

REIGATE STEPPING STONES



May
newsletter

VERY GOOD NEWS - In this year of doom and gloom what with the economic factor and the latest Swine Flu, no doubt you will be pleased to hear that Reigate Stepping Stones has been given a donation from Mrs. Dorothy Ross-Tomlin, Horley Surrey County Councillor, a smaller one from a local Councillor and a grant from the Surrey County Council – Mental Health to enable the Trustees to employ two part time Support Workers who will be working on Tuesdays and Thursdays – 10.30am until 1.30pm.

The advertisement went on into the Surrey Mirror last week and the Trustees have received quite a few applicants. They are waiting until the free paper comes out this coming Wednesday, 6th May to see what other people are interested. The closing date is Friday 15th May and it is hope that interviews will take place either the following week or the one after. All being well it is also hoped that the new appointed staff will start on Tuesday 16th June as their Induction day.

Once staff have been appointed and the Thursday date has been agreed everyone who has filled in a membership form will receive a letter confirming all of this.

TRUSTEES - The existing Reigate Stepping Stones Trustees are also pleased to report that they now have some more Trustees to enable them to provide a good service for you. They are as follows:

- David Harris
- Debbie Hills
- Sally Baker
- Paul Scott

Most of you know Dave Harris and some may know Debbie Hills and others may remember Paul Scott who used to help Bob with various evening activities.

EASTER MONDAY DINNER 13TH APRIL 2009

The Easter Monday Dinner was a great successful as twelve people attended and had a marvellous meal, plus Bob.

MENU

Tomato Soup

Turkey, Beef, Pork
Carrots, Cabbage, Cauliflower, Swede
Leeks with cheese sauce
Roast Potatoes
Stuffing Balls, Cocktail Sausages
Yorkshire Pudding
Cranberry Sauce, Apple Sauce
Gravy

Fresh and tinned Fruit Salad
Whipped Cream or Ice Cream

Everyone attended had a Cadburys Crème Egg.

A big thank you to Muff for organising it and Steve helping her and doing the cooking. Thanks to Dave Newman, Valerie Stanford and Dave Harris for helping on the day.

ADVOCACY – Advocacy is coming to East Surrey. Kingston Advocacy Group has been appointed to provide the advocacy service. They will have two Advocate workers; one for general issues and the other to deal with the Mental Health Act and Mental Capacity Act.

As yet we have not got any contact numbers, but as soon as we have these they will be advertised at the Social Group and on the website. They will also be given out in the letter advising you when the staff will start and confirming Thursdays.

What is Advocacy?

Advocacy means supporting someone who needs assistance to resolve an issue of concern.

This can mean –

Supporting someone to sort the problem out for themselves

Going with people to important meetings

Ensuring that the person concerned has the services and support they need

Taking action and speaking out on behalf of someone where necessary (and with their agreement)

What sort of things that can be taken to the Advocacy Project?

Benefits and finance issues

Accommodation

Direct Payments

Support at CPA meetings

In addition –

Mental Health Act

Mental Capacity Act

The Leatherhead Clubhouse also has started an Advocacy service, but this is for their members only.

LANGLEY GREEN HOSPITAL, CRAWLEY Unfortunately there is still a delay, but it has now been confirmed that all appropriate signing has taken place and there is going to be a six-week parallel running session.

REMINDER:

OUTINGS - Please speak to Dave Newman if you are interested in trips out as he has kindly volunteered to organise these.

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.

FOCUS – The next FoCUS meeting is being held on Wednesday, 6th May from 1.30pm – 3.30pm. These are very good meetings as it is a good avenue for mental health users to voice their opinions and get listen to by the Surrey & Borders Partnership NHS Trust.

SURREY LINK – MENTAL HEALTH AND LEARNING DIFFICULTIES

The next meeting is being held on Wednesday, 24th June 2.00-4.00pm Christian Centre, Dorking.

POOL TOURNAMENT – The Pool Tournament still continues as although people put their names down to play have not been attending and so consequently they have still got quite a few games to play. Congratulations to Trevor who have completed all his games.



RIDING SCHOOL ALLOTMENTS PRICES LANE, REIGATE .

COME ALONG AND JOIN THE ALLOTMENT GROUP.

- ✓ FRESH AIR
- ✓ BEING ACTIVE
- ✓ BEING WITH NATURE
- ✓ HAVING EXERCISE WHICH ENABLES ONE TO FEEL GOOD
- ✓ GROWING VEGETABLES
- ✓ MEETING PEOPLE
- ✓ EATING FRESHLY PICKED VEGETABLES

REIGATE STEPPING STONES IS VERY FORTUNATE IN HAVING A PROSPECTIVE VOLUNTEER CALLED BRIAN KEELEY WHO IS WILLING TO GO TO THE ALLOTMENT ANY TIME DURING THE WEEK.

FOR FURTHER INFORMATION PLEASE SPEAK TO DAVE NEWMAN, VAL, DAVE MURPHY, MUFF, BOB OR JONATHAN