

How you can help:

If you would like to help LMLMM make a difference with a one-off or regular donation, please complete **both sides** of this form.

Make a Donation

I would like to make a one-off donation of

£

and enclose my cheque made payable to
"Love Me - Love My Mind"

If you would like to make a regular monthly donation to LMLMM please email
info@lovemelovemymind.org.uk
for more details

or you can donate online at
www.lovemelovemymind.org.uk

Gift Aid - Tick Here

☐ I agree to Gift Aid this donation to
Love Me Love My Mind.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Reg. Charity No. 1125595

Love me
Love my mind

Our Mission Statement

To break down stigma and inspire understanding about mental health.

We hope to achieve this by:-

- ♥ Providing a regular Monday Drop-In session.
- ♥ Organising the annual Epsom Mental Health Week.
- ♥ Offering encouragement, support and friendship to people with mental health issues and their families.
- ♥ Signposting people to helpful mental health resources.
- ♥ Challenging stigma wherever it occurs.

Love Me - Love My Mind

St. Barnabas Church
Temple Road
Epsom KT19 8HA

01372 721518
info@lovemelovemymind.org.uk
www.lovemelovemymind.org.uk

Reg. Charity No. 1125595

Love me
Love my mind



Dedicated to promoting
understanding about
mental health
in our community.



www.lovemelovemymind.org.uk



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Love Me - Love My Mind

is an Epsom-based charity, led and run by volunteers, which is dedicated to promoting understanding about mental health in our community.

The Monday Drop-In began in 2006 and Epsom Mental Health Week has been helping people since 2008. We aim to bring together the whole community to help tackle the stigma of mental illness as well as to support and provide information to those with an interest in mental health.

If you require any further information please email us at: info@lovemelovemymind.org.uk.



Epsom Mental Health Week

Epsom Mental Health Week is held in early October and comprises a week of activities devoted to mental health: providing a forum for discussion, sharing information and providing answers to questions people may have. We are able to offer talks and workshops about a wide variety of topics such as 'The Genetics of Mental Illness', 'Feeling Happy!' and 'Music therapy'.



Monday Drop-In

The Monday Drop-In at St Barnabas Church is eight years old and growing. Some 30 to 35 people attend each week. The Drop-In is supported by volunteers who ensure that there are always refreshments and home-made meals available. The atmosphere is informal and welcoming and it is a good place to meet others. Drop-In members decide the programme of activities and have a strong sense of belonging and ownership.



Let's Talk Epsom

This is our newest activity. We conduct 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.



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Become a Friend

Becoming a Friend to **Love Me - Love My Mind** is a great way to be involved in this vital community service. If you are interested in becoming a friend then please fill in your details today.

Name:

Address:

Tel:

Email:

Love Me - Love My Mind

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