

EPSOM MENTAL HEALTH WEEK

Programme

Events are open to all, are nearly all free and booking is not normally required - just turn up and enjoy.

Bookings can be made by telephone or email, as follows:

Sue Ball – 01372 721518

Email: info@epsommentalhealthweek.org.uk

Website: www.epsommentalhealthweek.org.uk

Write to: Epsom Mental Health Week, St. Barnabas Church, Temple Road, Epsom, Surrey.
KT19 8HA

SATURDAY 3 OCTOBER

The Living Library

Time: 11am -3pm **Venue:** Epsom Library, Ebbisham Centre **Cost:** free

The 'books' on offer will be real people who can be 'borrowed' for a 20 minute conversation within the library space on many aspects of mental health. This is a unique opportunity to dispel the myths and stigma attached to mental illness and to learn from the experience of others.

SUNDAY 4 OCTOBER

Morning Service for all looking for peace and hope

Time: 10.15 - 11.30am **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

with guest speaker Tom Keighley, Chaplain St Joseph's Hospice Isle of Dogs, & Assistant Priest

Opening Event with the Mayor of Epsom & Ewell and Laine Theatre Arts

Time: 12noon, 1.30pm lunch **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

12.30pm **Panel of Speakers sharing their vision of good mental health**, followed by questions,

The four members of the panel - Fiona Edwards, Chief Executive of Surrey & Borders; Consultant Psychotherapist Jim Wilson from the Department of Psychiatry; Jill Tonks - a long serving probation officer now working as a therapist; and Allen Price - an Epsom resident with a lot of experience of the Mental Health services - will share their vision of good mental health for the community and individuals, and how this vision may be realised. There will then be the opportunity for questions from the audience.

1.30pm **Lunch and entertainment from Laine Theatre Arts**

EPSOM MENTAL HEALTH WEEK

Spiritual Reflection with Shiva and Trevor Finch

Time: 7.30 - 8.30pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Spiritual reflection followed by refreshments with Shiva and Trevor Finch

MONDAY 5 OCTOBER

A time for contemplation, led by Adrian Esdaile

Time: 10 - 11.30am **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

'Come to me all who labour and are heavy laden, and I will give you rest.'

Talk: Stay Well and Stay Working

Time: 12.30-1pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

David Raison speaks on 'Stay well and Stay working - how the Richmond Fellowship Retain Model works to support clients and employers to overcome obstacles to job retention.'

Play for Primary Schools

Time: 2pm **Venue:** Cuddington Community School **Cost:** free

Play for members of the school

Supporting people on health-related benefits back into work - focus on mental health

Time: 2-2.30pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

With Louisa Burton from A4E

1940's Singalong and tea for all

Time: 2-3.30pm **Venue:** Epsom Primary School, Pound Lane, Epsom **Cost:** free

5-a-side friendly football match with Richmond Fellowship

Time: 2.30- 3.30pm **Venue:** Mole Barn, Leatherhead Leisure Centre, **Cost:** free

Just turn up or contact Steve Pursglove on 01372 363934 for further information.

Weekly Drop-In

Time: 4-7pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

EPSOM MENTAL HEALTH WEEK

Meets weekly and all welcome for coffee and cake, cooked meal and activity. Drop in and out as you wish. The week's activity: drama with Dorothy.

Talk - HOPE UK - Enabling young people to make drug-free choices

Time: coffee 7.30pm, session from 8 - 9.30pm **Venue:** Epsom Baptist Church Centre, Epsom
Cost: free

Talk by Louise Shah followed by questions

Cracking Up - a Comedy

Time: 8pm **Venue:** Myers Studio, Epsom Playhouse **Cost:** £8, concessions £5.50

Tickets from the box office on 01372 742555

Come along to a fantastic night of comedy and sketches, that lift the lid on mental well-being and prove that laughter really is the best medicine. Otherwise how is anyone to know that Cracking Up isn't a tragedy! Cracking Up has been a huge success with sell-out shows around Surrey, so book early to avoid disappointment. "It was simply brilliant. Lots of meaning and cleverly dedicated to an important issue in a funny way"

"Very entertaining and poignant. Some good belly laughs!"

"Everyone should see this!"

TUESDAY 6 OCTOBER

Drop-In - Aromatherapy

Time: 9.30am to 12.30pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Drop-In to receive some aromatherapy

Poetry Workshop with Cherry Smith

Time: 10am to 12.30pm **Venue:** Rosebury Room, Ebbisham Centre **Cost:** free

Cherry will be encouraging budding poets to write poems on the theme of what makes us feel safe - our favourite words, favourite songs, favourite lines from poems - that take us to the cosiest place we know. Through readings and practical sessions she will demonstrate how writing can be a refuge from the stresses of everyday living.

Yoga and Relaxation session

Time: 2 - 3pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Yoga and Relaxation with Susan Suckling. Please bring your own mat if you have one - thank you.

Richard Boyd - Chiropracticer

Time: 3-4pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

EPSOM MENTAL HEALTH WEEK

The history, theory and practise of chiropractic

An Overview of Dementia

Time: 3-4pm **Venue:** St Joseph's Church, St Margaret's Drive, Epsom **Cost:** free

With Clare Robertson from Mid-Surry & Dorking Alzheimer's Society

SICK: Internationally acclaimed short film

Time: 5.30pm to 7pm, short introduction and film showings 5.45pm and 6.15pm **Venue:** New Auditorium, University of Creative Arts, Epsom **Cost:** free

Untreated, it is widely considered one of the the biggest killers in the western world. Yet as pervasive as the phenomenon itself is the silence that surrounds it. Its name is depression. 'SICK', the new short film from EgoProject Films, breaks the silence..

As Brian's story slides backwards through 15 years of therapy, his daughter's crashes forwards over one devastating night and they collide on that evening - the catalyst of his condition.

Winner of one of the tenth annual Wandsworth Film Awards. Financially assisted by the London Borough of Wandsworth, Film London, and SLaM NHS Foundation Trust. Shortlisted by the UK Film Council Completion Fund. Enabled by Screen South and the RIFE lottery funding programme. The film 'SICK' is endorsed by Samaritans and Society Guardian, commended by The Royal Society for the Arts, and congratulated by The British High Commission. It has been screened at more than 60 Film Festivals in 23 countries and 12 US states, collecting 20 International awards. World Sales are by Dazzle Short Film Label. For further information see the entry under University of Creative Arts in our profiles page.

Transforming Lives: the work of the Sunnybank Trust for people with Learning Disabilities

Time: 7-7.30pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Film: Two in a Million : Comedy Drama

Time: 8pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

A film by Patricia Aspinall. Starring Otto Baxter and Hannah Evans. Comedy drama. Duration : 88 minutes.

Danny is a charming, charismatic children's entertainer. Kathy is a polite young lady who works in retail. He likes Pizza and she's watching her waist-line. His family is large and lively, hers is distant and detached. They say opposites attract but there are three things this couple have in common their love for each other, Down's Syndrome and the child they are expecting. The greatest experience in anybody's life is to meet someone, fall in love and settle down but with their families divided and an uncertain future, can Danny and Kathy make it through the rough times. Indifference, gentle persuasion or bullying will not deter these two steadfast spirits as they learn how to love each other and their child. However, loving isn't always easy under pressure and Danny and Kathy reach breaking point when Social Services come calling. With their baby in care

EPSOM MENTAL HEALTH WEEK

they now have the fight of their lives on their hands. Will the estranged families come together and stand beside them? Will they have the strength to speak out for their rights? Will anyone listen?

Trailer can be viewed : <http://web.mac.com/bloomin2>

Short ten minute pilot : www.myspace.com/loveandkiss4u

Poetry : The healing power of Poetry

Time: 8 -9.30pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Poetry reading and discussion with local poet Trevor Finch.

WEDNESDAY 7 OCTOBER

Drop-In Reflexology with Rita Doherty

Time: 9am to 12noon **Venue:** St Martin's Church House, Church Street, Epsom **Cost:** free

Baby Massage

Time: 10-11am **Venue:** Riverview Children's Centre, Riverview Primary School, Epsom **Cost:** free

Meditation for Deep Relaxation

Time: 10-11am **Venue:** St Joseph's Church, St Margaret's Drive, Epsom **Cost:** free

With Gillian Lenane.

Talk - Suicide Prevention

Time: 11am- 12noon **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Talk and questions by Catherine Croucher and Emma Daniells, from East Sussex Hospitals NHS Trust

Self Care with Lynn Hammond - Physiotherapist

Time: 12.15-12.45pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Dancing from the Orient

Time: 1-1.30pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Enjoy vibrant dancing from the Orient with The Shimmy Sisters.

The Impact of Grief and Loss - via sculpture

EPSOM MENTAL HEALTH WEEK

Time: 2-3.30pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Sculptor Jean Parker explores the impact of grief and loss via eight alabaster sculptures and pictures

Eat Your Way to Happiness and Cognitive Behaviour Therapy

Time: 4-5pm, **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

With Body and Soul's Dietician/lifestyle consultant Nikki den Hollander

followed by a brief talk from 5 to 5.30pm on Cognitive Behaviour Therapy (CBT) with Debbie Brewin

Don't Give Up: A person's journey of mental ill health and how she faced her fears

Time: 5.30-6.30pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

With Tracey Matthews - see Profiles Section for further information about Tracey and Obsessive Compulsive Disorder

Find out about the Epsom Counselling Service

Time: 6 - 7pm **Venue:** Front Foyer, Epsom Methodist Church **Cost:** free

With Tracey Pennington, service manager at the Epsom Counselling Service. Individuals, particularly representatives of local referring agencies, are invited to take this opportunity to find out more about the Epsom Counselling Service. In particular how it meets the needs for counselling and longer term therapy in the local area at costs affordable to most members of the general public.

Faith and Mental Health: Talk and questions

Time: 7.30pm coffee, 8pm- 9.15pm talk and questions **Venue:** Lower Lounge, Epsom Methodist Church **Cost:** free

With Rev David Winwood Methodist Minister in Epsom & Superintendent of the Sutton Methodist Circuit

Singing is good for you so come and try- with Beth Hill

Time: 7.30pm - 9.30pm **Venue:** Church Building, Epsom Methodist Church **Cost:** free

If possible please ring to confirm a place. If not, just turn up on the day

THURSDAY 8 OCTOBER

Hollistic Stress Management Techniques

EPSOM MENTAL HEALTH WEEK

Time: 10am - 12noon **Venue:** St Joseph's Church, St Margaret's Road, Epsom **Cost:** free

with Shirley O'Donoghue - A holistic Stress Management Techniques with S O'D, principal of Lucis College

Good Enough Parenting?

Time: 10-11am **Venue:** St Joseph's Church, St Margaret's Drive, Epsom **Cost:** free

Jeanette Collis shares what it is like to be both a parent and someone with bipolar disorder.

Surae Asian Drop In

Time: 10.30am - 3pm **Venue:** Acer House, East Street, Epsom **Cost:** free

Snooker, meditation, yoga and music, and indian lunch, a display and time to look at issues from an Asian perspective

Location tip: just before turning to Kiln Lane trading estate

Demystifying Child and Adolescent Menal Health

Time: 11.30-12.30pm **Venue:** St Joseph's Church, St Margaret's Drive, Epsom **Cost:** free

with Karen McIlwian and Charlie Fancy, Primary Mental Health Nurses

Dance Movement Therapy Workshop

Time: 11am- 1pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

with Kathy Maskins

Rethink Sponsored Carers Event with refreshments

Time: 11am - 2.30pm **Venue:** Brickfield Centre **Cost:** free

for adult carers who care for anyone of any age with mental illness

How you can Change your Life in Eight Days

Time: 1-2pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

With Serena Laurence, Co. Founder of the Hoffman Institute in the UK. Serena will talk about the techniques and principles of the Hoffman Process.

Play for Primary Schools

Time: 1.30pm **Venue:** Riverview Primary School **Cost:** free

Indian Head and Hand Massage

EPSOM MENTAL HEALTH WEEK

Time: 2-5pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Drop in to receive some gentle Indian Head and Hand Massage.

Drop In: How Counselling/therapy may help

Time: 2- 3pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Drop In session with Tracey Pennington and Ross Banner.

Stress at Different Stages of Life

Time: 3-4.00pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

With Psychiatrist Dr Eileen Feeney.

Pilates with Rebecca Horner

Time: 6-7pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Emotional Rollercoaster- A journey through the science of feelings: Talk and questions

With Claudia Hammond, Presenter of Radio 4's All in the Mind

Time: 7.30pm coffee, 8-9pm talk and questions **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

FRIDAY 9 OCTOBER

Play for Primary Schools

Time: 9am **Venue:** Epsom Primary School **Cost:** free

Talk: Postnatal Depression with Liz Wise, Group Facilitator

Time: 9am **Venue:** Children's Centre, Epsom Primary School, Pound Lane **Cost:** free

Talk: Healing the Dying, followed by questions

Time: 10 for coffee then to 11.30am **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

with Dr Gareth Tuckwell, Chief Executive Officer of Burrswood Hospital.

Lunch followed by a talk by Chris Gralying, MP:

EPSOM MENTAL HEALTH WEEK

The impact of mental illness on family life

Time: 12noon-2.45pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Lunch, talk and questions with Chris Grayling, MP for Epsom and Ewell.

Play for Primary Schools

Time: 2.15pm **Venue:** St. Josephs's Catholic Primary School **Cost:** free

Question and Answer Session: about Psychotherapy and how the community in which we live affect our mental well-being

Time: 3-3.45pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

With Surrey Downs Psychotherapists - just come and ask your questions.

Singing Workshop with Sarah Jane Weston

Time: 3-5pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Whether you think you can sing or not all are welcome to come along and learn about how to sing and improve your voice. We'll all sing some songs and if you really want to push the boundaries now's your chance to get up there and take the mic!

Great Music with Acoustic Fairground

Time: 8.30pm **Venue:** White Horse Pub, Dorking Road, Epsom **Cost:** free

Acoustic/Blues/Spanish Pop music

SATURDAY 10 OCTOBER

Workshop: How to manage your time, and deal with conflicting priorities

Time: 10am - 12noon **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Can't see the wood for the trees, feel that you're being pulled in different directions at home or work, come along and learn some simple techniques to help you deal with these problems.

With Hannah White-Overton, Project Manager Imperial College London, dealing with timetabling and logistical issues

Film about the Old Hospital Railway

Time: 11am - 12noon **Venue:** New Room, Horton Country Park (by main carpark) **Cost:** free

An opportunity to see the new film about the Old Hospital Railway. Bring a picnic if you would like before the following event:

EPSOM MENTAL HEALTH WEEK

Walk along the Old Hospital Railway

Time: 1 - 4pm **Venue:** Main Car Park, Horton Country Park **Cost:** free

An opportunity to walk the route of the railway. Sensible footwear advisable as it could be a bit muddy!

The Suffering and hope of the world via 'the garments of Gethsemane'

Time: 2 -3.30pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Peter Privett explores the suffering and hope of the world via 'the garments of Gethsemane'. Garments are on show throughout the week.

Celebratory Party

Time: 7-10pm **Venue:** St Barnabas Church, Temple Road, Epsom **Cost:** free

Party to celebrate the week. All welcome. Food, fun and entertainment with action from the fabulous Laine Theatre Arts, music from Suntrap, and dancing with Mayura Patel to entertain.

WEEK LONG EVENTS

Exhibitors at St Barnabas Church

- Carers of Epsom: All Week
- Age concern : All week
- A4E Pathways

The Garments of Gethsemane by Peter Privett (see the Programme for Saturday 10 October)

Spirituality and Religion

From 4-10 October at St Barnabas Church there will be a prayer space available for all, candles to light, a prayer board to write on, a message board to share thoughts on, and people with whom we can discuss our thoughts on doubt, faith, belief, religious practice and share prayer, if we would like.

Exhibitions at Epsom Library

For the duration of the week and the week after.

- Books by writers and artists who have suffered mental health problems.
 - An exhibition to commemorate life in the Epsom Hospitals Cluster, featuring stories, memories and photographs. A part of Epsom's history for over a 100 years.
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EPSOM MENTAL HEALTH WEEK

Supported by Surrey and Borders Partnership NHS Foundation Trust