



JULY 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.

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

8 Andover Way, Aldershot GU11 3RJ

The Aldershot Safe Haven is moving to permanent premises in late July, following a period at a temporary location at the address above. The move will take place during the day and there will be no disruption to service. The new premises at Walpole House, Pickford Street, Aldershot GU11 1TZ will be open from 6.00pm as usual on the day of the move.

Monday – Friday: 6.00pm – 11.00pm including Bank Holidays

Weekends and Bank Holidays: 12.30pm – 11.00pm

People can connect to the Safe Haven virtually by clicking on this link: <https://nhs.vc/sabp/safe-haven-?> and putting in their nearest Safe Haven.

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

WEEKLY ACTIVITIES

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.

PEER SUPPORT GROUP



PEER SUPPORT GROUP

Friday

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.

NEW COURSES

THE PERFECT PLACE TO START: MICROSOFT EXCEL BASICS

Mondays 11th, 18th & 25th JULY 10.30am – 12.00pm

Navigate the Excel working area: Formula Bar – Auto Sum – Format – Rows & Columns – Ribbons & tabs – Quick Calculator

ARE YOU GETTING ENOUGH SLEEP?

SLEEPING WELL WORKSHOP

Tuesday 5th July 7.00pm – 9.00pm

Good sleep habits can help you get a good night's sleep which improves your health, energy and wellbeing.

BE HEALTHIER CONFIDENT HAPPIER & SUCCESSFUL WITH THE CHIMP PARADOX

Wednesdays 6th & 13th JULY 2.00pm – 4.00pm

The Chimp Paradox uses a simple analogy to help you take control of your emotions and act in your own best interest whether it is in making decisions, communicating with others, or your health and happiness.

ADD TO YOUR MICROSOFT EXCEL SKILLS – MOVING UP!

Mondays 11th, 18th & 25th JULY 2.30pm – 4.00pm

This course follows on from Excel Moving ON and covers more the advanced features in: Formatting – Columns – Rows & Cells – Formulas & Functions

PLUS! More complex functions including Pivot Tables – Drop Down Menus – Charts

BREATHING EXERCISES TO STRESS & ANXIETY ON THE GO

Tuesday 12th July 7.00PM – 9.00PM

Learning calming breathing techniques for stress, anxiety and panic which can be done anywhere in just a few minutes.

MANAGING ANGER AND STRONG EMOTIONS

Monday 1st and 8th August 11.00am – 1.00pm

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

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

REDUCE ANXIETY AND PANIC WITH THE 30-3-30 APPROACH

Tuesday 2nd and 9th August 7.00pm – 9.00pm

Things you can do that take either 30 seconds or 30 minutes when you feel panicky, scared or unable to cope.

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 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 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.

WEEKLY ACTIVITIES

ONLINE WOMEN'S GROUP

Wednesday 10.30am – 11.30am

A great opportunity to meet with other women and unwind with others who are experiencing similar things to you. You can pick up hints and tips about how they are coping with isolation and how to support others.

FACE-TO-FACE MEN'S HOUR, EPSOM

Wednesdays 1.00pm – 2.30pm at the Brickfield Centre, Portland Place, Epsom KT17 1DL

This group provides a non-judgemental environment focusing on learning from and supporting others.

EPSOM DOWNS WELLBEING WALK



Thursday at 11.00am – 12.00pm

Join their gentle 60-minute walk in the Epsom Downs. Meeting outside Beefeater in Tattenham Corner (rain or shine). No need to book, just turn up. They will be focusing on their senses and using mindfulness to connect with themselves and what is around them.

MFT COMMUNITY CONNECTIONS – TOGETHER STRONGER

A PEER LED GROUP

Every Friday at 11.00am – 2.00pm at the Brickfield Centre, Portland Place, Epsom KT17 1DL

This on-going group is a non-judgemental environment where we focus on learning from and supporting others.

The sessions will help you to improve your emotional health, wellbeing and resilience.

NEW COURSES

MENOPAUSE MATTERS – WHAT IS THE MENOPAUSE?

Monday 11th July 7.00pm – 8.00pm on Zoom

Following on from the success of our trial session on the Menopause, they are now going to be running monthly workshops to help people to understand the changes in their mind and body that the Menopause can bring.

Next month's focus is: 'What is the Menopause' How can it effect our day to day lives? Awareness of symptoms and how we can look to begin to address them.

(Spaces are limited to help create a fully interactive group)

DEPRESSION AND OUR WELLBEING

Tuesday 19th July 1.00pm – 3.00pm on Zoom

Depression is a common illness that negatively affects how you feel, the way you think and how you act.

Fortunately it is also treatable.

Depression causes feelings of sadness and/or loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.

This course will help you:

- Understand what depression is
- Help recognise signs & symptoms
- How to support yourself and others
- How to manage your depression
- Reduce the impact depression has on your wellbeing

NATURE NURTURES – CREATING A NURTURING AND FLOURISHING GARDEN

Starts on Tuesday 7th July 1.30pm – 3.00pm

Brickfield Centre, Portland Place, Epsom KT17 1DL

The project 'Nature Nurtures' which is part of the 'Green Social Prescribing' programme is aimed at improving the emotional wellbeing of local people through helping them to connect with nature in practical, fun ways that can be done anywhere, with others or alone and at most times.

Join this weekly project where we will create and maintain the wonderful garden space at their office in Epsom!

YOGA FOR ANXIETY

Tuesday 12th July 3.00pm – 4.00pm on Zoom (4-week course starting)

There is nothing quite like using yoga for helping to manage your anxiety.

Many people turn to yoga when feelings of anxiety start to affect them or during times of stress.

Join Anna and allow yourself to focus on both your breath and your ability to be present in each pose, boosting you overall wellbeing.

PLAY READING

Wednesdays 11.00am – 12.30pm

Brickfield Centre, Portland Place, Epsom KT17 1DL

How to tell a story by reading from a script in a meaningful and fun way whilst sharing with others.

This ongoing group will help you to discover how to achieve greater confidence, improve your motivation, emotional health and resilience.

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

MEALS ON A BUDGET

From Wednesday 27th July 11.00am – 1.00pm and Friday 29th July 6.00pm – 8.00pm on Zoom (8-week course)

This 8-week course, delivered by Work Stress Solutions, will help you to look at cooking healthy meals which do not cost much and which support your emotional and physical wellbeing.

There is a choice of two sessions weekly, Wednesdays or Fridays. You will need to pick one of them. You will have to register with Work Stress Solutions to attend the course Mary Frances Trust can help you with that when you contact them.

Online LGBTQ+ Peer Support Group

Every third Thursday of the month which will be 21st July. 7.30pm – 8.30pm

This group is for LGBTQ+ adults aged 18+, living with a mental health condition, either diagnosed or undiagnosed. Come and share your experiences and identities, support each other in a safe, friendly and confidential space and reduce loneliness and isolation. This group is facilitated by MFT as well as volunteers from Pride in Surrey.

Face-to-Face Your Path to Recovery – A Peer Led Group, Epsom

Brickfield Centre, Portland Place, Epsom KT17 1DL

This runs on the last Tuesday of each month which makes it Tuesday 26th July at 8.00pm – 9.00pm.

This group will help you discover how to achieve greater confidence, a more balanced life and improved emotional health, wellbeing and resilience.

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.
For more information, please contact: 01737 333 461

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
JULY SESSIONS**

04th BBQ with John and Isabel

11th 4.30pm - Bowling in Court Recreation Ground

18th Air dry clay making and creative writing with Mark and Heather

25th 10.00am – Leave for visit to Hastings

**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

Drop-in re-opens on 5th September 2022.

YMCA ONLINE WELLBEING EXERCISE CLASSES



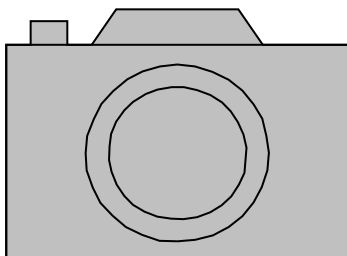
**Free online exercise for people with
long-term conditions
Every Monday, Wednesday and Friday
6.00pm – 7.00pm
Free**

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

Plus, a summer programme of competitions and social events.

New members and members of other Photographic Clubs are always welcome.

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

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

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 in 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



**CRAFTS MATTERS
WEDNESDAY 6TH & 20TH JULY
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

ST. LUKE'S CHURCH



**LUNCH MATTERS
WEDNESDAY 13TH & 27TH JULY
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

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

DO YOU LIKE MUSIC?



**ST. MATTHEW'S CHURCH, 71 STATION ROAD,
REDHILL RH1 1DL
ST. MATTHEW'S LUNCHTIME SUMMER CONCERTS
JULY 2022
THURSDAYS 1.00PM – 2.00PM**

- 07th Clarinet Recital
Karen Howells and Joanne Rozario – Clarinet
Maureen Galea - Piano
- 14th "LIPS" Wind Quintet
Hannah Barriga – Flute; Dan Elson – Oboe; Charlotte Wooley - Clarinet; Matthew Sackman – Horn; Rick Yoder - Bassoon
- 21st Piano Duet Recital
Martin Gould and Martin Hall
- 28th "Dixieland Stompers" Dave Skinner and friends' annual party
(assuming life is back to normal)

August – Summer Break

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

SPORTS IN MIND

FREE BADMINTON & TABLE TENNIS FOR MENTAL WELLBEING

ISF Sports Hall, YMCA East Surrey, Princes Road, Redhill RH1 6JJ

Every Friday at 1.00pm – 2.00pm

Fun, casual drop-in Table Tennis and Badminton session for people experiencing mental health problems. All abilities welcome!

This group is provided free by mental health charity Sport in Mind for the benefit of local people.

Your local representative is Tom. Phone: 07799 575 031

Email: info@sportinmind.org www.sportinmind.org

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 therefore 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

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 – Visiting or 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@samaritians.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 able to give you advice and support on a wide range of issues. Whatever is bothering you come and have a chat.

Workshop Timetable

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

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

HEADS TOGETHER – YOUNG PEOPLE (14 – 24 years)

Heads Together have been providing counselling in East Surrey since 1994. The 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@ymcaeastssurrey.org.uk

Website: ymcaeastssurrey.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.1

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