



June
newsletter

VERY GOOD NEWS

From the **23rd June 2009** Reigate Stepping Stones will open on **Tuesday and Thursday mornings** from 10.30am until 1.30pm as the Trustees have now employed two part time Support Workers to run the Social Group.

Val and Dave will be at the Social Group on the 23rd June to give help and support to the Support Workers and show them how things work and no doubt the following Thursday to ensure a smooth handover.

The Entrance Fee will remain the same, £1.00 per person, and the sandwiches for the moment, although the Trustees suspect that the sandwich price will be raised to a £1.00 in July due to the fact that food prices are still rising.

The names of the Support Workers are Melanie, known as Mel, and Karen.

A letter will be sent to all members in a couple of weeks' time informing everyone and a mail shot will be sent to all the various mental health statutory and voluntary organisations.

FUNDING Reigate Stepping Stones Trustees are fortunate to be in a position to open up another session and employ two staff with a big thanks to the people who gave the following donations:

Surrey County Councillor for Horley – Mrs. Dorothy Ross-Tomlin gave £2,000.00

Reigate & Banstead Councillor S.T. Bramhall gave £625.00

The Trustees also received a Surrey County Council Mental Health Grant

LANGLEY GREEN HOSPITAL

Good news about this as well. People in East Surrey with acute mental health distress who need to go into Hospital are now being sent to Langley Green Hospital, Crawley and the name of the East Surrey Wing at this Hospital is called Opal Ward. Overall there are twelve acute in-patients beds of which three of these are Psychiatric Intensive Care beds.

OPEN DAY – SATURDAY 20TH JUNE 11AM-4PM

The Orpheus Centre featuring the Grand Opening of Orpheus Domiciliary Care & Orpheus Housing by Richard Stilgoe at 12 noon. North Park Lane, Godstone. RH9 8ND www.orpheus.org.uk
(The Orpheus Centre is just outside of Godstone on the A25 to Redhill – look out for the sign near Knights Garden Centre)

Youth Volunteering Project

CHARITY TABLE TENNIS TOURNAMENT

raising money to support the Orpheus Centre

Starts: 2pm on Sunday 21st June

at Redhill and Reigate YMCA, Princes Road, Redhill, RH1 6JJ

Entry fee for players: £5.00

Free for Spectators (donations welcome)

OPEN TO ALL AGES AND ALL LEVELS OF ABILITY!!

Refreshments on sale

Players please register **in advance** (pay on the day) by contacting

gareth.owen@ymcaredill.com tel: 01737 784970

or

Zhikuan.Zhao@Caterhamschool.co.uk

Closing date for entries: Thursday 18th June

RETHINK AND CARERS NEEDS ASSESSMENTS

(This was taken from Focus East and Mid Focus Area Group meeting held on the 6th May 2009, the information of which was given to Focus by Diane Luck.)

Carers' Needs Assessment: Rethink Carers' Support Workers can undertake carers' assessments without a referral from the Care Co-ordinator, especially as there are significant numbers of carers who look after people with mental health illnesses where the person cared for **is not** receiving a service from Surrey & Borders Partnership NHS Trust. The Carer has a right to an Assessment of their own needs, regardless of whether or not the care for the person has been assessed. Many potential

users of the mental health service refuse to be assessed. It is also important to stress that the carer is entitled to an assessment of their own needs and **does not need** the person with mental health illness “permission” to have one. The person with the mental health illness may object (for whatever reason), but the carer is still entitled to one regardless.

Diane Luck stressed the importance that both assessments of the carer and the person who is suffering from mental health illness are **confidential** and can only be shared with other people if written or witnessed verbal consent has been given.

Surrey Carers Support

Action for Carers (Surrey) 01483 302748 for details of local Carers Support and an information pack www.carersnet.org.uk

Carers UK (Carers line) 0808 808 7777 (open from 10.00am to 12 noon and 2.00pm to 4.00pm)

National website for Carers www.carersuk.org.uk

FOCUS MEETINGS

East & Mid Surrey – Monday 1st June, 1.30-3.30pm St. Barnabas Church, Temple Road, Epsom. Kt19 8HA

North West Surrey – Wednesday 3rd June, 1.30-3.30pm Joseph Palmer Centre, 319a Walton Road, West Molesey. KT8 2QG

West Surrey – Thursday 4th June, 10.30am-12.30pm High Cross Church, Classroom, Knoll Road, Camberley. GU15 3SY

South West – Tuesday 9th June, 1.30-3.30pm Godalming Baptist Church, Queens Road, Godalming. GU7 1BA

East Surrey – Wednesday 1st July, 1.30-3.30pm Holy Trinity Church Hall, The Lounge, Carlton Road, Redhill. RH1 2BX

ALLOTMENT

Anybody interested in helping Bryan Keeley doing the allotment? He is getting lonely and would like some company. So how about it?

- What do you get from being involved?
- Good company.
- Achieving something.
- Being positive.
- Eating fresh vegetables (a different taste from bought vegetables)
- Being active which enables one to feel good.

- It is FREE!!

EAST SURREY CARECALL No doubt by now members using this scheme will know that it has ended. Should any people require medical help and support people are recommended to contact their GPs, GPs' out of hours, NHS Direct 0845 4647 or PALS 01737 214842

REMINDER

SATURDAY LUNCH – The Easter Project supplies a free hot lunch for the people that need it every Saturday at St. Mary's Hall, Chart Lane, Reigate from 1.00pm.

POOL TOURNAMENT - The Pool Tournament still continues to be the same with quite a few games that need to be played. Please will the people who put their names on the competitors' list ensure that they play their games as we all would love to know who the winner will be!