



**FEBRUARY NEWSLETTER**

**2023**

**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.

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 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**

Walpole House, Pickford Street, Aldershot GU11 1TZ

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.

## **RICHMOND FELLOWSHIP**

### **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 is the ideal way to enjoy the outdoors and meet new people.

### **SELF-CARE JAR CRAFT**

**MONDAY 6TH FEBRUARY 11.00AM – 1.00PM**

Location central to Redhill

Join them in creating jars of tips and ideas to support them in a moment of need.

Please bring an empty and clean jam jar with lid. All other materials will be provided.

### **HALF TERM SOCIAL**

**HAVE A COFFEE & A CATCH UP WITH FAMILIAR FACES**

**MONDAY**

**13TH FEBRUARY 11.00AM – 1.00PM**

Join them for an informal cuppa, cake, refreshments and chit chat to meet those people you have seen online but have never met face to face!

### **ADDRESS YOUR STRESS – LEARN HOW TO MANAGE YOUR STRESS**

**MONDAY 20<sup>TH</sup>, 27<sup>TH</sup> FEBRUARY & 06<sup>TH</sup> MARCH 11.00AM – 1.00PM**

Stress is everywhere and by managing it, you will reduce its impact on your health and life.

This facilitated workshop is designed to 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

### **MINDFULNESS GROUP – MINDFUL MATTERS (ZOOM)**

**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.

### **DOMESTIC ABUSE DROP-IN FOR CONFIDENTIAL ADVICE**

**Tuesdays 1.00pm – 4.00pm**

Speak in confidence to a trained domestic abuse adviser from East Surrey Domestic Abuse Service

Email: [RedhillCC@richmondfellowship.org.uk](mailto:RedhillCC@richmondfellowship.org.uk) to book a slot or drop-in.

### **EMOTIONAL DISTRESS**

**TUESDAY 7TH FEBRUARY 7.00PM – 9.00PM ZOOM**

Join them in this one-off workshop to learn how to put together a first aid kit to support yourself in times of emotional distress.

**BUILD SELF-ESTEEM AND CONFIDENCE – LOOK AFTER YOURSELF  
TUESDAYS 21ST, 28TH FEBRUARY & 7TH MARCH 7.00PM – 9.00PM (ZOOM)**

Discover new tools to help boost your self-esteem which in turn will improve your self-confidence.

Identify what can knock your confidence and learn how to bounce back!

**INTRO TO MINDFULNESS – PRACTICAL MINDFULNESS (ZOOM)  
WEDNESDAY 22ND FEBRUARY & 1ST MARCH 2.00PM – 4.00PM**

Learn the concept of mindfulness and practical tips and techniques to relieve anxiety and stress.

**LIGHT RELIEF COFFEE BREAK (ZOOM)**



**THURSDAY 12.15PM – 1.15PM**

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:

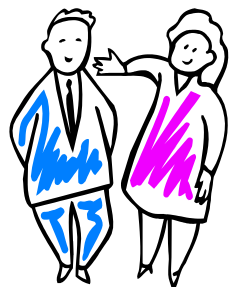
It could be a T.V. programme, a joke someone told, a message or anything in between.

**JOIN THE HUDDLE - YOUNG PEOPLE MENTAL HEALTH SUPPORT GROUP  
SECOND FRIDAY OF EVERY MONTH – 3.00PM – 5.00PM**

Providing young people a relaxed space to socialise and share experiences.

This is available to all 17-25 year olds.

**PEER SUPPORT GROUP**



**SAFE PLACE HOPE SUPPORT TOGETHERNESS  
UNITY CONNECTION STRONGER TOGETHER  
FRIDAYS – 2.00PM – 4.00PM**

At this weekly support group is where we come together to provide emotional comfort, moral support, advice and tips through shared and lived experiences. After all, we are stronger together.

We will work to develop our emotional tool kit together in a supportive peer led environment, facilitated by our support group leader, helping us to build the skills we need to improve our mental wellbeing together.

How to book the above-mentioned activities:

Phone: 01737 771 282

Email: [RedhillCC@RichmondFellowship.org.uk](mailto:RedhillCC@RichmondFellowship.org.uk)

Website: [rfcommunityconnections.org.uk](http://rfcommunityconnections.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](mailto:RedhillCC@RichmondFellowship.org.uk)

SMS: 07393 797 846

## **ART MATTERS – RICHMOND FELLOWSHIP**

**Parochial Hall, Earlswood Road, Redhill RH1 6HE**

**9.30am – 4.00pm**



Art Matters was established in 1995 and is a community arts studio and centre of wellbeing.

The studio offers a person-centred and supportive environment in which people are encouraged to explore their creativity, curiosity and develop new skills and confidence.

Individuals are encouraged to set themselves goals and take ownership of their development pathways, building on personal strengths and aspirations in a shared and inclusive environment.

To find out more, please contact them: Tel: 01737 766 212 or 07786 191 153

Email: [artmatters@richmondfellowship.org.uk](mailto:artmatters@richmondfellowship.org.uk)

## **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 the garden centre. They are offering the opportunity to gain qualifications and work as part of a team in running the 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 some of their courses which includes new ones being arranged for the Epsom, Banstead and Dorking areas, besides their on-going courses for the rest of Surrey which can be found online.

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

**COFFEE MORNING (ONLINE) (No session on Monday 2nd January 2023)**

**Monday morning at 10.30am – 11.30pm**

Lenny & volunteer

**MENOPAUSE MATTERS WORKSHOP (ONLINE)**

**Sessions are on the second Monday of every month at 7.00pm – 8.00pm which will be Monday 13th February 2023**

Monthly workshop with a different theme each month.

Spaces are limited.

Angie

**NATURE NUTURES**

**Tuesday 1.30pm – 3.00pm**

Creating a Nurturing and Flourishing Garden

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

John

**PLAY READING – EPSOM**

**Wednesday 11.00am – 12.30pm**

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

Allen

**MEN'S HOUR – EPSOM**

**Wednesday 1.00pm – 2.30pm**

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

Allen

**CARD MAKING – CRAFTERNOON**

**Wednesday 4-week course from 15th February until 8th March at 2.00pm-4.00pm**

This is held at St. Mary's Church, St. Mary's Road, Molesey KT8 0ST

Taryn

**16-25S GROUP**

**Wednesday at 3.30pm – 5.00pm**

Weekly face-to-face social group for the 16-25s at The Brickfield Centre, Portland Place, Epsom KT17 1DL

Nikki

**EMOTIONAL INTELLIGENCE**

### **Wednesday at 7.00pm – 9.00pm**

6-week course starting on the 22nd February until 29th March.

Angie and Volunteer

### **WELLBEING WALK – EPSOM DOWNS**

**Thursday 11.00am – 12.00pm**

Weekly walk starting from the Beefeater at Tattenham Corner

MFT staff and Volunteer

### **ARTS & CRAFTS – EPSOM**

**Thursday 11.00am – 12.30pm**

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

Parvin and Allen

### **MY TIME – WOMEN'S GROUP – EPSOM**

**Thursday 11.00am – 12.30pm (Term-time only)**

Across the sessions we will hold mini workshops covering different topics.

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

No session on the 18th February.

Lucy

### **MANAGING MONEY AND YOUR MENTAL HEALTH IN DIFFICULT TIMES**

**Thursday 23rd until 9th March 1.00pm – 3.00pm**

Three-week course

Angie and Volunteer

### **LGBTQ+ PEER SUPPORT GROUP (ZOOM)**

**Every 3<sup>rd</sup> Thursday of every month at 7.30pm – 8.30pm**

Meet people with shared experiences and identities.

Support each other in a safe, confidential, friendly and on-judgmental environment.

Reduce loneliness and isolation and share coping strategies.

### **HOARDING – ONLINE PROGRAMME**

**Thursday 9<sup>th</sup> March at 7.00pm – 7.45pm (course) and 8.00pm – 9.00pm (peer support) on Zoom**

Mary Frances Trust new online Hoarding programme is open to Surrey residents (16+) who hoard. It runs monthly on the 2nd Thursday of every month. Places are limited – book by 23rd February.

You can book your place on either (or both):

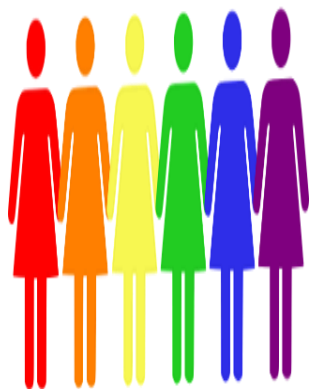
- A 45-min practical course with set tasks to learn how to manage the condition. The course runs until December 2023.
- A one-hour peer support group to share tips and support.
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To find out what other courses Mary Frances Trust do, please contact:  
[maryfrancestrust.org.uk/how-we-can-help/activities-courses-and-groups](http://maryfrancestrust.org.uk/how-we-can-help/activities-courses-and-groups).

Please book your place on any course by emailing [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk). If you do not already use their service, you will need to complete a short online registration form available on their website. If you book onto one of their physical activities, please make sure to complete the medical and/or Waiver form as required by the activity and send it to them before attending the session.

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

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



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](mailto:sun.admin@sabp.nhs.uk)

## LOVE ME LOVE MY MIND MONDAY DROP IN



**ST. BARNABAS' CHURCH  
TEMPLE ROAD, EPSOM KT19 8HA  
FEBRUARY MONDAY SESSIONS  
4.00PM – 7.00PM**

06th February	Keeping safe with Surrey Police
13th February	Free Art
20th February	Card making with Jackie
27th February	Quiz night with Steve

06th March	Mindfulness with Darren
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Everyone is very welcome to come to all or any part 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

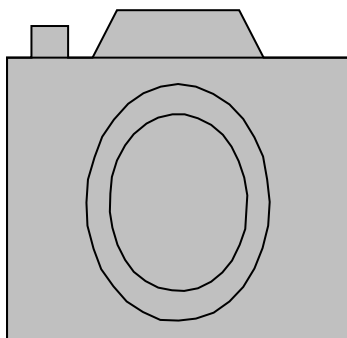


**Free online exercise for people with  
long-term conditions  
Every Monday, Wednesday and Friday  
6.00pm – 7.00pm  
Free**

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](mailto: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](mailto:info@reigatephotosoc.co.uk)  
[www.reigatephotosoc.co.uk](http://www.reigatephotosoc.co.uk)

## **The Merstham Men's Shed**

**Opening times: Tuesday, Wednesday & Thursday 9.30 – 3.30**

The Merstham Men's Shed is operated by Age Concern Merstham, Redhill and Reigate.

Activities usually involve making or mending in wood (e.g., carpentry, furniture renovation).

The Merstham Shed attracts older, retired men. Women are requested not to attend.

## **PATCHWORKING GARDEN PROJECT**



**TUESDAY      WEDNESDAY      THURSDAY**  
**10.00AM – 12.30PM    AND/OR    1.30PM – 4.00PM**

**Patchworking Garden Project,  
Aviva Pic (formerly Friends Life) Sports Ground,  
Pixham Close, Dorking RH4 1QA**

The Patchworking Garden Project is bringing positive change to people's lives through the therapeutic benefits of gardening.

Gardening improves wellbeing as well as providing social interaction and the opportunity to learn new skills.

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

If interested, please contact: 07814 544 420

Email: [info@patchworkinggardenproject.co.uk](mailto:info@patchworkinggardenproject.co.uk)

## **REIGATE STEPPING STONES SOCIAL GROUP**



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

**TUESDAYS AND THURSDAYS BETWEEN 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 play with these.

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 BETWEEN 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, please visit Reigate Stepping Stones Social Group or 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](mailto:tomcpearson@googlemail.com)

### **THE MEETING ROOM (SURREY)**



#### **DROP-IN CENTRE FOR HOMELESS, UNEMPLOYED AND SOCIALLY ISOLATED PEOPLE**

**MONDAY 11.00AM – 2.00PM**

**Leatherhead Football Club,  
Guildford Road, Leatherhead KT22 9AS**

**TUESDAY 12.15PM – 2.30PM**

**Ashstead Baptist Church,  
Wood Lane, Ashstead KT21 2LW**

**THURSDAY 10.30AM – 1.30PM**

**The Kings Church, Gibraltar Crescent,  
Off Longmead Road, Epsom KT19 9BU**

The Meeting Room run daytime drop-in centres for homeless, socially isolated and vulnerable people living within the community.

The Meeting Room offer a warm, safe and friendly environment with a chance to eat, relax and socialise.

A hot nourishing mid-day meal sustains the body, while playing games and other activities, help to break through isolation.

By listening to clients and gaining their trust, they try to help them by signposting them to agencies or professional bodies for help.

The Meeting Room intervene to prevent homelessness or support people in other ways relevant to their needs.

Results do not always happen overnight, or sometimes at all, but the goal is to continue being there to offer support and friendship.

Contact: Phone 01372 373 803

Email: [themeetingroom123@gmail.com](mailto: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](mailto:letstalkepsom@yahoo.com)

Love Me – Love My Mind Charity

## **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](mailto:wayne.askin@ymcaeastsurrey.org.uk)

## **THE MENTAL HEALTH SUPPORT THURSDAY CLUB**

**REDHILL METHODIST CHURCH,  
GLOUCESTER ROAD, REDHILL RH1 1BP  
Every Thursday afternoon 2.00pm – 4.00pm**



The Mental Health Support Thursday Club is a club for people with depression, offering friendship, encouragement and support.

Activities include board games and table tennis and light refreshments.

Friendship for the lonely, depressed or those with mental health problems in a safe place

Board games and creative activities

Occasional outings

Light refreshments included.

[www.redhillmethodist.org.uk/fellowship](http://www.redhillmethodist.org.uk/fellowship)

## **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](mailto:info@sportinmind.org) [www.sportinmind.org](http://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.

Merstham Community Facility Trust

**Community Volunteering Day**

**11th February 10.00am – 1.00pm**

**Merstham Allotment, Weldon Way, Merstham RH1**

Their bee area is under renovation and they need your help before a new bee colony is introduced this spring. Tea and coffee available. Limited space.

Contact: [CASSANDRA.PALANEE@MCFT.ORG.UK](mailto:CASSANDRA.PALANEE@MCFT.ORG.UK)

**Future Events**

Saturday 18<sup>th</sup> February this group is planting nine mostly street trees including cherry, ornamental hawthorn, crab apple and more. They will meet at Weldon Way wildlife garden.

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.

It's 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. Give Drummond a call to find them if you have any problems – 07913 148821.

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

Lovely to see you if you can make it. Drummond (Chair)



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. They can support you on a variety of topics, including losing weight, healthy eating, getting active, looking after your emotional wellbeing, such as stress, worry, poor sleep and feelings of loneliness and isolation. Your Wellbeing Advisor will work with you to find local and national organisations that will be able to support you to improve both your physical and emotional health. Appointments take face to face or via telephone or video call.

For more information or make an appointment visit their website [www.wellbeingprescription.org](http://www.wellbeingprescription.org) or ring 01883 732 787

**WEA COURSES (SOUTHERN REGION)**

WEA arrange many courses to help people – such as:



Arts and Craft  
Community and Family  
English, Maths, Digital  
Health and Lifestyle  
History and Writing  
Languages and Writing  
Natural and Social Sciences  
Performing Arts  
Work Related

For further information, please contact WEA

Support Centre: 0300 303 3464 Email: [Southern@wea.org.uk](mailto:Southern@wea.org.uk)

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

## **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>

#### **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 this service to arrange an appointment, please call the answer phone 01737 931 060.

Please say 'Outreach Request' at the start of your message for a faster service.

For self-help advice, please go to [www.citizenadvice.org.uk](http://www.citizenadvice.org.uk)

### **Mental Health Help**

For self-help advice go to Locations at: Redhill, Oxted, Caterham, Reigate, Dorking, Epsom

Tel: 0300 330 5450

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

### **ieso Digital Health**

Telephone & online service

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

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

<http://www.iesohealth.com>

### **Think Action**

Locations: Redhill, Caterham, Reigate, Oxted

Tel: 01737 225 370

**Campaign Against Living Miserably (CALM)** – for men or people identifying as male

Call 0800 58 58 58 – 5.00pm to midnight every day

SANeline – Mental health support line – open every day from 4.30pm to 10.30pm

Tel: 0300 304 700

### **WEBCHAT**

**Togetherall:** 24/7

<https://www.togetherall.com/joinnow/RecoveryFocus>

**Calmzone:** Webchat 5.00pm - midnight 365 days

<https://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 – 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@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)

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



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

In a nutshell, Shout is:

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

### **SANeline – Mental health support line**

Open every day from 4.30pm to 10.30pm Tel: 0300 304 700



### **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 as sadly the Covid is still around. 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.

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 these still 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.

### **GENERAL HELPLINE**

**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.

### **CHILDREN**

#### **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.

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

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

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

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

**YOUNGMINDS** – parents worried about their children  
Parents Helpline call 0808 802 554

## **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.

## **CARERS**

### **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](mailto:CSAdmin@actionforcarers.org.uk) Website: [www.actionforcarers.org.uk](http://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

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

East Surrey  
**Community  
Connections**



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

Email: [rss@reigatesteppingstones.org.uk](mailto:rss@reigatesteppingstones.org.uk) Office No: 07597 781 624

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

Charity No. 1136374

Company limited guarantee in England No. 7236238