

# REIGATE STEPPING STONES



## DECEMBER NEWSLETTER

### CHRISTMAS ACTIVITIES

Reigate Stepping Stones Social Group will be open on the 22nd, 24th Christmas Eve, 29th and 31st New Year's Eve at the usual times.

### CHRISTMAS DAY

St. Mary's Centre, Chart Lane, Reigate is doing the Christmas Day Dinner which starts from 11.30am until 5.00pm. People are invited to attend their 10.30am Christmas Morning Service if they wish to. If interested, contact St. Mary's Church Centre (Parish Office), Chart Lane, Reigate RH2 7RN - 01737 221100 - to book a ticket and request transport if needed. (Application forms are at the Social Group.) This activity is free, although donations are welcome.

### CHRISTMAS DAY AFTERNOON

Reigate Stepping Stones Social Group is having a Drop-in at the Sovereign Youth & Community Centre (Computer Room) from 3.30 – 7.00. Fun – Good Company – Christmas Food No charge and this is organised by Muff. Please let her know if you will be attending – 01737 221016.

The Computer Room is at the rear of the Sovereign Youth & Community Centre and is accessed from Sandcross Lane going towards Reigate Garden Centre, pass the bus stop and follow the first path on the left which will take you to the Computer Room door.

### BOXING DAY

The Easter Project will be running their usual Saturday afternoon dinner group at St. Mary's Centre, Chart Lane, Reigate from 12.30 – 2.30. Dinner is served between 1.00 and 2.00. This is also free and donations are welcome.



## **MENTAL HEALTH CRISIS HELP LINE EXTENDED**

**TEL: 0300 456 8342**

**TEXT: 07717 989024**

Following the successful launch of the Trust-wide Crisis Telephone Help Line for adults with mental health problems in April of this year, the service has now been extended to offer people the opportunity to text messages to the Help Line via their mobile phone.

It is intended mainly for people who are deaf or hard of hearing but anyone who would prefer to contact the Help Line by text can do so. All someone who uses mental health services needs to do is text a brief message indicating the nature of the crisis to the text number above. A text will be sent in response.

The Crisis Help Line is available out of hours from 5.00pm to 9.00am Monday to Friday with twenty-four hours cover at weekends including Bank Holidays.

### **SERVICE-USER INVOLVEMENT IN THERAPIES**

Recently the Trust has undertaken a new initiative in Mid-Surrey in the provision of psychological and other therapies under the guidance of Sophie Holmes, Consultant Clinical Psychologist and including various people who use the services. Together they have worked towards producing a leaflet about therapy groups that are run by the Trust and will be available to clients of the Trust in the Mid Surrey locality.

### **NEW ADVISORY SERVICE**

A new Benefits Advice Service is being piloted to people who use Surrey & Border Partnership NHS Trust services on the wards at the Department of Psychiatry, Langley Wing, Epsom General Hospital.

### **GETTING INVOLVED WITHOUT LEAVING HOME!**

Are you interested in getting involved in the planning and delivery of Trust services without having to attend meetings?

If so you might like to join the new online group that allows people to share ideas and experiences of mental health services with other members over the web. New topics are uploaded each month that individuals can comment on or give their views on another member's comments.

The new site is at: [www.sabp.nhs.uk/focus/online](http://www.sabp.nhs.uk/focus/online) and then register to join in the conversations and discussions.

(The above mentioned articles on this page are from Surrey & Borders Partnership NHS Foundation Trust's "People Partnership" newspaper.)



## **THE MENTAL HEALTH MEDIA AWARDS**

Some of you may remember that last September Marya Burgess, Senior Producer – BBC Radio Documentaries Unit came to the Social Group to record several members' experiences of mental health treatment in the Sixties, Seventies and Eighties for the programme "State of Mind" which was broadcast early in this year.

The Mental Health Media Awards event was held on Tuesday, 24th November 2009 and sadly the "State of Mind" did not win the radio award, but it was the only entry where the judges mentioned that there had been a lot of nominations from the public via the MHMA website. The winner was "You and Yours" phone-in about the stigma attached to mental health problems at work.



## **EUROPEAN EMERGENCY NUMBER 112**

The European Emergency Number 112 is used to contact emergency services free of charge all over the EU. However it is not currently accessible to the majority of disabled people.

Now this is set to change with the start of REACH112, an European-wide initiative involving France, Netherlands, Sweden, Spain and the UK. The project will introduce improved communication solutions for disabled people, allowing them direct access to emergency services.

Users will also be able to call each other in video, voice and text via the internet and across nation boundaries. It will also allow sign language users to communicate through remote interpreting services and via other relay services, using text to talk to voice users.

For further information see: [www.reach112.eu/view/en/index.html](http://www.reach112.eu/view/en/index.html)



## **ALLOTMENT REPORT**

Brian has been showing members how to plan our plot and use it to its best advantage. Both Brian and Dave have a plot and have grown a lot of vegetables between them; runner beans, leeks, onions, beetroot, cabbage, rhubarb, potatoes. Jonathan and I are learning by doing and we have grown lettuces, carrots, potatoes and rhubarb too.

During the year I have purchased two raspberry canes which have taken well and we have also had a few blackcurrants, redcurrants and, of course, plenty of weeds.

During the winter we are going to try and clear our plots ready for the spring so that we can set a row of soft fruit along the edge of the allotment and introduce strawberries. We will also try to concentrate more on tomatoes and lettuces for the Social Group's sandwiches.

If any one is interested in joining the Allotment Group, please do as it is interesting, fun and good company, plus eating fresh vegetables and fruit. Brian comes at least once a month to the Social Group which is the first Tuesday in each month from noon onwards, so don't be afraid to have a chat.

Valerie Stanford

## 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.

### **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.

## DECEMBER BIRTHDAYS

### HAPPY BIRTHDAY GREETINGS TO

4TH GONNY  
4TH KEITH  
18TH DAVE M  
19TH ALAN T  
23RD DAVE D  
30TH PETER

# A HAPPY NEW YEAR

