

Merry Christmas



**DECEMBER
NEWSLETTER 2017**

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)

**SAFE HAVEN, REDHILL (Emergency Mental Health Service)
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 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.

VARB (VOLUNTARY ACTION REIGATE & BANSTEAD) FESTIVE FEAST



VARB's Festive Feast 2017 is a free Community Christmas Day Lunch for anyone living in the Reigate & Banstead area who are facing Christmas Day alone, or anyone who cannot afford a Christmas Day Lunch.

This is a ticket only event and places are limited so please book your place by Friday 15th December. Confirmation letters will be sent out to all guests. Please note that there are limited spaces which will be allocated on a first come first served basis.

For more information, please contact Lisa at Voluntary Action Reigate & Banstead by email: lisa@varb.org.uk or tel. No. 01737 762 115/07549 953 020

LOVE ME LOVE MY MIND



MENO-WALKS EVERY FRIDAY AT 9.30AM

Meet at St. Barnabas Church, Temple Road, Epsom KT19 8HA
Ladies – Are you going through the menopause or are on the other side and are happy to share your wisdom:

- Come and talk whilst you walk:
- Improve your fitness
- Make new friends
- Share your experience
- Learn coping strategies from others
- And FEEL better!

Walks will last approximately one hour.

For further details please contact Isabel – isabelblobo@gmail.com

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

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

YMCA EAST SURREY



SEATED YOGA

FRIDAY 12.30PM – 1.15PM (Term Time only)

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

A gentle seated yoga class that uses physical movement, breathing techniques and meditation to regulate blood pressure and improve flexibility, strength, balance and energy.

Participants must be referred by their GP or physiotherapist.

Non-members £5.00 Basic Member £4.30 Basic Concession £3.30

Premium Membership Free

MARY FRANCES TRUST



CREATIVE WRITING FRIDAY 1.30PM – 2.30PM

The Brickfield Centre, Portland Place, Epsom KT17 1DL

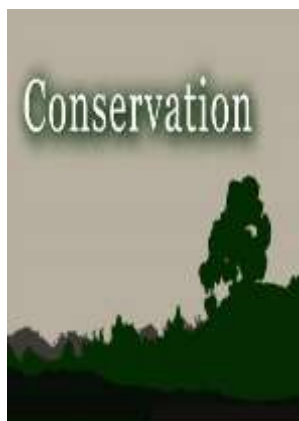
The creative writing group will be meeting every Friday. The group is informal and aims to provide a positive and productive atmosphere for developing writers to integrate, learn and grow.

Please contact Mary Frances Trust T: 01373 375 400

Text: 07929 024 722 Email: info@maryfrancestrust.org.uk

FRIENDS OF MERSTHAM PARKS AND GREENS

FIRST SATURDAY IN EACH MONTH

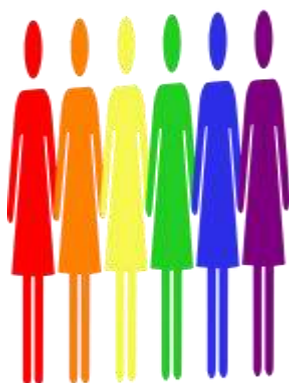


Laura Ashley, Community Outreach & Outdoor Learning Officer Surrey Wildlife Trust will be on hand to advise Friends of Merstham Parks and Greens who will continue with much of the good work of conserving and improving the green spaces and natural areas of Merstham who will meet on the first Saturday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

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

YMCA EAST SURREY



EXERCISE REFERRAL MINIBUS SERVICE

**MONDAY – WEDNESDAY - FRIDAY
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

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

**MONDAY 4TH DECEMBER 1.00PM – 3.00PM
The Lounge, Holy Trinity Church, Carlton Road,
Redhill RH1 2BX**



Agenda:

1. Welcome, Introductions and Apologies
 2. FoCUS Area Group Meeting Ground Rules
 3. Minutes of previous meeting and actions
 4. Feedback from FoCUS Committee
 5. Local issues from FoCUS members
- Ten minutes break
6. Psychiatric Liaison – Speaker tbc
 7. Care 2 Quit update – Helen Wood
 8. CMHRS update

Date of next meeting: Tuesday 2nd January 2018 at Park House, Randalls Road, Leatherhead KT22 0AH

MARY FRANCES TRUST



JOIN THEIR BOOK CLUB!

MONDAY 2.00PM – 3.00pm

**The Open Door Coffee Shop, The All Saints Church Institute,
High Street, Banstead SM7 2NG**

This group runs weekly and they decide together which book they would like to start next. There will not be any pressure to speak – you are more than welcome to just come along and listen until you feel confident enough to join in.

No need to book – just go along. For more information or to join, please contact Clare: clare@maryfrancestrust.org.uk or 07472 829 078

(Please note that the Coffee Shop is closed to members of the public at this time. Tea, coffee and biscuits are available for a small donation).

ST. BARNABAS CHURCH SOCIAL GROUP

AUTUMN TERM 2017 - DECEMBER

EACH MONDAY 4.00PM – 7.00PM

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



04 – Christmas Dinner

11 – Trip to London

18 – 1.30 Panto at Epsom Playhouse followed by meal

£2.00 per session

Next meeting: Monday 8th January 2018

If interested, please contact St. Barnabas Church

Tel: 01372 721 518

Email: info@lovemelovemymind.org.uk

MINDFULNESS



MONDAY 11TH DECEMBER 7.00PM – 8.00PM

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

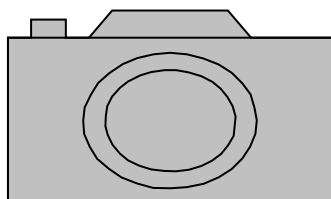
Mindfulness simply means paying attention to our experience in the present moment, on purpose and with an attitude of kindly acceptance. Evidence shows that mindfulness practice can help us to feel awake, aware and present for more of our lives; to choose our actions more wisely; to let go of worries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

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
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

Website: www.patchworkinggardenproject.co.uk

STEPS AND BEYOND GROUP



EVERY TUESDAY 10.00AM – 12 NOON
ART ROOM, BRICKFIELD CENTRE, PORTLAND PLACE,
EPSOM KT17 1DL

Are you affected by a Personality Disorder or Bi-polar Condition?

If so the weekly STEPPS and Beyond Group may help you to cope a little better and meet with others who understand.

This is a facilitated self-help group to provide the opportunity to meet together to provide mutual support and understand how the condition can impact on lives and relationships.

The focus of the group is on learning from each other's experience and being supportive of each other while taking part in relaxing wellbeing activities supported by volunteer facilitators.

If you are interested in this group please contact Stephen by emailing:

stephen@maryfrancestrust.org.uk Tel/text: 07961 478 625

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

MID & EAST SURREY MENTAL HEALTH STAKEHOLDER GROUP

TUESDAY 5TH DECEMBER 10.00AM – 12.00PM

Park House, Randalls Road, Leatherhead KT22 0AH



Agenda:

1. Welcome and introductions
2. Minutes of last meeting and matters arising
3. First Steps Update & Re-design of the First Steps Booklet
Maya Twardzickie, Public Health Lead, Surrey County Council
4. Q&A from the following updates:
 - Community Connections
 - CMHRS Managers
 - CAB Mental Health Outreach
 - Other Questions
5. Emotional Wellbeing & Mental Health Partnership Board:
Feedback and issues to take forward
6. Any other business
7. Date of the next meeting:
Monday 19th February 2018 10.00am-12.00pm at Woodhatch
Community Centre, Reigate

FOUNDATION TRUST MEMBERS' EVENT DECEMBER 2017

HEALTH & WELLBEING

TUESDAY 5TH DECEMBER 1.00PM – 4.00PM

Chertsey Hall, Heriot Road, Chertsey KT16 9DR



Physical wellbeing supports mental wellbeing and this event explores the belief that a healthier body really can mean a healthier mind.

Their expert advisors are aware that this can often be a challenge and will be offering tips on motivation, healthy eating and exercise.

There will be gentle exercises incorporated into the afternoon which will be suitable for all, plus some healthy snacks to keep everyone going!

Book your place today! T: 01372 216 158 Text: 07786 202 545

E: engage@sabp.nhs.uk

All welcome – do bring a friend.

Please let them know in advance if you have any special requirements.

ST. LUKE'S CHURCH HEARING CHAMPIONS

TUESDAY 12TH DECEMBER 2.00PM – 3.30PM

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



A free service for people with NHS hearing aids includes:

- Basic maintenance
- Battery supply
- Cleaning and re-tubing
- Trouble shooting
- Advice

All their volunteers have been trained by the audiology departments of Epsom's & St. Helier Hospital, or the Royal Surrey County Hospital and hold training completion certificates.

Please bring your brown NHS Battery Book (which includes your settings and requirements) and your hearing aid.

For more details contact: Pearl 01737 222 390

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 or phone 02083 976 157

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

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

Charity 1092299

CONQUEST ART – REIGATE



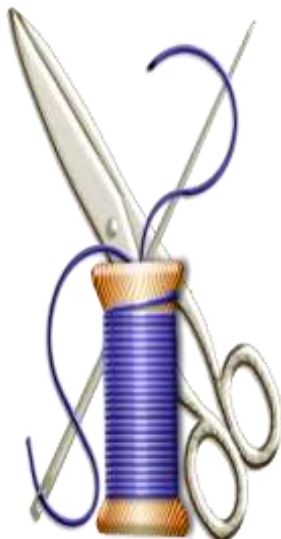
**WEDNESDAY 10.00AM – 12.00 NOON
(During school term only)
Reigate Park Church,
Park Lane East, Reigate RH2 8BD**

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

E: info@maryfrancestrust.org.uk

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

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
6TH AND 20TH DECEMBER 12.15PM
St. Luke's Church, St. Peter's Room, Church Road,
Reigate RH2 8HY

Lunch will start at 12.15pm and will alternate between soup and a hot meal followed by a dessert at a cost of £4.00.

For more details contact Pearl 01737 222 390 M: 07969 393 206

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.

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.



MARY FRANCES TRUST



A GENTLE INTRODUCTION TO FITNESS
FROM THURSDAY 31ST AUGUST 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

RICHMOND FELLOWSHIP/YMCA EAST SURREY



WALK YOUR WAY TO HEALTH
.....come and join our new group
STARTING MONDAY 11TH DECEMBER 1.30PM
Richmond Fellowship, Wingfield Resource Centre,
St. Anne's Drive, Redhill RH1 1AU

This will be a ninety minute guided walk to the Watercolour lakes and followed by festive refreshments for all those taking part.

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 speak to your Richmond Fellowship Adviser or contact their office on 01737 771 282

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

MARY FRANCES TRUST/WEA



CHRISTMAS CRAFTS WORKSHOP
TUESDAY 12TH DECEMBER 10.00AM – 1.00PM
Brickfield Centre, Portland Place, Epsom KT17 1DL

Enrol on the free seasonal workshop to make some fun Christmas themed crafts.

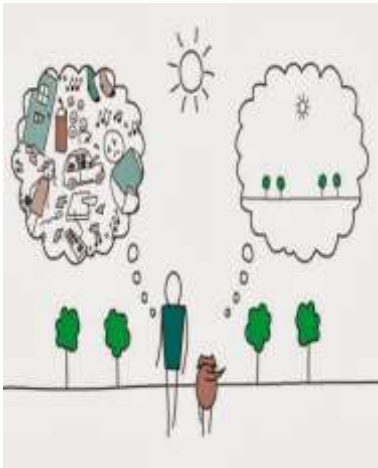
This course is for people aged over 18 years old experiencing emotional wellbeing or mental health issues.

Tutor: Diana Ching

To book your place, please ring 01372 375 400;

SMS 07929 024 722 or Email: info@maryfrancestrust.org.uk

RICHMOND FELLOWSHIP/WEA



AN INTRODUCTION TO MINDFULNESS TUESDAY 12TH DECEMBER 1.00PM – 4.00PM The Old Moat Garden Centre, Horton Lane Epsom KT19 8BP

In this free course Angie Muscio will introduce you to Mindfulness.

Topics include:

- The 7 dimensions of Mindfulness
- Getting in touch with your senses
- 3 minute meditation
- Useful resources

For more information or to book your place, please contact Debbie Dibble

T: 01372 731 971; 07825 054 018 Email: debbie.dibble@richmondfellowship.org.uk

LOVEWORKS



MAKE IT RED VOLUNTEER DAYS FRIDAY 8TH DECEMBER 3.00PM – 6.00PM SATURDAY 9TH DECEMBER 9.30AM – 12.30PM Merstham Mix Community Café 53 Portland Drive, Merstham RH1 3HX

During Friday evening Loveworks need help to sort donations in preparation for the pack and wrap day on Saturday. On Saturday they will focus on making up the gift packs for the domestic abuse agencies and ensuring supplies of festive food donations are delivered to our food banks to distribute throughout the season of good will leading to Christmas.

Whilst you pack and wrap Loveworks will provide some Christmas music and nibbles too!

Contact Loveworks for further information.

Mobile: 07912 628 013 Email: info@loveworks.org.uk

FORTHCOMING EVENTS.

Mary Frances Trust

Introduction to Yoga to help reduce stress, anxiety and build self confidence

Mondays: 08-15-22-29/01/18 11.00am – 1.00pm

Tadworth Leisure & Community Centre Preston, The Community Room, Manor Road, Tadworth KT20 5FB

Mary Frances Trust

Banstead Wellbeing Activity Hour

Starts Monday 2.00pm – 3.00pm starting on Monday 8th January 2018

The Open Door Coffee Shop, All Saints Church Institute, 84 High Street, Banbury SM7 2NG

1st week of month – Book Club (come and tell us what you have been reading this month or hear about our books)

2nd week of month (8th January) Origami (Come and try your hand at some origami)

3rd week of month (15th January) Mindful Colouring

4th week of month (22nd January) Storytelling (come and share a memory or a story you have written and listen to others)

For more information please contact Clare 07472 829 078

E: clare@maryfrancestrust.org.uk

Mary Frances Trust/WEA

New Year – New You! Goal Setting Course

Wednesdays: 10-17-24-31/01/18 & 07/02/18 1.30pm – 3.30pm

St. John's School, Goodwyns Road, Dorking RH4 2LR

Booking essential. T: 01372 375 400 SMS 07929 024 722

E: info@maryfrancestrust.org.uk

Mary Frances Trust

Free 4 Week – Confidence Building Workshops

Wednesday afternoons starting: 10th January 2018 2.00pm – 4.00pm

The Banstead Centre, The Horseshoe, Banstead SM7 2BQ

To book your place, please ring: T: 01372 375 400 SMS 07929 024 722

E: info@maryfrancestrust.org.uk

Richmond Fellowship/WEA

New Year – New You! Goal Setting Course

Fridays: 12-19-26/01/17 & 02/01/18 10.00am – 1.00pm

Redhill Methodist Church, 323 Gloucester Road, Redhill RH1 1BP

Booking essential, please ring: T: 01737 771 282 Text: 07770 890 245

E: redhillcc@richmondfellowship.org.uk

Richmond Fellowship/WEA

An Introduction to Mindfulness

Monday 15th January 2018 10.00am – 1.00pm

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

Booking essential, please ring T: 01737 771 282 Text: 07770 890 245

E: redhillcc@richmondfellowship.org.uk

Mary Frances Trust/WEA

An Introduction to Mindfulness

Wednesday 15th January 2018 10.00am – 1.00pm

St. John's School, Goodwyns Road, Dorking RH4 2LR

To book your place, please ring: T: 01372 375 400 SMS 07929 024 722

E: info@maryfrancestrust.org.uk

Mary Frances Trust

Couch to 5K Course Epsom – Fridays

Starting Friday 19th January 2018 2.00pm

For more information please contact Clare 07472 829 078

E: clare@maryfrancestrust.org.uk

Richmond Fellowship/WEA

Free 6 Weeks Course – Emotional Health & Wellbeing

Monday: 22-29/01/18, 05-19-26/02/18 & 05/03/18 11.00am – 1.00pm
(5th March 10.30am start)

Redhill Methodist Church, Gloucester Road, Redhill RH1 1BP

Booking essential, please ring T: 01737 771 282 Text: 07770 890 245

E: redhillcc@richmondfellowship.org.uk

Mary Frances Trust

Start Walking Group (8 weeks) (Walking will be in the Banstead area)

Monday 29th January 2018 12 noon

For more information please contact Clare 07472 829 078

E: clare@maryfrancestrust.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

wellbeingprescription@reigate-banstead.gov.uk

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

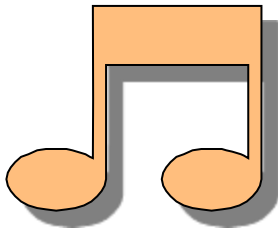
Nationwide referral numbers

Free written information

They are there to help with trust, understanding



DO YOU LIKE MUSIC?



If so on Thursday at St. Matthew's Church, Station Road, Redhill from 1.10pm concerts are held for about an hour which are free, although a donation of £3.00 would be appreciated.

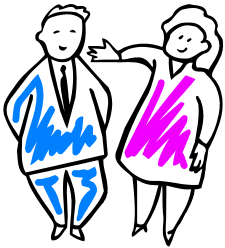
December 2017

07 – Odinn Balvinsson – flute & Patricia Romero – piano

14 – Seasonal Music Recital Martin Cooper – organ

Refreshments are available in their Fresh Ground Café afterwards.

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.

REIGATE STEPPING STONES



CHANGE OF STAFF

The Trustees wish to inform everyone that there is a change of staff as follows:

Tuesday: Christine and Deborah with Jenny being the Bank Worker as and when required

Thursday: Christine and Sarah with either Denise or Deborah being the Bank Workers as and when required

Denise has decided that she now wishes just to be a Bank worker as she has such a busy life.



CARERS' SECTION

EAST SURREY CARERS SUPPORT ASSOCIATION

78 High Street, Bletchingley, Surrey RH1 4PA

Tel: 01883 745 057

Email: info@escsa.demon.co.uk www.escsa.org.uk

Horley Carers Support Group

Methodist Church, Victoria Road, Horley

Thursday 21st December 2017 10.00am – 12.00pm (Due to Christmas)

Lingfield Carers Support Group

Community Room, Gunpit Road, Lingfield

Thursday 14th December 2017 2.00pm – 3.30pm

Oxted Carers Support Group

Community Room, Eastlands Way, Oxted

Tuesday 12th December 2017 10.30am – 12.00pm

Caterham Carers Support Group

The Lounge, Rosedale, Park Road, Caterham

Monday 18th December 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 21st December 2017 7.00pm onwards (Due to Christmas)

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 6th December 2017 10.30am – 12.30pm

Mental Health Support

78a High Street, Bletchingley RH1 1PA

Wednesday 20th December 2017 10.00am – 12 noon

HEALIOS ONLINE CARERS SUPPORT SERVICES

Surrey & North East Hampshire

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?**

TUESDAY 12TH DECEMBER (LAST MEETING)

6.30PM – 7.30PM

Christian Centre, Church Street, Dorking RH4 1DW

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

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

Young Carers Section

Action for Carers Surrey – Surrey Young Carers

www.surrey-youngcarers.org.uk T: 01483 568 269 E: scy@actionforcarers.org.uk

**REIGATE STEPPING STONES
CHRISTMAS**



**A MERRY
CHRISTMAS
EVERYONE**

**TUESDAY 19TH DECEMBER 2017
THURSDAY 21ST DECEMBER 2017**

**CHRISTMAS NIBBLES
(11.10AM)**



**YOU ARE WELCOME TO
COME AND JOIN US**

**BOXING DAY
TUESDAY 26TH DECEMBER 2017
Reigate Stepping Stones Social Group
will be closed.**

**THURSDAY 28TH DECEMBER 2017
AND 2ND JANUARY 2018
Reigate Stepping Stones Social Group
will be open as usual.**



**A HAPPY NEW
YEAR TO EVERYONE**

The Meeting Room

Support for homeless, socially isolated and vulnerable people in Epsom & Ewell & Mole Valley

Don't Spend Christmas Alone



Nobody needs to be alone on Christmas Day

Join us at Fetcham Village Hall to enjoy Christmas Day with a traditional meal, presents, and music.

Everyone is welcome, there is no charge.

Venue : Fetcham Village Hall, The Street, KT22 9QS

Times : 10.30 – 2.30

Please contact us if you need transport or have any questions.

E mail : themeetingroom123@gmail.com Tel: 07413 978422

To donate, give presents, or volunteer your time contact us on the e mail address above or go to our website at

www.themeetingroom.biz

The Meeting Room, 252 Cobham Road, Fetcham, KT22 9JF Tel : 07419 334860 / 07413 978422

E Mail : themeetingroom123@gmail.com Website : www.themeetingroom.biz

UK Registered Charity No. 1165351

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

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

SID (SOCIAL INFORMATION ON DISABILITY)

Information on living with mental health issues

Free, confidential, independent service

0800 0439395

Email: info@asksid.org.uk

EAST SURREY COMMUNITY MEDIATION

PO Box 187, Reigate, Surrey

Free service to all residents of Reigate & Banstead Borough Council and Tandridge District Council who are in conflict with neighbours, family or within the community.

Tel: 01737 248 559

Email: mediation.easy@btinternet.co

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 Email: 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

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

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

OXTED STEPPING STONES – Sadly this is now closed.

East Surrey
Community
Connections



Website: www.reigatesteppingstones.org.uk

Email: 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