

REIGATE STEPPING STONES

AUTUMN 2008 NEWSLETTER

The Trustees thought it would be good to write a Newsletter to bring every one up-to-date with what is happening with Reigate Stepping Stones.

In 2006 Rethink Blackborough Club was changed from a Drop-in Social Group and became Rethink East Surrey Community Support Services from the 1st April when the social side was restricted in order that structured workshops could be provided by the new staff.

As members were very concerned about this important part of their lives, Muff Chisholm decided in the autumn that she would get various people involved that would work towards a Social Group being held elsewhere. A questionnaire was given out and out of the sixty half were returned completed which proved that the group run by Muff Chisholm was on the right track and the Social Group was formed being called Reigate Stepping Stones. Val and Dave Murphy, who were always in the background, quickly came on board as active helpers and it is due to them that the Social Group “took off”!

Due to Bob Reeves’ efforts Reigate Stepping Stones was able to use the Sovereign Youth & Community Centre run by Reigate Rotary Club every Tuesdays from 11.00am until 2.00pm.

Reigate Stepping Stones has been running from the last Tuesday in June 2007 and the number of people attending is growing all the time.

There are numerous activities that can be participated in; i.e. Pool, darts, word games (with some very interesting words being produced by Brian Geering), card games, board games and the latest is Table Tennis. Most importantly, of course, is that members can come and sit with their friends and make new ones, or just chill out.

Badminton can also be played, but as yet nobody appears to be interested in this.

David Harris has kindly offered to run a basic computer class after twelve o’clock for those that are new to computing.

Lynn Flint has kindly organised an Amble Group on Wednesday morning in the past, but unfortunately this is no longer as she now has a new full time job.

Muff Chisholm has organised many external events; such as Curry Evenings, Toby lunches, visits to Reigate Caves and Christmas Day and Easter dinners. It is appreciated the effort and hard work that goes into these events, particularly the dinners which creates a lot of organisation and responsibility on Muff’s behalf.

Thanks to Bob Reeves we have an allotment where a few of the members go and grow vegetables that have been harvested and sold at the Social Group on a Tuesday. There is nothing like freshly picked vegetables! Have a go and see if you like doing this activity.

Reigate Stepping Stones celebrated its first Anniversary by having a buffet in July which was well attended.

In September Marya Burgess, Senior Producer, BBC Radio Documentaries Unit, who is in charge of the new series of "State of Mind" came and recorded some of the members' experiences of how their mental health illnesses were treated in the Sixties and Seventies. These will broadcast in January next in a series of six and this information will be sent out when the actual dates are notified.

Reigate Stepping Stones have been fortunate in having three members willing to be volunteers; namely Steve Beesley, David Newman and Gavin Harding. The Trustees appreciate all their help and support.

The Trustees at this moment are: David Murphy Chair, Muff Chisholm Secretary, Bob Reeves Treasurer and Val Murphy Trustee Committee member.

The Trustees have contacted the Reigate & Banstead Community Voluntary Services to advertise for volunteers to help with fundraising, a very important issue, Website manager and somebody to take Lynn Flint's place of organising the Amble Group.

The Trustees are also looking for somebody who is able to help members to run the allotment as obviously both Muff Chisholm and Bob Reeves have to work and not able to do this.

Val and David Murphy run the Tuesdays' session and also do a lot of networking with other mental health organisations to promote Reigate Stepping Stones. David Murphy also has been able to obtain some funding which is good. Val runs the administration which ensures that the Social Group runs like clockwork.

With regard to publicity, Reigate Stepping Stones have to thank both Muff Chisholm and Jaymee Smith for advertising the Social Group at Reigate and Redhill PCMHT, Shaws Corner and Wingfield.

Reigate Stepping Stones has been very fortunate in having various people donate various things which members enjoyed.

It has been one of the aims of the Trustees to open up another session during the week, but at this moment it has not been possible.

For those that knew Joy Carey who sadly died recently after a very spirited fight against cancer, she was the Vice Chair of the Trustees. The Social Group received a lot of help and support from her. She will be missed terribly and our thoughts are with her family. A couple of members have written about their experiences with Joy which will be passed on to the family. If any of you also have happy memories of Joy that you would like to write about and share with her family or photographs please let Val have them and she will present them in a book to the family.

OUTINGS – We are very pleased to inform members that Dave Newman has kindly volunteered to take a small group of members out in his car every so often. If you are

interested, please put your name on the Outings list and obviously talk to Dave about future excursions.

CHRISTMAS DAY DINNER We are also happy to announce that there will be a Christmas Day dinner for members that will be on their own on Christmas Day. The cost will be £6.00 each plus if people require transport it will be £1.00 each way. The event will be held at St. Mary's Church Hall, Chart Lane, Reigate and it will be opened from noon until 4.00pm. If interested, please put your name on the Christmas Day dinner list and indicating as to whether you require transport. It is also important that when you put your name on the list, please pay the £6.00 in order that Muff has the money to purchase the food.

IMPORTANT – Please note that as from **TUESDAY, 2ND DECEMBER 2008** the time of the Social Group session is changing from 11.00am until 2.00pm to **10.30am until 1.30pm.**

CHRISTMAS PERIOD – Reigate Stepping Stones will be open on the both Christmas Tuesdays, 23rd December 2008 and 30th December 2008.

POOL LEAGUE TOURNAMENT – We are pleased to announce that there will be a Pool League Tournament. The competition will consist of everyone involved playing two games with each opponent. The winner will be given a trophy when the competition ends. An Entry Form will be on the Notice Board for people interested.

VOLUNTARY SECTOR FAIR, HARLEQUIN – 24TH JANUARY 2009 10.00AM – 3.00PM

Val and Dave have booked a stall at the Voluntary Sector Fair at the Harlequin to advertise Reigate Stepping Stones. Would anybody else be interested in coming along and manning the stall with them? An hour or so perhaps? Any ideas of how we can advertise Reigate Stepping Stones activities? Perhaps a small group of members together with Val and Dave could form a sub-group to discuss this? Any ideas you have please discuss with Val and Dave.

MEMBERSHIP FORMS – Please let Val Murphy know of any changes; i.e. address, telephone numbers, Emergency Person, medical staff, etc.

QUESTIONNAIRE You will find enclosed with this a simple questionnaire that the Trustees would be pleased if you would kindly return to Val Murphy.

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QUESTIONNAIRE

Please can you let the Trustees know what you expect from Reigate Stepping Stones Social Group?

Please can you let them know what you can contribute to help them to provide your expectations?

NAME

DATE

