Epsom Mental Health Week is organised by Love Me Love My Mind, a charity dedicated to promoting understanding about mental health.

Epsom Mental Health Week 2013

Mental Health: Past, Present and Future

www.epsommentalhealthweek.org.uk

Follow us @ Love me love my mind
It gives me great pleasure to welcome you to the 2013 Epsom Mental Health Week. This is the second year I have been involved and I am delighted to see that the organisation is going from strength to strength. What makes EMHW so special is that it is a small, grassroots organisation that has sprung up to fulfil a need for those in the local community to come together to learn, teach and discuss all issues relating to mental health. The events are open to absolutely everyone, regardless of their background or experiences.

The people of Epsom should be proud that they have created this wonderful event that brings people together and embraces inclusivity. It reminds us that there is far more that connects us and makes us similar than divides us and separates us. It is also community-based events like this that provide a wonderful antidote to an increasingly fragmented and atomised society.

The theme for this year is ‘Mental Health: Past, Present and Future’. There are events looking at local history regarding mental health care with a guided walk around Epsom’s former psychiatric institutions as well as first hand accounts of what it was like to be a patient there and practical classes on how to let go of past feelings through mindfulness. There’s a wealth of talks on topics relating to current issues surrounding mental health, including welfare rights, legal issues and how to survive in a changing society. There’s also a glimpse into what the future holds with Prof Hugh Gurling’s talk on the genetics of mental illness.

It’s a rich and varied programme and I very much hope that there is something for everyone. Remember, do feel free to bring friends or guests to the events – you don’t have to be a resident in Epsom to enjoy Epsom Mental Health Week.

www.maxpemberton.com

Come and hear Dr Pemberton speak on Saturday 12th October, 1.30pm at St Barnabas.
At St Barnabas

9.30am-10.45am
Mental Health and the Law
Suzette Jones, Health and Wellbeing Adviser, uses her extensive mental health experience to aid our understanding of this huge topic. There will be opportunity for individual questions after the talk.

11.00am-11.45am
Surviving a changing Society
We live in a time of very rapid social change. Sue Bond gives us the opportunity to reflect on some of the changes and how they impact on our mental and emotional well-being.

12noon-1pm
Building self-worth
Nancy Williams, who runs The Studio ADHD Centre, discusses Attention Deficit Hyperactivity Disorder and answers our questions.

1.15pm-1.45pm
Pets as therapy
Betty Bloomfield and PAT Dog Sally demonstrate how pets may improve our mental well-being.

2.00pm-3.30pm
The Genetics of Mental Illness
Professor Hugh Gurling, Professor of Molecular Psychiatry and Hon Consultant Psychiatrist, speaks on this fascinating topic. Plenty of opportunity to share our own thoughts and opinions.

4.00pm-7.00pm
Weekly Drop-in
Coffee, tea and cake, hot meal, activity.
This week – Andy Smith and members of Laine Theatre Arts help us be in touch with our own identity.

8.00pm-10.00pm
Pop-up Book Group
Join local writer Kirstie Arnould to discuss Wide Sargasso Sea by Jean Rhys. The book tells the story of the first Mrs Rochester in Charlotte Bronte’s Jane Eyre, the archetypal Victorian ‘madwoman in the attic’. Helpful if you can read the book beforehand.

Monday 7th Oct
Changing and Caring

At St Barnabas
9.00am-10.15am
Mental health, prejudice and stigma
Ed Davie is a manager at NSUN network for mental health, a service-user-led charity that supports involvement, self-care and peer support across England. He is also a Labour councillor, chair of Lambeth’s health and adult social care scrutiny committee and a journalist who blogs for the Guardian.

10.30am-11.30am
Welfare Reform
An opportunity to hear about and discuss the reforms with Tom Sheriff, Bureau Manager, Epsom & Ewell Citizens Advice Bureau.

11.45am-12.30pm
Dealing with difficult conversations and situations
Sam Johnson from the WEA helps us explore our reactions and responses to some of life’s challenges in this interactive workshop.

12.45pm-1.45pm
Employment Support and Job Retention
With Natalia Konieczna, Sue Connors and Beverly MacGiver from the Richmond Fellowship.

2.00pm-3.00pm
A Carer’s tale
Rev Dr Marion de Quidt shares her personal experience and reflects on what changes in the system and in society would have made life easier....

3.30pm-5.00pm
Navigating our way through dementia
Anita Campbell and Karen Tapson, Dementia navigators, share the journey with us.

5.30pm-7.00pm
Relaxation/yoga
Isabel Ferreira is a Certified Hatha Yoga Teacher. Lessons are interactive and fun; finishing with a deep relaxation. Please bring a yoga mat, if you have one, and a thick blanket.

* At Epsom Library
Ebbisham Centre, Derby Square, Epsom KT19 8AG
7.30pm-8.45pm
Philosophy for Life and Other Dangerous Situations
Join Author Jules Evans for a fusion of ancient philosophy and modern psychology in this talk-cum-workshop. Tickets £5, including refreshments. Available from Epsom Library or call 01483 543599 for credit/debit sales or book online at www.surreycc.gov.uk/writersbooked
What may help?

At St Barnabas
9.30am-10.30am
Childhood experiences and our mental well-being
A discussion about the effect of our childhood experiences on our mental well-being as adults. With Dr Jim Wilson and members of the Epsom Downs Psychotherapy Group. The Seminar will seek to explain how psychotherapy can help with the underlying insecurities from childhood and lead to better mental health.

10.45am-11.15am
Exercise and Healthy Living
Looking at why exercise and leading a healthy lifestyle is important and active approaches in your daily life. With Mark Harris, Wellbeing and Fitness Instructor.

11.30am-12.30pm
Developing a healthy relationship...with Food?
One of our most permanent relationships through life is with food. Nikki den Hollander (Weight Management, Nutritional Advisor for Health and Wellbeing) will give an informal talk offering tips and advice to make it a happy and healthy relationship with food.

12.45pm-1.30pm
How the clutter mounts up...
Sophie Holmes, clinical psychologist, and people who have experienced the effects of hoarding and obsessive compulsive behaviour.

2.00pm-3.30pm
After Abuse
Malcolm Henderson-Begg, Vice Chair and Counsellor at the Rape and Sexual Abuse Support Centre, Guildford, offers a presentation, time for questions, and one-to-one conversations.

4.00pm-5.30pm
Feeling Happy!
A sensory exploration of happiness as led by members of the Kites Club who have profound multiple learning disabilities. Be present and be happy!

6.00pm-6.30pm
Mental Health: Past, Present & Future – An African Experience
Simon Mortimore, retired solicitor and member of the Baha’i community, gives his impression of mental health care in Swaziland (sub-Saharan Africa).

7.30pm-9.30pm
Dreams and good mental health
Rev. Dr. Russ Parker, Director of the Acorn Christian Foundation. Author of Healing Dreams and Visions in the Night. This is an evening to explore the significance and importance of dreams as a resource for personal growth and healing.
Keeping us in mind

At St Barnabas
9.30am-10.15am
Memories come flooding back...
Jacky Oliver and Mandy McCann share recollections from their time in the Epsom Cluster. Jacky worked at Long Grove Hospital as a physiotherapist and was Deputy Director during the closure of the hospital. Mandy lived in the Manor Hospital in 1972.

10.30am-11.30am
Passing time
A workshop looking at how creativity can change our perception of time and how this can shape our sense of well-being. With Richard Whitaker and Mark Shakespeare, Art Therapists at Surrey and Borders.

12noon-1.00pm
Private Minds, Public Collections
Julian Pooley from the Surrey History Centre explores how the Centre has worked with people who lived and worked in Surrey’s former hospitals for people with mental illness.

1.30pm-2.30pm
Music - for sharing and processing feelings. Amanda Lapping and Isabel Oman
An opportunity to create some music together to reflect something of our collective mental health experiences over the years - and our hopes for the future. Please feel free to bring your own drums, percussion or other instruments if you would like to. Some other instruments will also be provided.

3.00pm-5.00pm
Afternoon Tea for all with any connection to the Epsom Cluster hospitals.

5.30pm-6.30pm
Letting go of our feelings through mindfulness
Isabel Ferreira on the practice of Mindfulness to bring awareness without criticism, to be compassionate with ourselves and to learn to let go of feelings.

*At Epsom Library
Ebbisham Centre, Derby Square, Epsom KT19 8AG

7.30pm-8.45pm
An evening with Susie Boyt
Author Susie Boyt is the daughter of painter Lucian Freud and great-granddaughter of psychoanalyst, Sigmund Freud. Her novel, Only Human, was shortlisted for the 2005 Mind Book of the Year. This evening she will talk in particular about her latest novel: The Small Hours – families, secrets and how we treat each other.
Tickets £5, including refreshments. Available from Epsom Library or call 01483 543599 for credit/debit card sales or book online at www.surreycc.gov.uk/writersbooked.
At St Barnabas
9.00am-9.45am
Recovering what matters
Nina Nwaosu and Lara Smith discuss how occupational therapy can help us rediscover meaningful occupations/roles in our lives.

10.00am-11.00am
Drugs, addiction and rehabilitation
Chip Somers from Focus 12, an independent charity providing drug and alcohol rehabilitation.

11.30am-12.30pm
The Rt Hon Chris Grayling MP, Secretary of State for Justice and Lord Chancellor
speaks on ‘Is it possible to create a just society?’ The opportunity to hear our local MP and ask questions.

1.30pm-2.30pm
Depression and young people
Trevor Lowe from the Charlie Waller Memorial Trust speaks and leads a discussion.

3.00pm-4.00pm
Walking through the darkness: a personal story of depression.
Katharine Welby shares some of her journey.

4.30pm-6.00pm
CAMHS Youth Advisors- Our Perspective
Members of CAMHS Youth Advisors (CYA) take you through their journey as young people accessing mental health services.

6-30pm-7.30pm
Radical welcome and inclusion for all
Katharine Welby and Adam Bonner from Livability reflect on how we may all feel welcomed and accepted.

8.00pm-10.00pm
Film - Shine
Based on the life of Australian Pianist David Helfgott, who suffered a mental breakdown and spent many years in institutions.

At the Department of Psychiatry, Langley Wing
Epsom General Hospital, Dorking Road, Epsom KT18 7EG
10.00am-4.00pm
Visit the Department and see various displays; have the opportunity to speak with consultants on many areas of mental health; and learn what life is like on a psychiatric ward.

At 2pm Mental Health, Alcoholism and Addiction
Two people share their experience, strength and hope on alcoholism and addiction, and the impact on their mental health.
### Past, Present & Future

**Starting from St Barnabas**

**WALKATHON**  
9.00am for prompt 9.30am departure  
A new walk around the Epsom Cluster Hospital sites, with time to hear some of the history and to visit Horton Chapel. The walk is about 5 miles long and will mainly be on surfaced paths. Please wear suitable footwear and appropriate clothing.

Includes a visit to The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ Tel: 01372 731971 for coffee and cake.

**Returning to St Barnabas for lunch 12.30pm.**

At 1.30pm Dr Max Pemberton, Doctor, journalist, writer and Patron of Epsom Mental Health Week will be talking on Mental Health: past, present and future......

**The Old Moat Garden Centre**

**The Old Moat Bake Off**  
A fun cake cooking competition open to all. Three categories; Past, Present and Future. Will it be a cake no-one has ever experienced, or one of granny’s secret recipes hidden in the kitchen drawer?  
Entry fee £1 per cake entry. Bring your cakes from 2pm onwards for judging at 2.30pm, followed by afternoon tea! (small charge may apply) Garden vouchers for the winners.

And for the more energetic:

**Queen Elizabeth II Park (Court Recreation Ground)**  
3.00pm-5.00pm  
Come along and take part in a football training session and learn new skills. You can also watch or take part in The 1st Epsom Mental Health Week Charity Shield 5 a side competition.

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### TIMETABLE

**Sunday 6th October**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>10.15am</td>
<td>Church Service ‘Can the Church be a Therapeutic Community?’</td>
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<td>12 noon</td>
<td>Welcome by the Mayor of Epsom &amp; Ewell Cllr Colin Taylor</td>
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<td>12.10pm</td>
<td>New developments in Mental Health care</td>
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<td>12.20pm</td>
<td>Laine Theatre Arts</td>
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<td>1.00pm</td>
<td>LUNCH</td>
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<td>Panel discussion ‘What it means to have good mental health.’</td>
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<td>10.00am</td>
<td>At the Department of Psychiatry</td>
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<td>10.30am</td>
<td>Langley Wing, Epsom General Hospital - a great opportunity to visit the Department and speak with consultants on many areas of mental health. Including at 2.00pm Mental Health, Alcoholism and Addiction</td>
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<td>Dr Max Pemberton</td>
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<td>2.00pm</td>
<td>Old Moat Bake off *</td>
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<tr>
<td>3.00pm</td>
<td>Football</td>
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**Saturday 12th October**

9.00am-4.00pm  
- At St Barnabas

9.00am Recovering what matters  
10.00am Drugs, addiction and rehabilitation  
11.30am Chris Grayling MP ‘Is it possible to create a just society?’  
1.30pm Depression and young people  
2.00pm Mental Health, Alcoholism and Addiction  
3.00pm Walking through the darkness  
4.30pm CAMHS Youth Advisors- Our Perspective  
6.30pm Radical welcome and inclusion for all  
8.00pm Film – Shine 1996 Certificate 12A
Talks, Activities, Exhibition throughout the week.
Information point, spirituality zone and quiet room.

There is no charge for any of the events. (except where marked *)
Free refreshments will be available throughout the week.

Unless stated otherwise our activities will be held at:
**St Barnabas Church, Temple Road, Epsom, KT19 8HA.**

Car parking at:
St Barnabas Church, and
Court Recreation Ground
(Queen Elizabeth II Park)

Easy walking distance from
Epsom Train Station.

Buses 418 & E5 from Market
Place to Hook Rd.
Alight opposite Miles Rd and
walk through the alley way
to St Barnabas.

Further information visit our website at:
[www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk)
Or
e-mail: info@epsommentalhealthweek.org.uk
Tel: 01372-721518

Epsom Mental Health Week is organised by Love Me Love My Mind.
St Barnabas Church, Temple Road, Epsom, Surrey KT19 8HA.
Reg. Charity no. 1125595