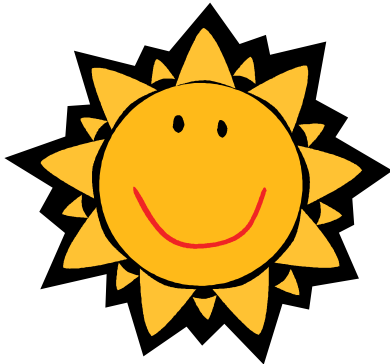


REIGATE STEPPING STONES



JULY
NEWSLETTER
2010

NEW STAFF



We welcome Beth as the new member of staff who is settling into the job with the help and support from the members.

STRAWBERRY TEA



Valerie Stanford is inviting everyone to attend a Strawberry Tea on Saturday, 10th July 2010 at 2.45pm at The Scout Hall, Sandcross Lane, South Park, Reigate. £1.00 per person and there will be a Table Top Sale. This is in aid of the Scout Hut's new kitchen and also the renovations at St. Luke's Church.

AMALGAMATED MENTAL HEALTH CONNECTIONS QUIZ NIGHT



The next Quiz Night is being held on

SUNDAY, 18TH JULY 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 01737-21007

Website: www.reigatesteppingstones.org.uk

Charity No. 1136374 limited by guarantee

Companies House No. 723238

The Quiz Night held on Sunday, 27th June 2010 at the above venue was a great success with twenty-two people attending. The winners were "Butterfly Warriors" who won three times and "Step Up Again" won the lucky dip.



Twenty-two people attended and with Dave Newman setting up and clearing, Carol and Steve who helped with the food, along with a lot of the others who helped in room; shifting, clearing and setting up.

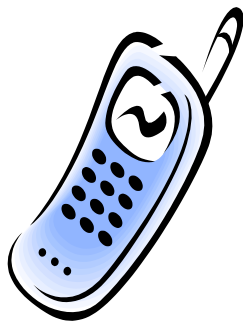
The Group now has a shield for the yearly winners given to them very generously by ESRA which was shown on the night.

They had very enjoyable and good fun evening. Sandwiches, etc. were delicious of course.

A big thank you to James Paley, manager of the Toby Carvery and to Paul Burns for organising it and Muff Chisholm helping Paul.

“OUT OF HOURS” CRISIS TELEPHONE HELPLINE

Thursday, 22nd July 2010 11.30am-1.00pm



Woodhatch Community Centre, Whitebeam Drive, Woodhatch, Reigate, Surrey. RH2 7LS

A workshop for people who have experienced mental distress to find out more and take part in discussions around:

“Developing the final questionnaire and approach to find out if the out of hours’ crisis helpline is working well for the people that use it.”

Refreshments and lunch will be provided.

Please book with Kofi Parry on 01372 201675, text 07912 774656 or email: kofi.parry@surreypct.nhs.uk

ALLOTMENT



The allotment is doing well with Bryan Keeley and his group. Each week Bryan is bringing in an assortment of freshly picked vegetables. Lettuces, radishes, baby broad beans, small turnips and parsley.

Website: www.reigatesteppingstones.org.uk

Charity No. 1136374 limited by guarantee

Companies House No. 723238

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 and 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

FOCUS – East and Mid Area Group Meeting

Monday, 5th July 2010 1.30pm-3.30pm

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

MID & EAST SURREY STAKEHOLDER GROUP

17th August 2010 10.30am – 12.30pm

Park House, Leatherhead.

IMPORTANT TELEPHONE NUMBERS:

CRISIS LINE – 0300 456 83 42

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.

Website: www.reigatesteppingstones.org.uk

Charity No. 1136374 limited by guarantee

Companies House No. 723238

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

JULY BIRTHDAYS

HAPPY BIRTHDAY GREETINGS

31ST STEVE B