

# **REIGATE STEPPING STONES**

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## **FEBRUARY 2009 NEWSLETTER**

### **VOLUNTARY FAIR, HARLEQUIN – 24<sup>TH</sup> JANUARY 2009**

Reigate and Banstead Council Voluntary Service hosted the first Volunteer Fair with support from Reigate and Banstead Borough Council which was sponsored by Fidelity International and Pfizer.

Over sixty-five organisations booked a stall; some of which did not attend on the day, but perhaps that was fortunate for the organisations that did as it gave them more room to display information about their organisation. The stalls were arranged in the Entrance Foyer, Tanner & Woodsack rooms and the Auditorium. A room was organised to supply refreshments for the stallholders that was appreciated. According to Reigate & Banstead Council of Voluntary Service there were over six hundred visitors, so certainly a roaring success.

Val and David Murphy left home just after eight o'clock in the morning to arrive at the Harlequin Car Park to set up Reigate Stepping Stones. They manned the stall with the help of Muff Chisholm with Valerie Stanford and Johanna Hughes also giving help and support. Bob Reeves came in for a short time late morning.

Lord Lieutenant of Surrey Mrs. Sarah Goad JP who opened proceedings at 10am, the Mayor, Councillor Newstead and his wife, local MPs Peter Ainsworth and Crispin Blunt, BCC Newsreader Nicholas Owen plus numerous borough and county councillors.

Lord Lieutenant of Surrey Mrs. Sarah Goad JP visited all the stalls and spoke to the stallholders and she mentioned to Val and David that Jaymee Smith had contacted her beforehand informing her that Reigate Stepping Stones would be manning a stall. The Mayor and his wife had a long chat with Muff and Val as apparently Muff knew them and gave them some useful information. David had a long chat with MP Crispin Blunt regarding about the Surrey & Borders Partnership NHS Trust about their decision not to use the new up-to-date Psychiatric Hospital at Langley Green, Crawley for people suffering from mental health illnesses who lives in East Surrey.

From Reigate Stepping Stones point of view it certainly was a very successful and rewarding experience as several members of the public offered their services as possible volunteers, particularly with regard to the allotment. A few people spoke about the possibility of becoming members and we also made contact with various organisation regarding short courses that maybe of interest to the members and training for Trustees and volunteers.

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## ALLOTMENT

Not much is happening at the allotment at the moment because of the inclement weather. Muff and Jonathan did attempt one Tuesday afternoon after the Social Group to dig the allotment, but the rain came and put a stop to this.

Bob has got the potatoes and is preparing them. Hopefully the leeks and cabbages are surviving in this weather which they should do.

Once the weather becomes dry again, it is hoped that those interested in the allotment will meet up and start clearing the allotment of the dreaded bindweed, etc.

The good news is that it seems that there maybe a volunteer willing to take the responsibility of looking after the allotment and helping and support people interested in growing plants.

## RADIO 4 "STATE OF MIND" WEDNESDAY EVENINGS AT 9.00PM

Radio 4 "State of Mind" programme finishes its fifth programme on Wednesday, 4<sup>th</sup> February 2009 which focused on how people were treated with mental health problems in the 1950s, 1960s and 1970s. Bob appeared in programmes 1 and 3 as did Moyna and Peggy. Muff also appeared in programme 3. Geoff and Bob appeared briefly in programme 5. From this Andrew Roberts contacted Marya Burgess as he was interested in these people experiences and would like to put their experiences on the [www.studymore.org.uk](http://www.studymore.org.uk). Moyna has written about her experiences which Val is going to forward to Andrew.

Val and Dave found it a very interesting programme and thought how pertinent was Bob's remarks in programme 3 about psychiatrists now-a-days. How it seems to be only locum psychiatrists now-a-days who stay temporary as compared to when he had his psychiatrist many years ago he was able to build a relationship with him and regarded as a friend!

In the last programme which was number five it was sad to hear a member saying that years ago he had a C.P.N. which gave him support and help during his depression periods, but now he has to cope on his own with his re-occurring depression without any help from the mental health medical team.

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## MOVING ON COURSE

ESRA (Opening Doors) presents "Moving On Course" from 10<sup>th</sup> February 2009 until 5<sup>th</sup> March 2009. This course runs every Tuesday, Wednesday and Thursday from 10.00am until 1.00pm for four weeks. This is held at Rawlinson House, Second Floor, 9 London Road, Redhill. Help with transport and refreshments provided.

The course covers confidence, identifying skills, job search, CVs, application forms and interviews.

For more information contact: Jane Cattermole on 01737 772115/07775 714457

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### **COMPUTER COURSES**

Richmond Fellowship runs a variety of computer courses, starting from the basics upwards. If interested, please contact Richmond Fellowship, Third Floor, Rawlinson House, 9 London Road, Redhill – 01737 771282.

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### **THE EASTER PROJECT**



Every Saturday at 1.00pm people are welcome to drop in to St. Mary's Church Centre, Chart Lane, Reigate for a free home cooked hot meal.