

# REIGATE STEPPING STONES



AUGUST  
NEWSLETTER  
2010

## NEW SOCIAL GROUP OPENING TIMES



Due to the YMCA disability children's activities using the Sovereign Youth & Community Centre the time of the Social Group has reverted back to the original time of 11.00am until 2.00pm. This is because it will allow the YMCA staff to receive the disabled children and get them ready to take them out for their external activities which they have kindly arrange on the Social Group sessions to allow the Social Group to use the normal room, otherwise it would have meant using the annexe which is not suitable for the number of people attending.

## MOVING PREMISES



Whilst it is good to know that the YMCA have received the funding to rebuild part of the Sovereign Youth & Community Centre and refurbish it, it means that no organisation can use the remaining part of the building until after Christmas the earliest. The Trustees have been told that the earliest that they can use the premises for the Social Group will be sometime in May next year. The Trustees are looking

around to find suitable premises, but obviously they will be different to what everyone has been used to. So if you know of any premises that could be suitable, please let the Trustees know. This is a new challenge and beginning for everyone.

## AMALGAMATED MENTAL HEALTH CONNECTIONS QUIZ NIGHT

The next Quiz Night is being held on

**SUNDAY, 8TH AUGUST 2010**

**7PM ARRIVE**

**START TIME 7.30PM PROMPT**



The Toby Carvery, Meeting Room, Redstone Hill, Redhill

£3.00 per person. Sandwiches will be provided

Contact: Muff Chisholm 01737 221016 Paul Burns 01737 210079

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

Charity No. 11136374 limited by guarantee

Companies House No. 723238

The last Quiz Night was a success with sixteen people attending. Once again the “Butterfly Warriors” were the winners who won three times and Sophie and Chloe won the lucky dip. Thanks to all the people that helped to make this a success. Thank you.

## ALLOTMENT



The allotment is doing well with Bryan Keeley and his group. This month the Social Group should be receiving freshly picked tomatoes besides all the other vegetables. There is a small plot waiting for somebody to grow plants in it. Are you interested?

## OUTINGS



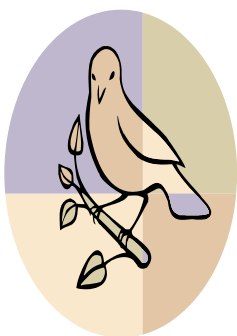
David Newman is still willing to take members out in his car for trips to the seaside, etc. If you are interested, please speak to him about this.

## FOCUS REPRESENTATIVE



People who use services or carers who are members of a Focus Area Group can offer to be chosen to present their Area. Nomination forms need to be sent in by Monday, 9th August 2010. (If you are interested, more information and the form are on the counter.)

## INTRODUCTION TO CONSERVATION



East Surrey Richmond Fellowship has teamed up with Surrey Wildlife Trust to offer people with mental health problems the opportunity of a three day “Introduction to Conservation” course where they can get more information on the work of Richmond Fellowship and Surrey Wildlife Trust and also try some practical tasks. The course is free to over 18’s.

Thursday 12th August 10.00am-3.00pm. Meet at the Merstham Community Facility, 44 Portland Drive, Merstham for introduction and refreshments before taking a guided walk around the local SWT conservation sites.

Thursday 19th and Friday 20th August 10.00am-3.00pm – Two days of practical tasks in Merstham.

Contact: Jackie Connelly 01372 731971 email: [jackieconnelly@richmondfellowship.org.uk](mailto:jackieconnelly@richmondfellowship.org.uk) or visit the Merstham Community Facility for an application form. (Details of this are at the Social Group.)

## REMINDERS



**REDHILL C.A.B.** – is open on Monday, Tuesday and Friday from 10.00am until 1.00pm. The telephone number is 0844 499 4692 and this can be used to make appointments.

In addition, if several members would like to see Catherine Hoyles on a Tuesday morning during a Social Group session speak to Val Murphy who will arrange for her to come in.

Beware though as there maybe a delay of a week or so as Catherine is obviously a busy person.

## KINGSTON ADVOCACY GROUP (KAG)

Janet Turner, Advocate, can be contact at 01883 383838, ext. 5849 if you feel that advocacy will help you with a concern, etc.

## EASTER PROJECT

Every Saturday afternoon at the St. Mary's Church Hall the Easter Project volunteers served a free cooked home made dinner between 1.00pm and 2.00pm. Opening times: 12.30 - 2.30. Donations welcome.

On the first Saturday in each month clothes and books are also donated.

## MEETINGS



### **MID & EAST SURREY STAKEHOLDER GROUP**

17th August 2010 10.30am – 12.30pm

Park House, Leatherhead.

### **FOCUS – East and Mid Area Group Meeting**

Monday, 6th September 2010 1.30pm-3.30pm

Holy Trinity Church Hall, The Lounge, Carlton Road, Redhill.

**IMPORTANT TELEPHONE NUMBERS:**

**CRISIS LINE – 0300 456 83 42\***

**SMS Text: 07717 98 90 24** (\*Textphone calls are supported through the Text Relay Service, prefix number with 18001)

**Out of Hours: 5.00pm - 9.00am Monday to Friday, 24 hours cover at weekend including Bank Holidays.** If the lines are engaged the call will be diverted to an answer-phone which will enable people to leave contact details and someone will return the call within half an hour.

**In-Hours** the phone will be answered by staff based in the Redhill Crisis House, but the call will be directed to the respective day time Community Mental Health Team/Service who can provide support/undertake a crisis screening assessment role.

**SAMARITANS – 08457 909090**

**SANE LINE – 08457 678000**

**AUGUST BIRTHDAYS  
HAPPY BIRTHDAY GREETINGS**

**BOB – 02nd  
MARK – 27th  
MOYNA – 29th**