

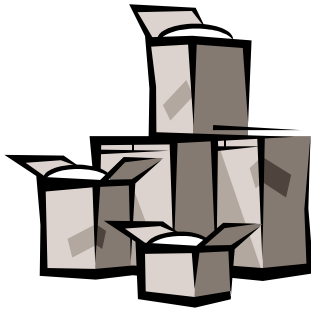
REIGATE STEPPING STONES



SEPTEMBER
NEWSLETTER
2010

NEW SOCIAL VENUE AND OPENING TIMES

From Tuesday, 31st August 2010, Reigate Stepping Stones Social Group moved into their new premises at:



South Park Constitutional Club,
28/30 Smith Road,
South Park,
Reigate,
Surrey. RH2 8HJ

The opening times have been reverted back to 10.30am until 1.30pm. The Trustees are very happy about the premises and hope that this is where the Social Group continues to stay.

AMALGAMATED MENTAL HEALTH CONNECTIONS



There was a Quiz Night held on Sunday, 8th August last organised by Muff Chisholm and Paul Burns and with help from Alan Teale on getting the room ready for the Quiz.

It was a good and very light hearted evening with food. The Quiz winners were "Step in Time" who won twice and "Polly Pots" won the third quiz. The Lucky Dip was won by the "Butterfly Warriors".

Our special thanks go to Simon Dawkins, the new Manager of the Toby Carvery, for letting us use their Meeting Room.
Paul Burns.

AMALGAMATED MENTAL HEALTH CONNECTIONS

The next Quiz Night will be held on **Sunday, 5th September, 2010.**
7.00pm arrival for starting at 7.30p promptly.



The Toby Carvery,
Meeting Room,
Redstone Hill,
Redhill, Surrey

£3.00 per person. Sandwiches will be provided.

For details contact either: Muff Chisholm 01737-221016
or Paul Burns 01737-210079

Website: www.reigatsteppingstones.org.uk

Charity No. 11136374

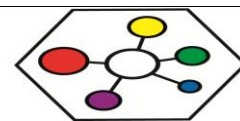
Company limited guarantee in England No. 723238

AMALGAMATED MENTAL HEALTH CONNECTIONS



As from the 6th September 2010 Amalgamated Mental Health Connections name will be changed as follows:

**Social
Succors**



HANDYPERSON SCHEME



Raven Housing Association offers a Handyperson Scheme which may be able to assist people with small works to your room/property if you are disabled or over sixty years of age who live in Redhill, Reigate and Horley.

Contact No. 01737 272400

Tandridge DC Care and Repair Agency offers a similar service as well for their area.

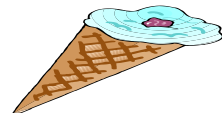
Contact No. 01883 732802

ALLOTMENT



Whilst the weather has not been to our liking, vegetables and plants like it as it is good growing weather so plenty of vegetables are being brought along to the Social Group by Bryan and others that grow vegetables there.

OUTINGS



Do not forget that David Newman is willing to take members out in his car for trips to the seaside, etc. If you are interested, please speak to him about these.

HORTICULTURAL COURSE



The Old Moat Garden Centre, part of Richmond Fellowship, is running a horticultural course in September in conjunction with East Surrey College. The course is a City and Guilds Q.C.F. level 1 in Horticulture.

Practical training and assessments are carried out as part of work experience in their commercial plant nursery and garden centre.

Training is free for people on certain benefits.

For more information contact Jonathan or Jackie – 01372 731971

Website: www.reigatesteppingstones.org.uk

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WORLD MENTAL HEALTH DAY



The World Mental Health Day is Sunday, 10th October, 2010.

Epsom is arranging a variety of activities regarding mental health issues which start on Sunday, 10th October 2010 until Saturday, 16th October 2010. There will be an Epsom Mental Health week programme available towards the end of September.

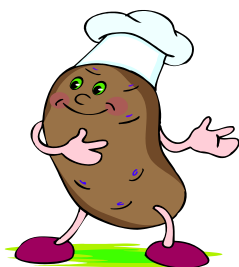
EAST SURREY COMMUNITY CONNECTIONS



Organisations from the East Surrey Community Connections Locality team are preparing an event for Friday, 8th October 2010 with regard to World Mental Health Day.

It will be advertised once it has been decided what is going to happen and where.

“HARVEST CELEBRATION BRUNCH”



Good Food for All – interactive cookery demonstration
Community Chef will be preparing a scrumptious menu of autumn delights.

Feel inspired and be nourished!

Learn to make quick, easy and delicious dishes.

Enjoy free tasters.

Saturday, 16th October, 2010. 11.30am – 2.00pm

The Richmond Fellowship, The Old Moat Garden Centre, Horton Lane, Epsom, Surrey. KT19 8PQ 01372 731971

The link to their Chef's web site is: www.communitychef.org.uk

MEETINGS



Focus – East and Mid Area Group Meeting

Monday, 6th September 2010. 1.30pm-3.30pm.

Holy Trinity Church Centre, The Lounge, Carlton Road, Redhill. RH1 2BX

The meeting will include the following:

Community Mental Health Teams Re-Design Programme

Reviewing Psychotherapy Services

Your Area Group Reps from September 2010

It looks a very interesting meeting and not to be missed.

MID & EAST SURREY STAKEHOLDER GROUP

Thursday, 14th October 2010 2.00pm – 4.00pm

Green Room, Woodhatch Centre, Woodhatch, Reigate.

Website: www.reigatesteppingstones.org.uk

Charity No. 11136374

Company limited guarantee in England 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 who 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.

HAPPY BIRTHDAY GREETINGS

LIZ -7TH

MEL - 14TH

JOHN -15TH