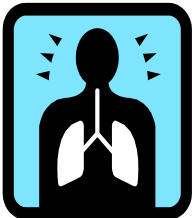


Reigate stepping stones



November
newsletter



Breathe Easy Launch

Breathe Easy Redhill & Reigate is a new support group for anyone affected by lung disease and is being officially launched on Tuesday 17th November at the Woodhatch Centre, Reigate, at 1pm

The Mayor of Reigate, Councillor Richard Mantle, will be opening the group whose aim is to provide support to anyone living locally who is affected by a respiratory condition. There will also be representatives from the COPD Team, as well as a talk from Dr Kumar on respiratory care in the local area.

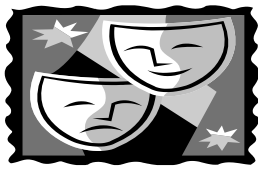
The launch is taking place the day before World COPD Day. COPD stands for Chronic Obstructive Pulmonary Disease and affects thousands of people across the UK, many more of whom do not even know they have the condition.

After the launch the group will be meeting on the second Wednesday of the month through 2010. If you are interested in this new group or would like to come along to the launch, please contact Michelle on 07903 848392.

POSSIBLE COURSES – INTERESTS

As some of you are aware, Karen would be interested in running an hour course during a session for as long as the members are interested in it.

Interests/subjects been talked about so far have been:



Drama



Meditation



History



Arts & Crafts



Any other interest?

Please talk to Karen if you would be interested.

CHRISTMAS DINNER



Just to let you know that there will be a Christmas Day dinner at the usual venue, St. Marys Church Hall which will be free due to the generosity of St. Mary's Church congregational. More details to follow in the

next Newsletter.

FOCUS

The next Focus meeting will be on Tuesday afternoon, 3rd November 2009 between 1.00 and 3.00 at St. Barnabas Church, Temple Road, Epsom.

The December meeting will be on Monday, 7th December from 1.30 – 3.00pm at Holy Trinity Church Hall, The Lounge, Carlton Road, Redhill.

REMINDERS

REDHILL C.A.B. – is open on Monday, Thursday and Friday from 10.00am until 1.00pm. The telephone number is 0844 499 4692 and this can be used to make appointments.

Catherine Hoyles, CAB Supervisor & Adviser, is happy to run a Welfare Benefit Surgery for members during a Tuesday session. If interested, please put give your name to Karen or Mel saying briefly what you need help with. A date can then be made with Catherine to arrange to come.

KINGSTON ADVOCACY GROUP (KAG)

Janet Turner, Advocate, can be contacted at 01883 383838, ext. 5849, if you feel that advocacy will help you with a concern, etc.

WRITING YOUR STORY

Every Tuesday throughout November from 10.00am until noon people can have help with the computer in the Reigate Library to have their stories typed.

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 from 12.30-2.30. Donations would be welcomed.

On the first Saturday in each month clothes and books are also donated.

NOVEMBER BIRTHDAYS

HAPPY BIRTHDAY GREETINGS TO

4TH HOWARD
9TH ROY TAYLOR
19TH KEVIN BOSWELL