

## DIRECTORY OF USEFUL TELEPHONE NUMBERS, ETC.

<b>EMERGENCY HELP FOR MENTAL DISTRESS</b>		
<b>SURREY &amp; BORDERS PARTNERSHIP NHS FOUNDATION TRUST CRISIS HELPLINE</b> 5.00pm – 9.00am weekdays Weekends and Bank Holidays		
0300 456 83 42 SMS Text: 07717 989024 Textphone: 18001 0300 456 83 42 Supported through the Text Relay Service		
<b>SAMARITANS</b> John Williams House, 46 High Street, Reigate. RH2 9AY Texting: 07725 90 90 90 (UK) 0872 60 90 90 (ROI) Standard text rates apply		
Telecom and Mincom: 01737 248444  National Helpline: 08457 909090		
<b>SANELINE</b> Every day throughout the year from 6.00pm – 11.00pm		
0845 767 8000		
<b>A &amp; E MENTAL HEALTH LIAISON – EAST SURREY HOSPITAL</b> Valerie Canty Assessment of mental health needs provided for people presenting with a physical condition and possible self-harm. The duty Psychiatrist is on duty 24 hours daily Liaison Nurse works mainly Monday-Wednesday 4.30pm – midnight Thursday 7.00am – 2.30pm Friday 7.00am – 2.30pm and midday till 7.30pm alternate weeks (Check with switchboard hours on duty)		
01737 768511 Ext:6904 (answerphone only for non-urgent messages)  Referrals are to be made via paging on 0300 55 55 222		
<b>WELFARE BENEFITS AND SUPPORT SERVICES</b>		
<b>KAG (KINGSTON ADVOCACY GROUP)</b> Ramsay House, West Park, Epsom, Surrey KT19 8PB		
01372 205 849		
<b>THE HUB REDHILL</b> 41 Redhill High Street, Redhill, Surrey RH1 1RX Monday to Friday 10.00am – 3.00pm <b>THE HUB EPSOM</b> 131 High Street, Epsom, Surrey KT19 8EF Monday to Friday 10.00am – 3.00pm		
TEL/TEXT 01737 761614  01372 744479 Text: 07704 288772		
<b>REDHILL CAB</b> 24 Cromwell Road, Redhill, Surrey RH1 1RT.		
New single telephone number advice line for all CABs:  08444 111 444		
Monday	Drop in Advice (no appointment necessary)	10.00 - 14.00
	Advice line 08444 111 444	10.00 - 16.00
Tuesday	Appointments	10.00 - 19.00
	Advice line 08444 111 444	10.00 - 16.00
Wednesday	Training	---
	Advice line 08444 111 444	10.00 - 16.00
Thursday	Drop in Advice (no appointment necessary)	10.00 - 14.00
	Advice line 08444 111 444	10.00 - 16.00
Friday	Appointments	10.00 - 14.00
	Advice line 08444 111 444	10.00 - 16.00
<b>BANSTEAD CAB</b> The Horseshoe, Banstead, SM7 2BQ.		

Monday	Appointments only	10.00 - 16:00	
	Advice line 08444 111 444	10.00 - 16.00	
Tuesday	Drop in Advice (no appointment necessary)	10.00 - 14.00	
	Advice line 08444 111 444	10.00 - 16.00	
	CaseWork	14.00 - 16.00	
Wednesday	Advice line 08444 111 444	10.00 - 16.00	
	Appointments only	10.00 - 16.00	
Thursday	Advice line 08444 111 444	10.00 - 16.00	
	Appointments only	10.00 - 16.00	
Friday	Drop in Advice (no appointment necessary)	10.00 - 14.00	
	Advice line 08444 111 444	10.00 - 16.00	
	Casework	14.00 - 16.00	
<b>HORLEY CAB</b>			
(Horley Help Shop), 4 Victoria Square, Consort Way, Horley, RH6 7AF. <a href="#">E-mail enquiries</a> should be made via this web site			
Monday	Appointments at Horley Help Shop	13.30 - 15.30	
	Advice line 08444 111 444	10.00 - 16.00	
Tuesday	Appointments at Horley Help Shop	10.00 - 15.00	
	Advice line 08444 111 444	10.00 - 16.00	
Wednesday	Drop In	10.00 - 15.00	
	Advice line 08444 111 444	10.00 - 16.00	
Thursday	Appointments at Horley Help Shop	closed	
	Advice line 08444 111 444	10.00 - 16.00	
Friday	Appointments at Horley Help Shop	closed	
	Advice line 08444 111 444	10.00 - 16.00	
<b>Marbles Way, Tadworth</b>			
Friday		10.00 - 12.00	
For an appointment please ring 08444 111 444			
<b>Woodhatch Community Centre</b>			
Thursday		10:00 - 12:00	
For an appointment please ring 08444 111 444			
<b>Merstham Library</b>			
Tuesday		Afternoon only	
For an appointment please ring 08444 111 444			
<b>Epsom Downs Family Centre</b>			

Monday	Afternoon only	
For an appointment please ring 08444 111 444		
DISABILITY LIVING ALLOWANCE HELPLINE Monday to Friday 8.00am – 6.00pm		08457 123 456 Text: 08457 224 433
COMMUNITY DEBT ADVICE 40-44 Church Street, Reigate, Surrey RH2 0AJ www.communitydebtadvice.co.uk Free confidential advice is offered for money problems. It is important to ring first to make an appointment which could be in the evening.		01737 217308
NATIONAL DEBTLINE Confidential advice for people with debt problems		Freephone 0808 808 4000
MERSTHAM NEIGHBOURS Call weekdays 10.00am – 12 noon Friendly practical help for the people of Merstham only		07733 555 316
SID (SOCIAL INFORMATION ON DISABILITY) Information on living with mental health issues Free confidential independent service		0800 0439 395 Email: info@asksid.org.uk
SURREY DISABLED PEOPLE'S PARTNERSHIP 51 Commercial Way, Woking, Surrey GU21 6HN Advocacy, Information Service, Foot Care, Welfare Benefits Advice, Brokerage		Telephone/Text 01483 750 973 Email: <a href="mailto:home@sdpp.org.uk">home@sdpp.org.uk</a> www.sdpp.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.		01737 248 559 Email: mediation.easy@btinternet.co
REDHILL HELP SHOP 26/28 Cromwell Road, Redhill, Surrey RH1 1RT Monday – Friday 10.00am – 4.30pm Last Friday in month closed until 2.00pm for staff training		Helpline 01737 276 000
REIGATE HELP SHOP Town Hall, Castlefield Road, Reigate, Surrey RH2 0SH Monday – Thursday 8.45am – 5.00pm Friday 8.45am – 4.45pm		Helpline 01737 276 000
MERSTHAM HELP SHOP 26 Portland Drive, Merstham, Surrey RH1 3HX Monday – Friday 9.00am – 12 noon Last Friday in month closed for staff training		Helpline 01737 276 000
HORLEY HELP SHOP Consort Way, Horley, Surrey RH6 7AF Monday – Friday 9.30am – 4.30pm Last Friday in each month closes until 2.00pm for staff training.		Helpline 01737 276 000
BANSTEAD HELP SHOP The Horseshoe, Bolters Lane, Banstead, Surrey Monday – Friday 10.00am – 4.30pm Last Friday in the month closes until 2.00pm for staff training.		Helpline 01737 276 000
PRESTON HELP SHOP SURGERY – NEIGHBOURHOOD SHOP 71 Marbles Way, Tadworth, Surrey KT20 5JP Monday – Wednesday 9.00am until 12 noon The Preston Help Shop Surgery operates within the Raven Housing Trust Neighbourhood Shop and operates a full help shop service.		Helpline 01737 276 000

<p>REIGATE &amp; BANSTEAD BOROUGH COUNCIL  Town Hall, Castlefield Road, Reigate, Surrey RH2 0SH  For all enquiries  <i>After hours emergencies</i>  Monday – Friday 5.30pm – 8.30am Saturday – Sunday all day</p>	<p>Helpline  01737 276 000  07699 391 689  SMS 07974 325 272</p>
<p>ENABING INDEPENDENCE SERVICE (MID AND EAST)  Brickfield Centre, Portland Place, Epsom, Surrey K17 1DL  The Surrey Adult Mental Health Service is an integrated services that includes staff from Adult Social Care in Surrey County Council and health staff from Surrey &amp; Borders Partnership NHS Foundation Trust to support people with mental health needs and their carers.</p>	<p>01372 832700   Secure email:  eis.east@surreycc.gcsx.gov.uk</p>
<p><b>ALCHOL AND DRUG MISUSE SERVICES</b></p>	
<p>SADAS (SOUTHERN ADDICTION ADVISORY SERVICES)  14 Jenner Road, Guildford, Surrey GU1 3PL  Urgent advice for alcohol, drugs or related situations.</p>	<p>01483 590150</p>
<p>SURREY DRUG AND ALCOHOL ACTION TEAM  Ramsay House, West Park Hospital, Horton Lane, Epsom, Surrey KT19 8PH  A telephone helpline and referral services</p>	<p>01403 790855</p>
<p>DRINK LINE  24 hours a day</p>	<p>Freephone  0800 917 8282</p>
<p>ALCHOLIC ANONYMOUS</p>	<p>08457 697 555</p>
<p>NARCOTICS ANONYMOUS</p>	<p>03009 991 212</p>
<p>DRUGS – TALK TO FRANK</p>	<p>Freephone  0800 77 66 00</p>
<p>SURREY DRUG CARE  Surrey Drug Care is a dedicated group of trained volunteers giving support, advice, information to substance users, their families and friends.</p>	<p>Confidential Helpline  01483 300112  Available 24 hours a day  365 days a year</p>
<p><b>HOUSING</b></p>	
<p>SHELTER  For help and advice</p>	<p>Freephone  0808 800 4444</p>
<p>CHERCHFELLE HOUSING ASSOCIATION LTD.  3 Mill Street, Redhill, Surrey RH1 6PA  Cherchefelle provides home-based care, supported living, housing-related support and housing management services for adults in Surrey, West Sussex and Richmond</p>	<p>01737 244 312</p>
<p>RAVEN HOUSING TRUST  29 Linkfield Lane, Redhill, Surrey RH1 1SS  Outreach service supplied called Parashoot</p>	<p>01737 272 400   01737 272 500</p>
<p>PROSPECT HOUSING ASSOCIATION &amp; SUPPORTING SERVICES  The Gables, 17 Massetts Road, Horley, Surrey RH6 7DQ</p>	<p>Enquiries:  01293 825 824  Supported Living  01293 812 031</p>
<p>TRANSFORM HOUSING &amp; SUPPORT  Tern House, Upper West Street, Reigate, Surrey RH2 9HX</p>	<p>01737 233 893</p>

SANCTUARY – CARR GOMM SUPPORTED HOUSING Oakhill House, 64 Chart Lane, Reigate, Surrey RH2 7DZ Oakhill House provides supportive housing for single people age 18 and over with mental health and drug-alcohol. Residents have their own bedrooms with a communal lounge and dining area. There is a Support Worker.	01737 246 503
<b>COUNSELLING</b>	
KCA (KINGSTON COUNSELLING ASSOCIATION) NEW THOUGHTS Unit 3 – Liberty Court, 101-103 Bell Street, Reigate, Surrey RH2 7JB Anyone aged 18 years and above experiencing mild, moderate and severe mental health conditions. There is no upper age limited. Referral can be by GPs or self- referral.	01737 225 370 Email: surreyptp@kca.org.uk
CRUSE BEREAVEMENT CARE Bereavement counselling <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> Email: helpline@cruse.org.uk	Helpline 0844 477 9400 Redhill Telephone No. 01737 772834
<b>SOCIAL GROUPS (MENTAL HEALTH DROP-IN)</b>	
ST. BARNABAS CHURCH Temple Road, Epsom, Surrey KT19 8HA Monday Drop-in: 4.00pm – 7.00pm Wednesday Drop-in: 10.00am – 10.50am Women’s Support Group: 1st Monday of the month – 7.30pm Contact: Sue Bull (Chaplain for Epsom) or Michael Preston (Vicar of St. Barnabas)	01372 721 518  Email: info@lovemelovemymind.org.uk
REIGATE STEPPING STONES South Park Constitutional Club, 28-30 Smith Road, South Park, Reigate, Surrey RH2 8HJ Tuesday and Thursday: 10.30am – 1.30pm	01293 525 605 Email: rss@reigatestepingstones.org.uk
OXTED STEPPING STONES Oxted United Reform Church, 21 Bluehouse Lane, Oxted, Surrey RH8 0AA Wednesday: 10.00am – 12.00pm	0208 657 4451
(REIGATE & REDHILL SUPPORT GROUP) THURSDAY AFTERNOON GROUP Redhill Methodist Church, Gloucester Road, Redhill, Surrey RH1 1BP Thursday: 2.00pm – 4.00pm	
STAIRWAY Methodist Church, Coulsdon Road, Caterham, Surrey CR3 3QA Second and fourth Thursday in the month: 2.00pm – 4.00pm Entrance: 0.50p Contact: Leslie	07748 915 075
THE HAVEN GROUP Lingfield & Dormansland Community Centre, High Street, Lingfield, Surrey RH7 6AB Thursday: 10.00am – 12 noon Contact: Rev’d David Allonby	01342 832 514  Email: <a href="mailto:david.allonby@btinternet.co">david.allonby@btinternet.co</a>

<b>EASTER PROJECT</b>	
EASTER PROJECT - MONDAY St. Teresa Church, Weldon Way, Merstham, Surrey RH1 3QA Monday: 12.30pm – 2.00pm (For Merstham residents only)	
EASTER PROJECT - SATURDAY St. Mary's Church Hall, Chart Lane, Reigate, Surrey 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 On the first Saturday in the month clothes and books are donated.	
<b>OTHER ORGANISATIONS</b>	
LEATHERHEAD CLUBHOUSE (MARY FRANCIS TRUST) 23 The Crescent, Leatherhead, Surrey KT22 8DY Monday/Wednesday/Friday – Daily in-house activities, plus a variety of groups Monday 9.00am-4.00pm Wednesday 9.00am-5.00pm Friday 9.00am-2.30pm Tuesday/Thursday – Closed except for groups/appointments The aim is to support members to achieve their individual goals and aspirations	01372 375 400
RICHMOND FELLOWSHIP – REDHILL 3rd Floor, Rawlinson House, 9 London Road, Redhill, Surrey RH1 1LY Provides an employment service, community (volunteering, training, etc.), I.T training	01737 789 661
RICHMOND FELLOWSHIP – ART MATTERS Parochial Hall, Earlswood Road, Redhill, Surrey RH1 6HE Art Matters has a studio that is a centre of wellbeing, mindfulness and growth, providing an individual, person centred and supportive environment in which service users (artists) are encouraged to explore their creative curiosity and develop skills and confidence.	01737 766 212
TRAVEL MATTERS Rawlinson House, 9 London Road, Redhill, Surrey RH1 1LY Provides work experience regarding travel matters and I.T. training	01737 789 997
E.S.R.A 2nd Floor, Rawlinson House, 9 London Road, Redhill, Surrey RH1 1LY Provides services for individuals looking to return to work or retain work, also employers who need advice and support in recruiting or retaining valuable staff, plus various courses that include self-confidence.	01737 772 115
RICHMOND FELLOWSHIP QUEENS PARK & THE OLD MOAT The Old Moat Garden Centre, Horton Lane, Epsom, Surrey KT19 6PQ Queens Park Service open from 9.30am – 4.00pm Monday to Friday The Old Moat Garden Centre open from 9.30am to 4.00pm Monday to Saturday for training Customers 9.00am – 4.45pm Queens Park arranges a variety of horticultural activities mainly for the local Council The Old Moat Garden Centre is able to offer on-site work in the vegetable garden, greenhouses, potting shed or retail area which	01372 731 971

could mean work experience in their café.	
<b>LEISURE ACTIVITIES</b>	
ACTION FOR LIFE Free guided walks for all in East Surrey	01737 645 217 Email: Julie_actionforlife@aol.co.uk www.actionforlife.org.uk
REIGATE & REDHILL YMCA YMCA Fitness Centre, Princes Road, Redhill, Surrey RH1 6JJ Exercise Referral Scheme Exercise Referral is a funded project, designed for adults aged 16-90, in fact anyone who is rehabilitating from illness or has a disability. It aims to encourage a healthy lifestyle. To be referred by medical practitioner, physiotherapist or social worker. People can self-refer and maybe accepted after an initial assessment by qualified staff.	01737 784 976
REIGATE PHOTOGRAPHIC SOCIETY Meets every Monday ( <i>except holidays</i> ) from <u>September to May</u> at 8.00pm at the Old Schoolroom, Reigate Community Centre, at the rear of Reigate Methodist Church, High Street, Reigate, Surrey RH2 9AE New members and members of other Photographic Clubs are always welcome.	For information: <a href="mailto:info@reigatephotosoc.co.uk">info@reigatephotosoc.co.uk</a>  www.reigatephotosoc.co.uk
MUSIC Every Thursday at St. Matthew's Church, Station Road, Redhill, Surrey RH1 1DL from 1.10pm concerts are held for about an hour which are free. Refreshments are available in the Fresh Ground Café afterwards. All are welcome. Admission is free, but donations are very welcome.	01737 778 162
<b>COMMUNITY MENTAL HEALTH RECOVERY SERVICES</b>	
<i>(REFERRAL ONLY BY GP)</i>	
CMHRS – REIGATE Shaws Corner, Reigate, Surrey RH2 7DG Monday – Friday 9.00am – 5.00pm	01737 272 301
CMHRS – TANDRIDGE Langley House, Church Lane, Oxted, Surrey RH8 9LH Monday – Friday 9.00am – 5.00pm	01883 385 481
CMHRS – DORKING Clarendon House, 28 West Street, Dorking, Surrey RH4 1QI Monday – Friday 9.00am – 5.00pm	1306 502 400
CMHRS – EPSOM Farmside, Horton Lane, Epsom, Surrey KT19 8PB Monday – Friday 9.00am – 5.00pm	01372 204 000
HOME TREATMENT TEAM Wingfield Resource Centre, St. Ann's Drive, Redstone Hill, Redhill, Surrey RH1 4AA Offer home visits to people in East Surrey who are aged between 16 and 65 and suffering from a diagnosed mental health problem.	01737 281 057
EIIP (EARLY INTERVENTION IN PSYCHOSIS SERVICE) East & Mid Surrey Farmside, West Park, Epsom, Surrey KT19 8PB They provide specialist treatment and care for people between 14 – 35	01372 206 262

years who have signs of psychosis.	
<b>MARGARET LAURIE HOUSE REIGATE – REHABILITATION UNIT</b> Margaret Laurie House, 1 Church Road, Reigate, Surrey RH2 8HY Provides a centre offering three to six month programme of skills training, alongside 24 hour nursing support to help people who have severe and enduring mental illness learn and regain lost life skills and move to more independent living.	01737 277 724
<b>OTHER ORGANISATIONS OF INTEREST</b>	
<b>FOCUS</b> Surrey & Borders Partnership NHS Foundation Trust, 18 Mole Valley Business Park, Leatherhead, Surrey KT22 7AD Quarterly Forum for people with mental health problems, carers, etc.	01372 216158 Mobile: 07769 162589 Email: engage@sabp.nhs.uk
<b>SPEAKER AND NETWORK SESSION</b> Surrey & Borders Partnership NHS Foundation Trust, 18 Mole Valley Business Park, Leatherhead, Surrey KT22 7AD Quarterly meeting for people who signed up to become a member of this Trust	01371 216158 Mobile: 07769 162589 Email: engage@sabp.nhs.uk
<b>MID &amp; EAST SURREY MENTAL HEALTH STAKEHOLDER GROUP</b> Meets bi-monthly rotating between Park House, Randalls Road, Leatherhead and Woodhatch Centre, Reigate on alternative morning or afternoon two hour sessions.	07727 273242/ 0208 1440350 Email: lucy@nb-consultancy.co.uk
<b>SURREY &amp; BORDER PARTNERSHIP NHS FOUNDATION TRUST PALS</b> Pals provides advice and support to help to resolve any concerns about service being provided Provides information on local health services Listen to concerns, suggestions, queries, etc. Helps to sort out problems Sarah Elliott – PALS and Complaints Co-ordinator Tracey Pettit – Assistant PALS and Complaints Manager Sean Hunter – PALS and Complaints Manager	01372 216 203 01372 216 202 01372 216 204
<b>FURNISTORE EAST SURREY</b> Unit 10 Bridge Industrial Estate, Balcome Road, Horley, Surrey RH6 9HU Shop at Merstham and a warehouse in Horley to store and sell second hand furniture at a reasonable price. Support people volunteering.	08450 544 089
<b>MEDICATION</b>	
Surrey & Borders Partnership NHS Foundation Trust provides information regarding medication. Medication Helpline (Monday – Friday 9.00am – 5.00pm) Online: <a href="http://www.choiceandmedication.org/sabp">www.choiceandmedication.org/sabp</a> The Trust also recommends using community Pharmacies if you need help or want to ask anything about your medicines.	01737 281033