



## MARCH NEWSLETTER 2018

**SOCIAL GROUP MOBILE NO. 07543 889 649**

**(Only in use Tuesday and Thursday: 10.30am – 1.30pm)**

**SOCIAL GROUP ADDRESS: South Park Constitutional Club, 28-30 Smith Road, Reigate, Surrey RH2 8HJ**

**OFFICE MOBILE NO. 07597 781 624 (Monday - Friday: 9.00am – 6.00pm)**



### REIGATE STEPPING STONES SOCIAL GROUP NEW PREMISES

No doubt most of you know that we were given three months' notice by South Park Constitutional Club in January last and we leave there on Thursday 29th March 2018.

The Trustees are pleased to say that Reigate Stepping Stones Social Group has found a new home at:

**The Redhill Football (Social) Club Ltd.,  
Kiln Brow,  
Three Arch Road,  
Redhill,  
Surrey RH1 5AE**

and we look forward to working with this Social Club Committee.

We would like to take this opportunity to thank South Park Constitutional Club Committee for the help and support that they have given us and allowing us to use their premises since the beginning of September 2010.

As these premises are near East Surrey Hospital, there are plenty of buses that go past the new premises.

There is parking outside the new premises which consists of four disabled parking bays and some parking on the right hand side of the building.

## **SAFE HAVEN, REDHILL**



**EVERY EVENING THROUGHOUT THE YEAR**

**6.00PM – 11.00PM**

**Wingfield Resource Centre, St. Anne's Drive, Off Noke Drive,  
Redhill RH1 1AU**

A safe place for anyone experiencing a mental health crisis. Mental health professionals are available to talk, listen and help you through.

Come along and see us: you do not have to book a place and you can talk as much or as little as you want. If you prefer you can sit with us and have drink.

We offer a relaxed environment. Everyone is welcome, whether you are in a crisis yourself or know someone who is. Whatever support you need we are here to help you. Mental Health Carers are also welcome.

Directions if driving: Drive along St. Anne's Drive, passing the Post Office building and their parking space, Wingfield Resource Centre and then turn left into St. Anne's Mount and follow road round into Wingfield Resource Centre parking area.

## **Epsom Safe Haven**

The Larches, 44 Waterloo Road, Epsom KT19 8EX

## **Guildford Safe Haven**

Oakleaf Enterprise, 101 Walnut Tree Close, Guildford GU1 4UQ

## **REIGATE STEPPING STONES SOCIAL GROUP (TUESDAYS & THURSDAYS)**

**MID & EAST SURREY**



**MENTAL HEALTH OUTREACH**

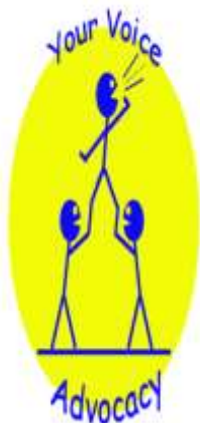
*Specialist advice service for people suffering with severe and enduring mental illness*

Do you need assistance with any of the following:

- Housing
- Employment
- Benefits, Appeals and Tribunals
- Consumer Rights
- Debt
- Family and Personal Matters
- Discrimination

If the answer is yes, please speak to RSS Social Group staff to book an appointment with one of their Mental Health Advisers for a Tuesday or Thursday between 10.30am – 1.00pm.

## ADVOCACY



### ADVOCACY IN SURREY SURREY DISABILITY PEOPLE'S PARTNERSHIP (SDPP) MATRIX

The Trustees are pleased to announce that they have made contact with the above mentioned organisations that provide advocacy services.

Please talk to one of the staff if you feel that you need this service who will either fill in the appropriate form on your behalf or help you with this and this will then be forwarded to Advocacy in Surrey.

An advocate will then make contact with you to make an appointment with you at the Reigate Stepping Stones Social Group.

## ENABLING INDEPENDENCE SERVICE



### EVERY THURSDAY (TIME VARIES)

#### The Brickfield Centre, Portland Place, Epsom KT17 1DL

This group meets every Thursday at the Brickfield Centre and have a varied programme. The time varies each week depending on the activity.

- Make friends
- Learn new skills; such as budgeting, time keeping and accessing public transport
- Gain confidence and have fun!

If this looks like something that you would benefit from and enjoy please ask your Care Coordinator to refer you.

*This Group is self-funded.*

Surrey County Council and Surrey & Borders Partnership NHS Foundation Trust.

## WEA



### PREPARING TO RETURN TO WORK THURSDAY 19TH APRIL – 17TH MAY 10.00AM – 12.00PM Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

This 5 week course will cover many aspects of preparing for work including:

- Identifying your transferable skills
- Knowing the features of a good CV
- Practicing common interview questions

Facilitator: Kate Antoniou - Course code: C742481

Fee: £30 or free to those on income related benefits

Book today: WEA 03003 033 464 W: [www.wea.org.uk](http://www.wea.org.uk)

Emma Hills on 07711 855 887 E: [ehills@wea.org.uk](mailto:ehills@wea.org.uk)

## **RICHMOND FELLOWSHIP/WEA**



### **AN INTRODUCTION TO MINDFULNESS THURSDAY 26TH APRIL 10.00AM – 1.00PM Wingfield Resource Centre, St. Anne's Drive, Redhill RH1 1AU**

This short workshop will introduce you to mindfulness techniques to help relieve anxiety and stress.

This course is free of charge and for clients registered with the Richmond Fellowship.

Contact: Lucy Rowley T:017373 771 282 M: 07770 890 245

E: [Lucy.Rowley@RichmondFellowship.org.uk](mailto:Lucy.Rowley@RichmondFellowship.org.uk)

## **MARY FRANCES TRUST**



### **A GENTLE INTRODUCTION TO FITNESS THURSDAY 10.30AM – 11.30AM**

**Parson's Mead Pavilion, Ottways Lane, Ashted KT21 2PS  
(On main bus routes from Epsom and Leatherhead)  
£5.00 per session**

A class run by Michelle Sammans that is open to everyone who would like to improve their sense of wellbeing and self-esteem, regardless of age, fitness level or ability, through dance related exercise.

Just turn up or to book a place on this course, please contact: Christine Schauerman T: 01372 375 400 Text: 07929 024 722

Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## **DO YOU LIKE MUSIC?**



### **MARCH - THURSDAY 1.10PM**

**St. Matthew's Church, 71 Station Road, Redhill RH1 1DL**

These concerts are held for about an hour which is free, although a donation of £3.00 would be appreciated.

01st – Theresa Yu, piano

08th – Hanna Hever, clarinet; Javier Morillas, viola; Tereza Stachova, piano

15th – River City Saxes; Chris Hooker, soprano; Bob Lowdell, alto; Martyn Thomas, tenor; Christ Blake, baritone

22nd – Chalumeaux Clarinet Quintet; Paul Sergeant, Colin Bridge, Katie Ewins, Avril Bates

29th – Maudy Thursday – no concert

Refreshments are available in their Fresh Ground Café afterwards.

## MARY FRANCES TRUST/WEA



### STRESS MANAGEMENT

**THURSDAY 15TH MARCH 6.00PM – 9.00PM**

**The Brickfield Centre, Portland Drive, Epsom KT17 1DL**  
This workshop will help you to understand the signs and causes of stress and some useful practical techniques to help you deal with stress.

Facilitator: Angie Muscio

This course is free of charge and is for clients aged over 19 years registered with Mary Frances Trust.

Please contact Mary Frances Trust to register. T: 01372 375 400

SMS: 07929 024 722 E: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## RICHMOND FELLOWSHIP/WEA



### INTRODUCTION TO VOLUNTEERING

**FRIDAY 16TH MARCH 10.00AM – 1.00PM**

**Redhill Safe Haven, Wingfield Resource Centre, St. Anne's Drive, Redhill RH1 1AU**

A free workshop to introduce you to volunteering.

Topics include:

- Types of volunteer roles and how to get involved
- Identifying your transferable skills
- The benefits of volunteering

Facilitator: Emma Hall

Booking essential: Richmond Fellowship East Surrey Community Connections Team T: 01737 771 282 SMS: 07770 890 245

E: [redhillcc@richmondfellowship.org.uk](mailto:redhillcc@richmondfellowship.org.uk)

## MARY FRANCES TRUST



### CAFÉ

**FRIDAY 10.15AM – 1.30PM**

**The Brickfield Centre, Portland Place, Epsom KT17 1DL**

This Café is open every Friday which provides a choice of refreshments and an opportunity for social interaction and peer support in a friendly environment.

For more details contact: Mary Frances Trust

Tel: 01372 375 400 SMS: 07929 024 722

Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)



## MARY FRANCES TRUST



### ART GROUP

**FRIDAY 10.30AM – 12.30PM**

**The Brickfield Centre, Portland Place, Epsom KT17 1DL**

Have fun with joining this Art Group. You never know you may be extremely good at doing this and enjoy yourself.

To book contact: Mary Frances Trust Tel: 01372 375 400 SMS: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## YMCA EAST SURREY



### YOGA (Term time only)

**FRIDAY 12.30PM – 1.15PM**

**YMCA East Surrey, YMCA Sports & Community Centre,  
Princes Road, Redhill RH1 6JJ**

A gentle progressive Yoga Class ideal for those new to Yoga or want to work at a lower intensity. This class can be done either seated or standing using physical movement, breathing techniques and meditation to improve flexibility, strength, balance and energy.

Non-members £5.00 Basic Member £4.30 Basic Concession £3.30  
Premium Membership Free

## RICHMOND FELLOWSHIP



### WOMAN TO WOMAN

**EVERY SECOND FRIDAY OF THE MONTH**

**1.00PM – 3.00PM**

**Safe Haven, Wingfield Resource Centre, St. Anne's Drive,  
Redhill RH1 1AU**

Ladies it is important that we all have a safe place to go where we can speak openly about our worries and stresses with others who understand.

Join them for a cuppa and a chat in the Safe Haven room.

Please contact Richmond Fellowship T: 01737 771 282

E: [redhillcc@richmondfellowship.org.uk](mailto:redhillcc@richmondfellowship.org.uk)

## MARY FRANCES TRUST



### CREATIVE WRITING

**FRIDAY 1.30PM – 2.30PM**

**The Brickfield Centre, Portland Place, Epsom KT17 1DL**

The creative writing group will be meeting every Friday.

The group is informal and aims to provide a positive and productive atmosphere for developing writers to integrate, learn and grow.

Please contact Mary Frances Trust T: 01373 375 400

Text: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## FRIENDS OF MERSTHAM PARKS AND GREENS



### FIRST SATURDAY IN EACH MONTH

Laura Ashley, Community Outreach & Outdoor Learning Officer Surrey Wildlife Trust will be on hand to advise Friends of Merstham Parks and Greens who will continue with much of the good work of conserving and improving the green spaces and natural areas of Merstham who will meet on the first Saturday of every month.

If you are interested in volunteering with Friends of Merstham Parks and Greens please contact Lisa Irwin on 01737 762 115 or email: [volunteer@varb.org.uk](mailto:volunteer@varb.org.uk)

## THE HARLEQUIN



### THE BAND OF THE GRENADIER GUARD

**SUNDAY 18TH MARCH AT 3.00PM**

**The Harlequin Theatre, Redhill**

Tickets £12.00 each

The Mayor of Reigate & Banstead, Cllr Roger Newstead, would be delighted if you could join him to see the Band of the Grenadier Guards in concert. Featuring an exciting programme of music performed by one of the world's military bands.

Please contact The Harlequin Theatre to purchase tickets.

Box Office: 01737 276 500 W:[www.harlequintheatre.co.uk](http://www.harlequintheatre.co.uk)

## ESDAS (EAST SURREY DOMESTIC ABUSE SERVICE)



### ROLLING PROGRAMME OF WOMEN'S INFORMAL DROP-IN WORKSHOPS SPECIFIC MONDAYS 10.00AM – NOON (Term Time only)

ESDAS offers an ongoing programme of six workshops to women who are, or have been, in domestic abuse situations. Each of the six Workshops will focus on a specific topic meaning you can choose to come to as many or as few as you wish and have a chance to catch up with any you missed during the following term. There will be time at the start of the session for informal discussion and relaxation exercises will be offered at the end depending on time available.

The workshops will run on specific dates on Monday between 10.00am and noon in the centre of Redhill and will be repeated through school terms.

Workshops are facilitated by an experienced ESDAS Outreach Worker and a small team of trained ESDAS volunteers. Some Workshops will be run by external facilitators.

Their aim is to offer you a range of emotional and practical life skills to build self-esteem and confidence and to encourage and empower you to move forward in your recovery.

The workshops are offered free of charge.

They are unable to accommodate school age children as the conversations and content of workshops may be inappropriate. However, if you have pre-school

children and are unable to access childcare please give them a call so they can discuss options which may help you to attend.

If you would like any further information on the Workshops please call Dawn on 01737 771 350

## **MERSTHAM COMMUNITY FACILITY TRUST**



### **IT CAFÉ**

**MONDAY: 10.00AM – 2.00PM**

**WEDNESDAY: 10.00AM – 2.00PM**

**FRIDAY: 10.00AM – 2.00PM**

**2a Portland Drive, Merstham RH1 3HY**

Welcome to the new Merstham Hub

For further information, please contact Mandy M: 07522 922 124

E: [info@mcft.org.uk](mailto:info@mcft.org.uk)

## **YMCA EAST SURREY**



### **EXERCISE REFERRAL MINIBUS SERVICE**

**MONDAY – TUESDAY - WEDNESDAY**

**PICK UP BETWEEN 10.30AM – 11.00AM**

**DROP OFF BETWEEN 12.30PM – 1.00PM**

**COST £2.50 COVERING BOTH JOURNEYS**

**Does not include Gym entrance fee**

If you have transport difficulties and find it hard to get to the YMCA, they now offer a minibus service for Exercise Referral members. The minibus is wheelchair accessible and can pick you up from home, bring you to the YMCA Sports & Community Centre in Redhill and take you back home again.

The staff have a friendly, caring and attentive attitude and are always willing to help.

Where: Reigate, Redhill, Nutfield, Merstham and Horley area.

To book please contact: Simone Towner – 01737 779 979

[www.ymcaeast Surrey.org.uk](http://www.ymcaeast Surrey.org.uk)

## **RICHMOND FELLOWSHIP/WEA**

### **EMOTIONAL HEALTH & WELLBEING**

**MONDAY 16TH APRIL – 21ST MAY 11.00AM – 1.00PM**

**(Every Monday for 5 weeks excluding 7th May)**

**Redhill Methodist Church, Gloucester Road,**

**Redhill RH1 1BP**



This 5 week course will help you to discover how to achieve greater confidence, a more balanced life and improved emotional health and wellbeing.

This course is free of charge and is for clients registered with the Richmond Fellowship.

Contact: Lucy Rowley T:017373 771 282 M: 07770 890 245

E: [Lucy.Rowley@RichmondFellowship.org.uk](mailto:Lucy.Rowley@RichmondFellowship.org.uk)



## MARY FRANCES TRUST



### INTRODUCTION TO PILATES MONDAYS FROM 1.00PM – 2.00PM 12-19-26/03/18 & 09-16-23/04/18

**The Brickfield Centre, Portland Place, Epsom KT17 1DL**

This course has been designed for people who are new or in the beginning stages of Pilates.

You will learn Pilates Fundamentals and exercises, from the simplest to more complex.

Pilates is also calming and known as “movement as meditation”.

This course consists of 6 sessions at a cost of £3.00 per session.

All attendees must register with Mary Frances Trust before starting this course.

They will need you to complete some paperwork before your place is confirmed.

Contact: Mary Frances Trust T: 01373 375 400

Text: 07929 024 722 Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

## SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST (SABP) EAST & MID SURREY AREA GROUP FOCUS

**MONDAY 5TH MARCH 1.00PM – 3.00PM**

**Reigate Baptist Church, Sycamore Walk, Reigate RH2 7LR**

Agenda:

1. Welcome, Introductions and Apologies
2. FoCUS Area Group Meeting Ground Rules
3. Minutes of previous meeting & Actions
4. Feedback from FoCUS Committee
5. Local Issues, good news and compliments  
(10 minutes break)
6. Mental Capacity – Caroline Hewitt
7. CMHRS update.



Date of next meeting: Tuesday 3rd April – Holy Trinity Church, Carlton Road, Redhill RH1 2BX

## RICHMOND FELLOWSHIP



**CARD MAKING WORKSHOP  
MONDAY 26TH MARCH 1.00PM – 3.00PM**

**East Surrey Community Connections,**

**Wingfield Resource Centre, St. Anne's Drive, Redhill RH1 1AU**

Join them for a two hour carding making session which would involve DIY Easter cards, birthday cards and greeting cards. All materials provided are free.

Spaces are limited so please book now!

Contact: Richmond Fellowship T: 01737 771 282 SMS: 07770 890 245

E: [redhillcc@richmondfellowship.org.uk](mailto:redhillcc@richmondfellowship.org.uk)

## **RICHMOND FELLOWSHIP/YMCA**



### **WALK YOUR WAY TO HEALTH SECOND MONDAY IN EACH MONTH AT 1.30PM Richmond Fellowship, Wingfield Resource Centre, St. Anne's Drive, Redhill RH1 1AU**

Walking will keep your mind healthy as well as your body and is proven to have a positive impact on mental health. It's the ideal way to enjoy the outdoors and meet new people.

If this is something that appeals to you, why not come along?

Please contact Richmond Fellowship: T: 01737 771 282 SMS: 07770 890 245

E: [redhillcc@richmondfellowship.org.uk](mailto:redhillcc@richmondfellowship.org.uk)

*(Some people might need to check with their Doctor first.)*

## **RICHMOND FELLOWSHIP**



### **DESERT ISLAND DISCS EVERY THIRD MONDAY OF THE MONTH 1.30PM – 3.30PM Richmond Fellowship, Wingfield Resource Centre, St. Anne's Drive, Redhill RH11 1AU**

If you were stuck on a desert island what three songs would you bring with you and why?



You are invited to go to their Safe Haven room at Wingfield Resource Centre and share your song choices with other likeminded music lovers whilst also listening to their choices over a cuppa and some cake.

Please contact Richmond Fellowship: T: 01737 771 282 SMS: 07770 890 245

E: [redhillcc@richmondfellowship.org.uk](mailto:redhillcc@richmondfellowship.org.uk)

## **MARY FRANCES TRUST**



### **BANSTEAD WELLBEING ACTIVITY HOUR**

This group is taking a short break before re-launching again in April. The reason is being that Mary Frances Trust has been given funding to run some Wellbeing Workshops in Tadworth during March which will run on Wednesdays. By living in Tadworth it is often very difficult for residents in this area to travel to other locations to access services and support. Thanks to County Councillor Mr. Nick Harrison for supporting this project.

## ST. BARNABAS CHURCH SOCIAL GROUP

**SPRING TERM – MARCH 2018**

**EACH MONDAY 4.00PM – 7.00PM**

**St. Barnabas Church, Temple Road, Epsom KT19 8HA**



05th – Live music with Richard and Ronnie

12th – Film night with popcorn and hotdogs

19th – Easter egg hunt with Jenny

£2.00 per session

If interested, please contact St. Barnabas Church

Tel: 01372 721 518

Email: [info@lovemelovemymind.org.uk](mailto:info@lovemelovemymind.org.uk)

## MINDFULNESS



**MONDAY 12TH MARCH 7.00PM – 8.00PM**

**St. Nicholas Church Hall, Bury Street, Guildford GU2 4AW**

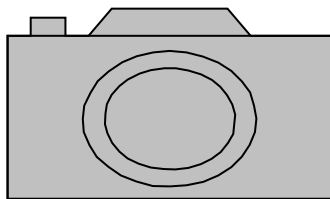
Mindfulness simply means paying attention to our experience in the present moment, on purpose and with an attitude of kindly acceptance. Evidence shows that mindfulness practice can help us to feel awake, aware and present for more of our lives; to choose our actions more wisely; to let go of worries and habits

which no longer work for us and to boost our well-being. Attendees will be invited to “dip into the present moment” with simple exercises to focus attention. The sessions are free and open to all.

For further information contact: [suzette.jones@cofeguildford.org.uk](mailto:suzette.jones@cofeguildford.org.uk)

Tel: 01483 790 335

## REIGATE PHOTOGRAPHIC SOCIETY



**MONDAYS – 8.00PM**

**Old Schoolroom, Reigate Community Centre, rear of Reigate Methodist Church, High Street, Reigate RH2 9AE**

Meets every Monday (except holidays) from September to May at 8.00pm at the Old Schoolroom, Reigate Community

Centre, at the rear of Reigate Methodist Church, High Street, Reigate.

New members and members of other Photographic Clubs are always welcome.

For more information please contact them at: [info@reigatephotosoc.co.uk](mailto:info@reigatephotosoc.co.uk)

[www.reigatephotosoc.co.uk](http://www.reigatephotosoc.co.uk)

## FREE MEDITATION – TAKETIME (REST & REFLECT)



**Reigate Community Centre, Room F4, High Street, Reigate RH2 9AE**

**TUESDAYS 9.45AM – 10.15AM**

**(Term time only)**

Each session last thirty minutes and there is an opportunity to stay and chat together in the Hub Café afterwards.

## **2ND AND 4TH WEDNESDAY OF EACH MONTH AT 8.00PM**

As above and then at 8.50pm there is a Taketime Plus session for those who wish to share something of their spiritual journey and raise any questions they have. This finishes at 9.45pm.

Taketime (Rest & Reflect) requires no religious knowledge or background and is designed to give adults a place where they can be still and quiet in a prayerful setting.

Each session begins with relaxation followed by meditation based on the Christian Ignatian tradition and is led by Rev. Clive McKie. Contact: Clive 01737 242 167

## **PATCHWORKING GARDEN PROJECT**



**TUESDAY      WEDNESDAY      THURSDAY**  
**10.00AM – 12.30PM    AND/OR    1.30PM – 4.00PM**  
**Patchworking Garden Project,**  
**Aviva Pic (formerly Friends Life) Sports Ground,**  
**Pixham Close, Dorking RH4 1QA**

The Patchworking Garden Project is bringing positive change to people's lives through the therapeutic benefits of gardening.

Gardening improves wellbeing as well as providing social interaction and the opportunity to learn new skills.

Set in a walled garden, The Patchworking Garden Project does all this in a stunning natural environment. People can come and garden in supported sessions, or simply enjoy the space.

If interested, please contact: 07814 544 420

Email: [info@patchworkinggardenproject.co.uk](mailto:info@patchworkinggardenproject.co.uk)

Website: [www.patchworkinggardenproject](http://www.patchworkinggardenproject.co.uk) co.uk

## **RICHMOND FELLOWSHIP/WEA**



### **MOOD AND FOOD**

**TUESDAY 20TH MARCH    10.00AM – 1.00PM**  
**Redhill Safe Haven, Wingfield Resource Centre,**  
**St. Anne's Drive, Redhill RH1 1AU**

This course will be led by qualified nutritionist, Catherine Zabilowicz, who will explain how certain foods can help to improve your physical and mental health.

Time will be spent exploring the relationships between emotions and eating and giving practical advice on how to break bad habits.

Booking essential, please contact Richmond Fellowship East Surrey Community Connections. T: 01737 771 282 SMS: 07770 890 245

E: [redhillcc@richmondfellowship.org.uk](mailto:redhillcc@richmondfellowship.org.uk)



**WEA**



**MIXED ABILITY FUNCTIONAL SKILLS MATHS  
LEADING TO A LEVEL 1 OR LEVEL 2  
CITY & GUILDS QUALIFICATION  
TUESDAY 17TH APRIL – 17TH JULY 10.00am – 12.30pm  
(a 13 week course excluding 29th May for half term)  
Redhill Methodist Church, Gloucester Road,  
Redhill, Surrey RH1 1BP**

This free 13 week course will teach you the key areas of maths to help you become more confident in everyday mathematics.

This course leads to a final maths examination in either Level 1 or Level 2 City and Guilds Functional Skills. (Level will depend on current level of ability.)

Book today: Contact WEA T: 03003 033 464 [www.wea.org.uk](http://www.wea.org.uk) or Emma Hills on 07711 855 887 E: [ehills@wea.org.uk](mailto:ehills@wea.org.uk)

**RICHMOND FELLOWSHIP**



**JUST FOR MEN  
FIRST TUESDAY IN THE MONTH 12.00 – 2.00PM  
Richmond Fellowship – East Surrey Connections  
Safe Haven, Wingfield Resource Centre, St. Anne's Drive.  
Redhill RH1 1AU**

Please join them for a cuppa and a biscuit every first Tuesday of the month to get to know each other and plan future activities.

Please contact: Richmond Fellowship T: 01737 771 282

Email: [redhillcc@richmondfellowship.org.uk](mailto:redhillcc@richmondfellowship.org.uk)

**DORKING BEREAVEMENT GROUP**



**FIRST, THIRD AND FIFTH TUESDAYS IN THE MONTH  
1.00PM – 3.00PM**

**The Living Room, Dorking United Reformed Church,  
West Street, Dorking RH4 1BS**

A partnership between The Brigitte Trust and St. Catherine's Hospice.

You are welcome to join this open group where bereaved people can come on their own, or with a friend, to meet others who are in a similar situation.

It is a great opportunity to chat, share experiences and discuss ways of coping. Trained volunteers will be on hand for emotional and bereavement support.

They look forward to welcoming you. Contact: Annette Phillips on 01293 447 343

## **RICHMOND FELLOWSHIP**



### **YOGA CLASSES**

**TUESDAY 3.00PM - 4.15PM**

Richmond Fellowship – East Surrey Connections  
Safe Have, Wingfield Resource Centre, St. Anne's Drive.  
Redhill RH1 1AU

Instructor: Sarah Purchase

Yoga is a very beneficial way to helping yourself regarding to your overall wellbeing.

If interested, please book at Richmond Fellowship: T: 01737 771282

## **ST. LUKE'S CHURCH**



**THERE IS ALWAYS TIME FOR TEA AND CAKE**

**TUESDAY 27TH MARCH 2.00PM – 3.30PM**

**St. Luke's Church, 5 Church Road, Reigate RH2 8HY**

Join them for tea and cake with the Hearing Clinic for free general maintenance on NHS hearing aids.

Please contact Pearl for more information: T: 01737 222 390 M: 07969 393 206

## **ENABLING INDEPENDENCE SERVICE**



**PHYSICAL ACTIVITIES GROUP**

**EVERY TUESDAY 2.00PM – 3.00PM**

**Rainbow Leisure Centre, East Street, Epsom KT17 1BN**

Keep fit, make friends and have fun!

A choice of Badminton, Table Tennis and Basketball depending on what people choose.

If you are interested in coming along, please talk with your Care Coordinator and ask to be referred.

Surrey County Council and Surrey & Borders Partnership NHS Foundation Trust

## **CONQUEST ART**



**ART GROUP IN EPSOM**

**TUESDAYS 2.00PM - 4.00PM**

**The Epsom Methodist Church,  
Ashley Road, Epsom KT18 5AG**

Conquest Art is a charity established to provide art groups for people with disabilities.

If you would like to become a member of Conquest Art, or to volunteer please contact the following:

Website: [www.conquestart.org](http://www.conquestart.org) or phone 02083 976 157

## ST. MATTHEW'S CHURCH



**BEREAVEMENT DROP IN**  
**SECOND AND FOURTH TUESDAY OF THE MONTH**  
**3.00PM – 4.00PM**  
**Fresh Ground Cafe**

**St. Matthew's Church, 71 Station Road, Redhill RH1 1DL**

Tea/coffee and biscuits and a listening ear are provided to anyone who has suffered a loss of any sort either recently or in the past.

Contact: Rev. Helen Cook M: 07530 609 511

## YMCA EAST SURREY – GYM CLASSES



**TUESDAY: 3.00PM – 5.00PM OPEN SESSION**  
**WEDNESDAY: 10.30AM – 12.30PM OPEN SESSION**  
**YMCA Sports & Community Centre, Princes Road,**  
**Redhill RH1 6JJ**

Annual Membership is free on production of Exercise Referral Form which has been signed by a medical person, e.g. CPN, GP, etc.

If you are new to the YMCA please ring for an initial appointment, details on the referral form.

For further information, please contact Simone Towner on 01737 784 976 or email: [simone.towner@ymcaeastsurrey.org.uk](mailto:simone.towner@ymcaeastsurrey.org.uk)

## SELF INJURY SUPPORT



**WOMEN'S SELF INJURY HELPLINE**  
**TUESDAY & WEDNESDAY 7.00PM - 9.00PM**  
**THURSDAY 3.00PM - 5.00PM**  
**0808 800 8088**

Emotional support, listening and signposting for women affected by self-injury.

- They are not able to see your number
- Their number will not show up on phone bills
- Free from mobiles on 3 EE, O2, Orange, T-Mobile, Virgin, Vodafone and landlines

Confidential

Non-judgemental

Supportive

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Charity 1092299

## CONQUEST ART – REIGATE



**WEDNESDAY 10.00AM – 12.00 NOON**  
**(During school term only)**  
**Reigate Park Church,**  
**Park Lane East, Reigate RH2 8BD**

Conquest Art is a charity established to provide art groups for people with disabilities.

Art can be invaluable in helping people to regain confidence in their abilities and find happiness through self-expression.

Conquest Art groups provide a social activity with a purpose as well as an opportunity for members to express their feelings and gain a sense of achievement.  
Group Leaders: Kathy Adams or Tara Supra-Wood  
Tel: 01737 233 923 or 01737 766 502

## MARY FRANCES TRUST



**WOMEN'S SEWING GROUP**  
**WEDNESDAY 10.00AM – 12.30PM**  
**The King's Church, Longmead Road,**  
**(off Gibraltar Crescent), Epsom KT19 9BU**

Are you interested in sewing? Would you like to be able to make your own clothes?

Why not come along to our group to make friends, have a chat and learn something new

The group is small and friendly and everyone will work on their own project with support from our staff and volunteers.

For more information, please contact: Mary Frances Trust  
T: 01372 375400 SMS: 07929 024 722

## YMCA EAST SURREY



**TAI CHI (FITNESS CLASS)**  
**WEDNESDAYS (TERM TIME ONLY)**  
**10.30AM – 11.15AM**  
**Brewers Room**  
**YMCA Sports & Community Centre,**  
**Princess Road, Redhill RH1 6JJ**

Tai Chi combines deep breathing and relaxation with slow and gentle movements for an excellent low-impact exercise class.

Please contact YMCA East Surrey: 01737 779 979  
Email: [admin@ymcaeast Surrey.org.uk](mailto:admin@ymcaeast Surrey.org.uk)

## THE MEETING ROOM



**DROP IN CENTRE FOR HOMELESS,**  
**UNEMPLOYED AND SOCIALLY ISOLATED PEOPLE**  
**WEDNESDAY 11.30AM – 2.30PM**  
**St. Barnabas Church, Temple Road, Epsom KT19 8HA**  
**THURSDAY 11.00AM – 2.00PM**

**Kings Church, Longmead Road, Epsom KT19 9BU**  
Make new friends, support and advice on homelessness, refreshments and hot lunch. No charge, all welcome.



## ST. LUKE'S CHURCH – LUNCH MATTERS



**WEDNESDAY LUNCH**  
**7TH AND 21ST MARCH 12.15PM**  
**St. Luke's Church, St. Peter's Room, 5 Church Road,**  
**Reigate RH2 8HY**

Lunch will start at 12.15pm which is a two course meal that costs £4.00.  
For more details contact Pearl 01737 222 390 M: 07969 393 206

## MARY FRANCES TRUST



**TADWORTH WELLBEING WEDNESDAYS**  
**MARCH 1.30PM – 3.30PM**  
**Merland Rise Church, Merland Rise, Epsom, Tadworth**  
**KT20 5JG**

07th – Love on the Rocks  
14th – Love on the Rocks  
21st – Wellbeing Activity  
28th – Wellbeing Activity

Please contact: Clare M: 07472 829 078 E: [Clare@maryfrancestrust.org.uk](mailto:Clare@maryfrancestrust.org.uk)

## LET'S TALK EPSOM



**EVERY WEDNESDAY 7.30PM – 9.00PM**  
**St. Barnabas Church, Temple Road, Epsom KT19 8HA**  
A weekly self-help group where people who are affected by any kind of depression can meet to share experiences and coping strategies with others in similar situations.

Further details contact:  
Allen 07817 471 656 or Laura 07711 246 629  
Love Me – Love My Mind Charity

## YMCA EAST SURREY



**VINYASA YOGA**  
**WEDNESDAY 8.15PM – 9.15PM**  
**Coffee Bar**  
**YMCA Sports & Community Centre,**  
**Princess Road, Redhill RH1 6JJ**

Combine yoga poses are fully adaptable with visualisation help you feel more balanced and refreshed. Classes include pranyanama breathing techniques, gentle stretching and asanas, sun salutations and guided mediations to encourage mindfulness.

Please contact YMCA East Surrey: 01737 779 979  
Email: [admin@ymcaeastsurrey.org.uk](mailto:admin@ymcaeastsurrey.org.uk)

## DO YOU NEED A WELLBEING PRESCRIPTION?

**SPEAK TO A WELLBEING ADVISER ON**

**01883 732 787**



They can help you:

Be healthier / Get Active / Lose weight  
Eat well / Stop Smoking  
Meet new people / Get out and about  
Get a load off your chest

[wellbeingprescription@tandridge.gov.uk](mailto:wellbeingprescription@tandridge.gov.uk)

[wellbeingprescription@reigate-banstead.gov.uk](mailto:wellbeingprescription@reigate-banstead.gov.uk)

[www.wellbeingprescription.co.uk](http://www.wellbeingprescription.co.uk)

## RAPE CRISIS SURREY & SUSSEX

**NATIONAL HELPLINE 008 802 9999**



The Helpline is:

- Open every day of the year from 12 – 2.30pm and 7.00 – 9.30pm
- Staffed by fully trained female Helpline workers
- Free to landline, Virgin, Orange, O2, 3, T-Mobile and Vodaphone mobile phone networks
- Calls to the Helpline from these networks will not show up on phone bills

They can promise you:

Confidentiality

Honesty

Emotional support

Professionally trained support Workers

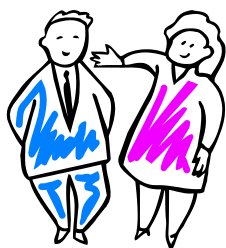
Independent unbiased information

Nationwide referral numbers

Free written information

They are there to help with trust, understanding

## TRUSTEES



The Trustees would like to say that should any member have anything that they wish to discuss about the Social Group they are only too happy to listen to them.

If members do not feel comfortable discussing these at the Social Group, then please ring David Murphy – Chair on 07597 781 624 for a private chat.

## FUTURE WORKSHOPS

### YMCA

Wellbeing Gym – Thursdays (starting 5th April) 2.00pm – 3.00pm

This is for anyone who is suffering from a mental health condition. A relaxed instructor led gym session to help reduce anxiety, clearer thinking, greater sense of calm and increase self-esteem.

Everyone attending will need to complete a FREE gym induction before attending this class. They will then receive a free annual Basic or Basic Concession Membership and will then pay a reduced rate of either £3.30p or £4.30p per session depending on their membership.

YMCA East Surrey, YMCA Sport & Community Centre, Princes Road, Redhill RH1 6JJ

For further information or book an induction, please contact: Simone Towner

On 01737 779 979 or E: [simone.towner@ymcaeast Surrey.org.uk](mailto:simone.towner@ymcaeast Surrey.org.uk)

### Mary Frances Trust/WEA

Managing Strong Emotions – Tuesday 10th April from 1.00pm – 4.30pm

The Banstead Centre, The Horseshoe, Banstead SM7 2BQ

### Mary Frances Trust/WEA

An Introduction to Mindfulness – Wednesday 11th April from 6.00pm – 9.00pm

The Brickfield Centre, Portland Place, Epsom KT17 1DL

### RF/WEA

Emotional Health & Wellbeing – Monday 16th April – 21st May 11.00am – 1.00pm

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

### WEA

Preparing to Return to Work – Thursday 19th April – 17th May 10.00am-12.00pm

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

### WEA

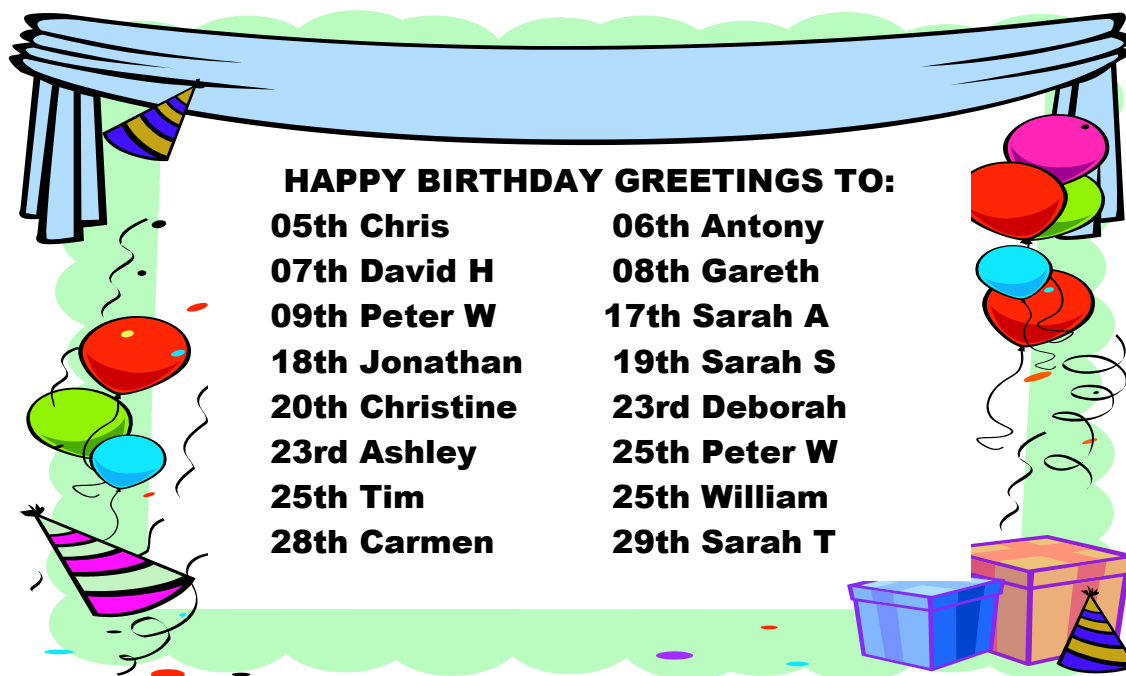
Communication Skills for Befrienders – Wednesday 25th April from 10.00am – 1.00pm

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

### RF/WEA

An Introduction to Mindfulness – Thursday 26th April 10.00am – 1.00pm

Wingfield Resource Centre, St. Anne's Drive, Redhill RG1 1AU



## **CARERS' SECTION**

### **EAST SURREY CARERS SUPPORT ASSOCIATION**

78 High Street, Bletchingley, Surrey RH1 4PA

Tel: 01883 745 057

Email: [info@escsa.demon.co.uk](mailto:info@escsa.demon.co.uk)      [www.escsa.org.uk](http://www.escsa.org.uk)

#### **Horley Carers Support Group**

Methodist Church, Victoria Road, Horley

Thursday 29th March 2018    10.00am – 12.00pm

#### **Lingfield Carers Support Group**

Community Room, Gunpit Road, Lingfield

Thursday 08th March 2018    2.00pm – 3.30pm

#### **Oxted Carers Support Group**

Community Room, Eastlands Way, Oxted

Tuesday 13th March 2018    10.30am – 12.00pm

#### **Caterham Carers Support Group**

The Lounge, Rosedale, Park Road, Caterham

Monday 19th March 2018    1.30pm – 3.30pm

#### **Men's Group**

Due to recent closure of the usual venue, please ring Tom on 01883 745 057 for venue details

Thursday 29th March 2018    7.00pm

#### **Dementia Carers Support Group**

Holy Trinity Church, Carlton Road, Redhill, Surrey RH1 2BX

This group is for anyone caring for or supporting someone with issues with memory loss or being confused. They do not need a formal diagnosis of dementia for you to come to this group.

Wednesday 07th March 2018    10.30am – 12.30pm

#### **Bereavement Support Group**

78a High Street, Bletchingley RH1 1PA

Monday 26th March 2018    10.00am

## **HEALIOS ONLINE CARERS SUPPORT SERVICES**

### **Surrey & North East Hampshire**

[www.healios.org.uk](http://www.healios.org.uk)

Healios, leading Mental Health technology organisation, has been awarded a grant to run a pilot web-based scheme to support and train carers. An average of twelve clinician-led sessions provides help and strategies to look at relationships with the person you are supporting.



## CATALYST



### **DO YOU CARE ABOUT SOMEONE WITH A DRUG OR ALCOHOL PROBLEM?**

**MONDAY 12TH AND 26TH MARCH 7.30PM-8.30PM**

**Methodist Church, Gloucester Road, Redhill RH1 1BP**

Come along to a Family and Friends Support Group in Dorking. This is for partners, parents, carers, friends and close family.

- Meet others in a similar situation
- Provides support, advice and coping strategies for addiction
- Confidential and caring
- Safe Environment

Tel: 01483 590 150 Text (SMS): 07909 631 623

Email: [info@catalystsupport.org.uk](mailto:info@catalystsupport.org.uk)

Catalyst offers a confidential service. They only ask that you are over 16 and live in or have a GP in Surrey.

## **ACTION FOR CARERS (SURREY)**

### **CARERS' GROUP**

**St. Mary's Church, Chart Lane, Reigate RH2 7RN**

Meet the second Tuesday in each month.

Please ring 0303 040 1234 before attending.

Calls to 03 numbers from any network will cost no more than those to 01 and 02 numbers and count as part of any call package.

By SMS 07714 075 993

By email: [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk)

### **Young Carers Section**

**Action for Carers Surrey – Surrey Young Carers**

[www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk) T: 01483 568 269 E: [scy@actionforcarers.org.uk](mailto:scy@actionforcarers.org.uk)

## **SURREY & NORTH EAST HAMPSHIRE MENTAL HEALTH CRISIS HELPLINE**

Tel: 0300 456 83 42

SMS Text: 07717 98 90 24

5.00pm – 9.00am Monday to Friday

Weekends including Bank Holidays

## **SAMARITANS**

Free on 116 123 24 hours/7 days throughout the year

## **SURREY & BORDERS PARTNERSHIP NHS FOUNDATION TRUST PALS**

PALS provides a confidential service that works with mental health users and/or carers to quickly resolve issues, problems and concerns.

Tel: 01372 216202, 01372 216203, 01372 216204 or 01372 216205

Email: [rxpalsandcomplaintssabp@nhs.net](mailto:rxpalsandcomplaintssabp@nhs.net)

Post: PALS and Complaints Team, Surrey & Borders Partnership NHS Foundation Trust, 18 Mole Business Park, Leatherhead, Surrey KT22 7AD

## **EPSOM & EWELL CITIZENS ADVICE BUREAU – MENTAL HEALTH SECTION**

Housing, Employment, Benefits, Appeals and Tribunals, Consumer Rights, Debt, Family and Personal Matters, Discrimination

If any member needs help and support with regards to any of the matters above, please ask the Reigate Stepping Stones staff to make an appointment for you on the day you want and time.

## **ADVOCACY – SURREY DISABLED PEOPLE PARTNERSHIP (SDPP)**

Any member needs help and support with any concerns about accommodation, family, discrimination, personal matters, etc. please ask Reigate Stepping Stone staff to make an appointment for you at the Social Group.

## **REDHILL C.A.B.**

24 Cromwell Road, Redhill, Surrey. RH1 1RT

Advice Line 03444 111 444

Monday – 10.00am until 1.00pm (Drop-in)

Tuesday – 10.00am until 7.00pm (Appointments)

Wednesday – 10.00am – 5.00pm (Appointments)

Thursday – 10.00am until 1.00pm (Drop-in)

Friday - 10.00am until 2.00pm (Appointments)

Monday – Friday 10.00am-4.00pm email with query

or get online advice [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## **SID (SOCIAL INFORMATION ON DISABILITY)**

A free independent service answering enquiries from disabled people of all age groups and disabilities, carers, etc. who live or work in Surrey. This service also helps people who want to buy or sell disability equipment

0800 0439395

Email: [info@asksid.org.uk](mailto:info@asksid.org.uk)

## **CAP (CHRISTIANS AGAINST POVERTY)**

Whatever the situation you are facing with regards to debt, there is hope. As a charity, they offer a free service to help people lift the burden of debt.

Free call: 0800 320 0006

Email: [capdebthelp.org](mailto:capdebthelp.org).

## **ESDAS (East Surrey Domestic Abuse Services)**

Do you know someone (*female or male*) who is *frightened, hurt or controlled* by a partner or family member? Please ring for advice, support and information.

Office Hours: 9.00am – 4.00pm Monday-Friday 01737 771350

[www.esdas.org.uk](http://www.esdas.org.uk) Email: [support@esdas.org.uk](mailto:support@esdas.org.uk)

Domestic Abuse National Helpline (24 hour)

0808 2000 247

Surrey Domestic Abuse Helpline (24 hour)

01483 776822

## **MENTAL HEALTH DROP-IN**

### **ST. BARNABAS CHURCH**

Temple Road, Epsom. KT19 8HA

Monday Drop-in: 4.00pm – 7.00pm (Closed in August)

Wednesday Let's Talk: 7.30pm – 9.00pm (Self-help group for people suffering from depression)

Women's Support Group: 1st Monday of the month 7.30pm

For further information, please contact Sue Bull (Chaplain for Epsom) or Michael Preston (Vicar of St. Barnabas) on 01372 721518 or by email: [info@lovemelovemymind.org.uk](mailto:info@lovemelovemymind.org.uk)

## **REIGATE STEPPING STONES SOCIAL GROUP**

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

Tuesday and Thursday 10.30am – 1.30pm

For information, please contact David Murphy on 07597 781624

## **THURSDAY AFTERNOON GROUP**

Redhill Methodist Church, Gloucester Road, Redhill, Surrey.

2.00pm – 4.00pm

## **STAIRWAY – MENTAL HEALTH DROP-IN**

Methodist Church, Coulsdon Road, Caterham-on-the-Hill

For company, activities, tea and a chat

Every fourth Thursday in the month

2.00pm – 4.00pm Entrance – .50p

Please contact Leslie on 07748 915075

## **FIELD LANE CLUB**

St. Matthew's Church Hall, 71 Station Road, Redhill RH1 1DL

For people who are suffering from either mental health problems and/or learning difficulties.

Thursday: 6.30pm – 8.00pm

Disco

Entrance £1.50

Please contact 01737 242209

## **THE HAVEN GROUP**

Lingfield & Dormansland Community Centre, High Street, Lingfield, Surrey RH7 6AB

Thursday: 10.00am – 12 noon

Contact: Rev'd David Allonby on 01342 832 514

Email: [david.allonby@btinternet.co](mailto:david.allonby@btinternet.co)

## **EASTER PROJECT**

The Easter Project is at St. Mary's Church Centre, Chart Lane. Reigate RH2 7RN.

Every Saturday afternoon the Easter Project volunteers serve a free cooked homemade dinner between 1.00pm and 2.00pm. Opening times: 12.30pm - 2.30pm. Donations welcome.

Easter Project Saturday Art Group from 10.30am

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East Surrey  
Community  
Connections



Website: [www.reigatesteppingstones.org.uk](http://www.reigatesteppingstones.org.uk)

Email: [rss@reigatesteppingstones.org.uk](mailto:rss@reigatesteppingstones.org.uk)

Office No: 07597 781624

Office Address: 165 Buckswood Drive, Gossops Green, Crawley, West Sussex RH11 8JD

Charity No. 1136374

Company limited guarantee in England No. 7236238