

Reigate stepping stones



October
newsletter

EPSOM MENTAL HEALTH WEEK

Epsom Mental Health Week starts tomorrow, the 3rd instant, and finishes on Saturday, 10th instant. Contact details: Sue Ball – 01372 721518; Email: info@epsommentalhealthweek.org.uk; Website: www.epsommentalhealthweek.org.uk.

A variety of activities are happening each day, most of which are free.

RICHMOND FELLOWSHIP

Richmond Fellowship – Redhill, Art Matters and Queens Park Community Gardening Group are celebrating Richmond Fellowship 50th Anniversary together with World Mental Health Day 2009 by holding a Barbecue at Art Matters, St. John s Parochial Hall, Earlswood Road, Redhill on Friday, 9th instant from 1.00pm until 3.30pm. Other events include complementary therapies, art workshops, planting workshops and music. If you have any question about this event, please contact Paula Trevaskis at Richmond Fellowship on 01737 771282 or email Paula.Trevaskis@richmondfellowship.org.uk. It would be good if you would also let her know that you will be attending as this will help with the catering arrangements.

MID & EAST SURREY LIT MEETING

On Monday, 12th October 2009, there will be a Mid & East Surrey Lit meeting held at Holy Trinity Church Hall from 11.00am until 1.00pm. There is an agenda which includes Donal Hegarty attending this meeting

to answer any questions that the audience may have. Don Illman is the Chair of this Committee.

If you would like sandwiches afterwards, please contact Lucy Finney, N.B. Consultancy – Mobile No. 07727 273242; Email: lucy@nb-consultancy.co.uk

FOCUS

The Focus meeting will follow on in the afternoon from the one mentioned above at 1.30 until 3.30. This should be an interesting meeting as the following will be discussed:

- Mike Flanagan, Nurse Consultant on Addiction, is to talk through the Trust's draft policy on Dual Diagnosis
- Draft information on the Care Programme Approach (CPA) and Care Co-ordination
- Draft policy on involving people in decision making on medication
- Don Illman on LITs and LINKs.

INTERESTS

Have you got any interests, hobbies, etc. that you would like to share with other members, or are you interested in say history for example and have not got round to do anything about it? Karen is willing to be the facilitator to run this group for an hour during a Thursday Social Group and run this for a couple of weeks or so depending on the people attending. Subjects mentioned so far have been drama which can be fun, meditation and arts and crafts.

POOL TOURNAMENT

The Trustees would like to run another Pool Tournament, but need help to work out a method that would ensure that this only last for a couple of months at the most. It will obviously need a time scale for the competitors to play in bearing in mind that people come and go at different times during the Social Group. Any ideas?

BBC RADIO 4 "STATE OF MIND"

You may remember that Marya Burgess, Senior Producer BBC Radio Documentaries Unit, came and recorded a few members talking about their experiences with regard to the their treatment of mental health difficulties in the Fifties, Sixties, Seventies and Eighties in September 2008 and the series of five programmes were broadcasted in January and February of this year. You will be pleased to hear that Marya Burgess' programme has been shortlisted for this year's Mental Health Media awards which are being run by Mind, following its merger with

Mental Health media. The event will take place at the British Academy of Film and Television Arts (BAFTA), London on Tuesday, 24th November 2009 and Bob has already been invited. There are nine categories in all, namely Factual Radio - four entries of which "State of Mind" has been entered, Young People's Media - four entries, Full length television programmes – five entries, Short television documents – three entries, Raising public awareness – three entries, Television and radio news – three entries, Radio drama – three entries, Television drama – three entries, Soaps and continuing television drama - four entries.

This programme has created a lot of interest as the Trustees have been approached earlier on in the year by Andrew Roberts who is bringing together all the history in Surrey regarding mental health Hospitals and was interested in Moyna's experiences as fortunately she had written and about these which she typed out afterwards. (Andrew Roberts can be contacted by: studymore@studymore.org.uk and <http://studymore.org.uk>) The latest one is Adam Jessel of Blakeway Production (www.blakeway.tv) who is doing a programme also about mental health in the Fifties, Sixties and Seventies and has spoken to Moyna about her experiences.

REMINDERS

REDHILL C.A.B.

Catherine Hoyles is willing to do a Surgery at the end of this month or beginning of the next one if people want this. The Surgery would open from 11.00am until 1.00pm and this will enable Catherine to see two people. She has said that she would be also willing to have a monthly Surgery during a Tuesday Social Group. If you are interested, please put your name on the list.

Redhill C.A.B. is open on Monday, Thursday and Friday from 10.00am – 1.00pm. The telephone number is 0844 499 4692 and people can ring this to make an appointment if they so desire.

KINGSTON ADVOCACY GROUP (KAG)

Janette Turner, Advocate, visited the Social Group on the 29th September. Janette is very busy as she covers all of East Surrey and people that live in East Surrey who are in Langley Green Hospital, Crawley. However, everybody is welcome to ring at 01883 383838, ext. 5849, if you feel you need help and this will be given.

EUROPEAN HEALTH INSURANCE CARD (EHIC)

For those of you who have the European Health Insurance Card we would suggest that you check the expiry date on the right hand bottom corner as some of these are now due for renewal. Contact details: EHIC enquiries, PO Box 1114, Newcastle upon Tyne, NE99 2TL; Tel: 0845 6050707; email ehicenquiries@ppa.nhs.uk, website: www.ppa.org.uk Your National Insurance number and EHIC personal identification number will be needed.

WRITING YOUR STORY

You may be interested to know that throughout November on **every Tuesday** from **10.00am until noon** people can have help with the computer in the **Reigate Library** to have their stories typed.