALTH SECOND AND FOURTH MONDAYS OF THE MONTH AT 1.00PM TO 2.30PM FROM WINGFIELD

**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.

FREE WEEKLY MINDFULNESS GROUP – MINDFUL MATTERS

Mondays 4.00pm – 5.00pm



Weekly group mindfulness and meditation practice
Share ideas and techniques

Developing the skill of paying attention to the present moment in everyday life.

Guided meditation led by our group facilitator.

WEEKLY LIGHT RELIEF COFFEE MORNINGS

THURSDAYS 10.45AM – 11.45AM



A light-hearted coffee hour to catch up and find out what has entertained us this week.

A chance to talk about the little things that have kept us going and brought a smile to our faces:

It could be a T.V. programme, a joke someone told, a message or anything in between.

BI-MONTHLY PEER SUPPORT GROUP



**BI-MONTHLY PEER SUPPORT GROUP
FIRST AND THIRD FRIDAYS OF EACH MONTH
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.

AN INTRODUCTION TO EXPLORING IDENTITY

TUESDAYS 07TH, 14TH AND 21ST JUNE 7.00PM – 9.00PM

Recognise that you can be more than the labels you attach to yourself.

Identify who you are by exploring your true core values.

BRIGHTEN YOUR SUMMER WITH PRACTICAL CONTAINER GARDENING

WEDNESDAYS 08TH AND 15TH JUNE 2.00PM – 4.00PM

Learn how to create containers and hanging baskets for a great summer display.

LEARN HOW TO SAY 'NO' WITHOUT FEELING GUILTY
REDHILL METHODIST CHURCH
MONDAYS 13TH, 20TH, 27TH JUNE AND 04TH AND 11TH JULY
11.00AM – 1.00PM

Join their five-week assertiveness course to learn assertiveness techniques to be more effective at home and work.

Develop the confidence to express yourself effectively.

BETTER FOOD MEANS BETTER MOOD!
WEDNESDAYS 22ND AND 29TH JUNE 2.00PM – 4.00PM

Examine the relationship between mood and food and explore changes we can make to our lifestyles and diet to enhance our wellbeing.

LEARN THE ART OF EMBRACING CHANGE
TUESDAY 28TH JUNE 7.00PM – 9.00PM

We can often resist change even when we know it's for the better. Join us for a one-off workshop where we explore how to embrace change rather than fear it.

How to book:

Phone: 01737 771 282

Email: RedhillCC@RichmondFellowship.org.uk

SMS: 07393 979 846

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 Road, 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 FRANCIS TRUST

Mary Frances Trust provide wellbeing support for any mental or emotional health issues through one-to-one sessions, course group and activities. Below you will find details of their new courses being arranged, besides their on-going courses which can be found online.

They also provide wellbeing advice and information, volunteering opportunities and crisis support.

DEALING WITH DIFFICULT SITUATIONS

WEDNESDAY 8TH AND 15TH JUNE 7.00PM – 9.00PM ON ZOOM

Dealing with difficult situations 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 these situations, 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 difficult situations.

EMBRACING CHANGE

THURSDAY 9TH JUNE 1.00PM – 3.00PM ON ZOOM

This one-off workshop will help you to welcome change.

When you welcome and embrace change, you open allow to allow yourself to see adversity as an opportunity.

MENOPAUSE

MONDAY 13TH JUNE 7.00PM – 8.00PM ON ZOOM

We are all aware that the menopause can be a difficult time, but there is no doubt that talking about it can help.

As with any problem, getting it out in the open is often the first step in making things feel more manageable.

BADMINTON

WEDNESDAY 15TH JUNE TO 20TH JULY 1.30PM – 3.00PM

PHOENIX YOUTH CENTRE, TADWORTH (NO SESSION ON 29TH JUNE)

Drop-in badminton for all abilities.

Taking part in sport is beneficial for both our physical and mental wellbeing. Badminton is a very social sport so a great opportunity to get to know new people whilst getting some exercise.

*Rackets and shuttlecocks provided.

SLEEP HYGIENE

THURSDAY 16TH JUNE 1.00PM – 3.00PM ON ZOOM

Obtaining healthy sleep is important for both physical and mental health, improving productivity and overall quality of life.

Optimizing your sleep schedule, pre-bed routine and daily routines is part of harnessing habits to make quality sleep feel more automatic.

CONFIDENCE BUILDING

WEDNESDAY 22ND AND 29TH JUNE 7.00PM – 9.00PM ON ZOOM

A workshop to help you understand why confidence is important.

To give you more courage to take action.

To book your confidence through participation in confidence building exercises.

To help you talk more positively about yourself to yourself and others.

CHANGING HABITS - FINDING BALANCE

FROM THURSDAY 23RD JUNE TO 14TH JULY 11.00AM – 12.30PM

BRICKFIELD CENTRE, PORTLAND PLACE, EPSOM KT17 1DL

A four-week group to look at our addictive habits and how we can manage to support our wellbeing.

These sessions are offered in a non-judgemental environment, where we focus on giving and receiving support.

FACING YOUR FEAR

THURSDAY 30TH JUNE 1.00PM – 3.00PM ON ZOOM

This workshop will encourage you to face up to your fears.

The key to facing your fears is to take one small step at a time.

Going too fast or doing something too scary before you are ready can backfire.

But it is also important to keep moving forward.

INTRODUCTION TO STRESS AND ANXIETY

WEDNESDAY 6TH AND 13TH JULY 7.00PM – 9.00PM ON ZOOM

‘Priority places will be given to New MFT Clients’

Stress is everywhere and it is directly linked to our mental health. One in six adults in Britain experiences depression, anxiety or problems relating to stress at any one time. By tackling stress, you can go a long way to tackle mental health problems such as anxiety and depression.

This course will help you:

- Understand your triggers
- Get to know your unique stress signature
- Manage your stress levels with self-care
- Reduce the impact of stress on your health and life

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

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.

Phone: 01377 375 400 SMS: 07929 024 722

Email: info@maryfrancestrust.org.uk

ESDAS (EAST SURREY DOMESTIC ABUSE SERVICE)

WOMEN’S INFORMAL WELLBEING SESSION



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 currently being alternated between online and face to face 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.

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.

SUN (SERVICE USER NETWORK)



**MERSTHAM HUB,
PORTLAND DRIVE, MERSTHAM RH1 3JB
MONDAY 2.00PM – 4.30PM**

Facilitated peer support groups for adults with complex emotional needs, or Personality Disorders, in the community.

Tea and coffee will be provided. The Merstham and Guildford venues also have cafes and local amenities are just a few minutes' walk away from each venue.

Register as a SUN member to attend, no need to book, unless it is your first SUN group.

Please see their website for their full group timetable or contact admin if you have any further questions.

Tel: 01372 216 700 Email: sun.admin@sabp.nhs.uk

LOVE ME LOVE MY MIND MONDAY DROP IN



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

JUNE SESSIONS

06th Queen's Platinum Jubilee Tea
13th 10.00am - Leave for visit to Chartwell
20th Home made pamper time
27th 1.00 - Leave for visit to Ramster Gardens

Everyone is very welcome to come to any part or all of a meeting. Cost: £2 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 seek to treat everyone with respect and acceptance

YMCA ONLINE WELLBEING EXERCISE CLASSES



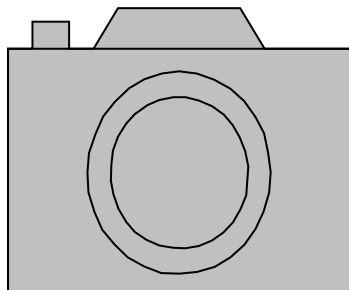
**Free online exercise for people with
long-term conditions
Every Monday, Wednesday and Friday
6.00pm – 7.00pm
Free**

Exercise safely in your own home with sessions led by a qualified Exercise Referral professional. Meet people and make a healthy lifestyle change to enjoy better physical, mental, social and emotional health.

To find out more and to book a place, please email Wayne Askin

Email: wayne.askin@ymcasurrey.org.uk

REIGATE PHOTOGRAPHIC SOCIETY



MONDAYS – 8.00PM

**OLD SCHOOLROOM, REIGATE COMMUNITY CENTRE,
HIGH STREET, REIGATE RH2 9AE**

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.

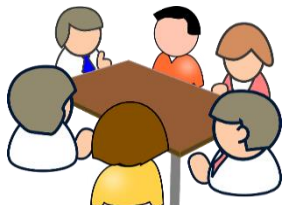
Set in a walled garden, The Patchworking Garden Project does all this in a stunning natural environment. People can come and garden in supported sessions, or simply enjoy the space.

If interested, please contact: 07814 544 420

Email: info@patchworkinggardenproject.co.uk

Website: www.patchworkinggardenproject.co.uk

REIGATE STEPPING STONES SOCIAL GROUP



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

TUESDAYS AND THURSDAYS (10.30AM – 1.30PM)

Reigate Stepping Stones is a Social Group for people that suffer from various mental health illnesses.

Its aim is to enable people suffering to help them with their recovery in a relaxing place. This will enable them to start to gain confidence in themselves.

There are many benefits that the members received from attending some of which are:

- Mental stimulation by interacting with others
- Increases motivation by attending
- Increases confidence
- The feeling of connecting with others
- The feeling of wellbeing
- Being comfortable
- Being in a safe, relaxed environment
- 1:1 with staff when anxious, worried or concerned about an issue
- Being welcomed when feeling mentally down, or being absent for a while
- Making new friends
- Knowing that it is okay to just sit and do nothing
- Crisis management
- Feeling of being supported

Members also have the choice of playing Pool which costs a £1 a game, or alternatively there is a collection of playing cards and table games if they want to.

Quizzes are arranged every so often and people's birthdays are celebrated with a birthday card and a chocolate bar given out to the people attending.

Entry fee of £1.50 each which covers all the refreshments and biscuits.

Sandwiches are also provided at £1.50p each if required.

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

ST. LUKE'S CHURCH



LUNCH MATTERS
WEDNESDAY 11TH AND 22ND JUNE
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**

No need to book, just turn up and get to know some new friends. Come along for a delicious home cooked meal and great company.

A suggested donation of £4.00 would be appreciated.

For further information contact Alison on 07927 415 631

ST. LUKE'S CHURCH



CRAFTS MATTERS
WEDNESDAY 1ST AND 29TH JUNE
12.00 NOON – 2.00PM

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

Do your hobbies include colouring, diamond painting, knitting, sewing, cross-stitch or other similar crafts and would you love some company?

Why not bring along your craft and some lunch and join other like-minded people. Tea and coffee provided.

Cost: Voluntary donation towards tea and coffee.

For more information contact: Pearl 07969 393 206

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 2020, 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.

Contact: Phone 07413 978 422

Email: themeetingroom123@gmail.com

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 7.30PM – 9.00PM
HATCHLANDS SCHOOL, REDHILL AND ON ZOOM

The Include Choir is open to people with and without learning disabilities or autism. It is a fun-loving friendly place to make friends and practice communication skills (for support staff too). The choir performs regularly around Surrey and the South East.

You can find out more about The Include Choir by subscribing to their Youtube Channel [IncludeTube](#) – for weekly videos, or you can [Include Choir Online](#) – a closed Facebook group for free short Sing, Sign and Smile sessions on Sunday evenings at 8.00pm

Stroll and Sign – monthly Saturday mornings at 11.00am. Socialise, get close to nature and enjoy gentle exercise while learning and practicing communications skills (a great opportunity for support staff to develop skills).

Include.org. offers supported volunteering opportunities for people with communication needs.

Outreach: Sing, Sign and Smile

If you are a community group looking for activities, Include runs Sing Sign and Smile sessions which combine the beneficial effects of singing with the opportunity to learn a new skill in Makaton signing. These are available in-house (Covid restrictions allowing) or via Zoom.

If you are interested in any of the services provided by Include.org, please email info@include.org for more information, or you can phone 07446 897 835

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.ymcaeastsurrey.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

SUMMER 2022

THURSDAYS 1.10PM – 2.00PM

JUNE 2022



- | | |
|------|--|
| 02nd | Piano Recital
Yoko Ono |
| 09th | Alionor Trio
Ioana Voicu-Arnautoui – Violin; Alan Thomas – 'Cello;
Norman MacSween - Piano |
| 16th | Harp Recital
Margaret Watson |
| 23rd | King's Clarinet Quartet
Led by Debbie King |

30th Piano Recital
Yoon Seok-Shin

Programmes and performers may be subject to change without notice.

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@ymcaeastsurrey.org.uk

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.

All welcome, no experience or equipment required, everything explained, just need appropriate clothing for the weather. Children very welcome with a supervising guardian adult accompanying them.

Free hot and cold drinks and biscuits at half time.

It is fine to come for only part of the session if you are busy, but great if you can make 10.00am start when things are explained.

For further information please give Drummond a call on 07913 148 821.



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

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

DORKING HEALTHCARE LTD.

GROUP THERAPY COURSES WITH DHC TALKING THERAPIES

Live Well: Worry Less and Boost Mood supporting people who are struggling with low mood and motivation.

Living Well with Long Term Health Conditions for those living with long term health conditions

Evolve Perinatal Group for expectant and new mothers and fathers

CBT for Depression and Low Self-Esteem supporting clients with low mood, particular focus on low self-esteem

ACT for Anxiety and Depression this group is based on the principles of acceptance and commitment therapy and therefor is able to support people who are struggling with both low mood and anxiety

Counselling for Depression Group

Live Well – Navigating and coping with menopause, supporting clients with learning strategies (based on Cognitive Therapy) and sharing experiences to support the navigation of and coping with Menopause.

Other Therapy Options:

Online CBT with Silvercloud – Providing a range of CBT programmes, especially designed for individuals to work through at their own pace but supported by a therapist via online messages or over the phone.

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

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

How to access support:

Self-referrals can be made by calling 01483 906 392 or online via:

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

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.

Mental Health Help

For self-help advice go to 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://thecalmzone.net/help/webchat>



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



GENERAL SUPPORT

During the period of the COVID-19 pandemic and now going forward it has been more important to look after your mental health and wellbeing and for this to continue. 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.

Reigate & Banstead Council

Helpline for people needing help. 01737 276 000 Weekdays – 10.00am – 4.00pm

The Surrey Community Helpline

This 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.

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.

The Redhill Haven is currently closed. They are currently open in Guildford and Epsom or you can call their virtual service. Call 01483 519 436

Workshop Timetable

Join them online for a small group workshop discussing different mental health topics on Sunday at 4.00pm

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@ymcaeastsurrey.org.uk

Website: ymcaeastsurrey.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 802 554

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.

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. They also do face-to-face events.

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 (aged 16 – 25)

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.

Booking is essential: Phone 0303 040 1234 option 1 or email:

CSAdmin@actionforcarers.org.uk Website: www.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 also supports mental health and emotional wellbeing by providing individual support and goal setting; physical wellbeing classes and activities; self-developing course; interest groups, self-help and peer support groups; social cafes and community groups; volunteering opportunities and online support.

Catalyst continues to improve people 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

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

Get Men Talking Training

Free Mental Health and Suicide Awareness training for people across Surrey.

The training can help you to become better prepared and equipped to help someone in difficulty.

For more information, please contact:

Tel: 07841 724 938 Email: info@endstigmasurrey.org.uk

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

