

REIGATE STEPPING STONES



JANUARY NEWSLETTER

Welcome to the New Year and everyone at Reigate Stepping Stones wishes you a happy, healthy and peaceful one.

So what is going to happen this year at Reigate Stepping Stones Social Group?

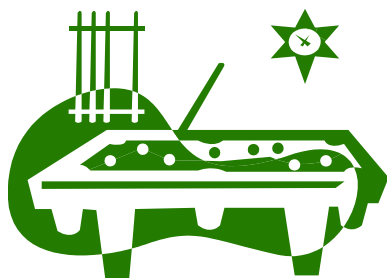
The first thing is:



DRAMA

Thursday 21st January 2010
Thursday 28th January 2010
Thursday 04th February 2010
Thursday 11th February 2010
10.30am – 11.30am
Disco/Art Room

Facilitated by Karen wearing her Workers' Education Association (WEA) tutor's hat.



POOL TOURNAMENT

David Murphy is organising a Pool Tournament to take place in the spring, so keep an eye out for the poster if you are interested in doing this.

CHRISTMAS AFTERNOON

We would like to give a big thank you to Muff for organising this. Twelve people attended and enjoyed themselves. Thanks to David Harris for helping and bringing Andy, Jane and Gordon along to help as well and thanks also to David Newman for helping with transport.

FOCUS MEETING

The Focus Meeting was held on Monday afternoon, 4th January 2010 from 1.30 – 3.30 at Holy Trinity Church, Carlton Road, Redhill. As per usual, it was a lively meeting where everyone joined in.

The next one will be on Monday afternoon, 1st February 2010 from 1.30 – 3.30 at St. Barnabas Church, Temple Road, Epsom.

MID & EAST SURREY STAKEHOLDER GROUP

16th February 2010 10am – Noon
Green Room, Woodhatch Centre, Woodhatch, Reigate.

CATHERINE HOYLES – CAB ADVISER

Catherine will be at Reigate Stepping Stones Social Group on Tuesday, 12th January 2010 from 10.30am until closing time to run a CAB Surgery for the members. Catherine is now fully booked for the session. If you are interested in discussing with her about concerns, etc. regarding benefits, please book in with either Val Murphy or the staff.

CHRISTMAS

On behalf of everyone at Reigate Stepping Stones Social Group, the Trustees wish to thank David Newman for his donation instead of buying Christmas Cards for members and Paul Rose for the tin of Roses chocolates.

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.



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 last 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 needs to do who uses mental health services is to 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.

REIGATE STEPPING STONES SOCIAL GROUP



Due to the severe weather conditions being experienced during the first week of January, the Trustees decided to close the Social Group on Thursday, 7th January 2010 as it was too treacherous for anybody to come out in it.

JANUARY BIRTHDAYS

HAPPY BIRTHDAY GREETINGS TO

19TH CHRISTAKY
29TH MUFF
31ST MATHEW