

	<p>Isabel Ferreira Isabel is a certified Hatha Yoga Teacher and an Anusara-Inspired® Yoga Teacher, she shares her passion for yoga teaching in Epsom and Ewell. She aims to share the joy of expansion of the whole being through this empowering practice where mind, body and spirit move towards a better integration and to work to a better version of ourselves. Please bring a yoga mat and a blanket. Contact Isabel at namaste@isabelyoga.co.uk if you need to borrow a mat. More information at www.isabelyoga.co.uk</p>
	<p>Sam Barbot-Freeman Sam Barbot-Freeman worked for 15 years as an Occupational Therapist before becoming a Tutor for the Workers Education Association (WEA) two years ago. She now teaches groups of individuals, carers, volunteers how to maintain and enhance "Brain Health" and about strategies to help people with memory difficulties to live well and maintain their functioning and quality of life. Sam also teaches craft and uses this medium to help individuals to develop and maintain their concentration skills, sense of productivity and enjoyment. The WEA is a national charity committed to empowering others through community based education. For further information on teaching and courses in Surrey please contact Anne Andrews on 01737 225100 or email eastsurrey@wea.org.uk</p>
	<p>Epsom Male Voice Choir The Epsom Male Voice Choir was founded as an evening class in 1983 with the noted composer and arranger Nigel Brooks as its first Musical Director. The choir has steadily gained in numbers and musical ability since its formation with a current membership of 68 singers. During the past year, under the leadership of our musical director Ian Assersohn, the choir has extended its repertoire while retaining the special values of the male voice choir tradition. Our current repertoire covers a wide musical spectrum of pop, film, musicals, folk, gospel, spirituals and traditional Welsh hymn tunes. With more variety than ever in the programme, we hope you enjoy the concert and are uplifted by the energy and soul apparent in every performance the choir gives.</p>



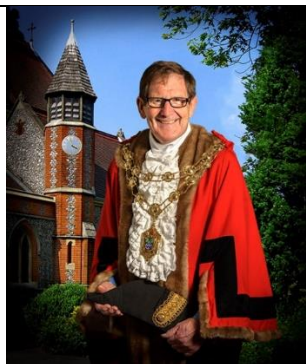
Abbeville Restaurants

Abbevilles Restaurant and Outside Catering is based in Clapham and offers work placements to Lambeth residents with mental health conditions and other disadvantages who want to build up their confidence and experience in order to get back into work.



Max Pemberton – Patron of LMLMM

Max Pemberton is a doctor, journalist and writer. He is based in London and works in mental health. He is a columnist and leader writer for the Daily Mail, writing weekly on news events concerning culture, social and ethical issues, the politics of health care and the NHS. He is also a columnist for Reader's Digest, contributor to The Spectator and Editor of Spectator Health. Before moving to the Daily Mail this year, he was a columnist at the Daily Telegraph for 12 years. He has also written three books. His first, Trust Me I'm A (junior) Doctor was serialised on Radio 4 Book of the Week and charted his first year of life as a doctor on the NHS wards. His second book, Where Does It Hurt? details his experiences of working in an outreach project for the homeless and people addicted to drugs. It tells the stories of the people he met and his own journey as he tries to discover if one person can make a difference and if people really can change. His latest book, The Doctor Will See You Now, is based back in hospital and is focused on Max's time working in dementia and care of the elderly. He has won several awards for his writing, including Mind Journalist of the Year, the Royal College of Psychiatrists Public Educator of the Year and awards from the Medical Journalists' Association.



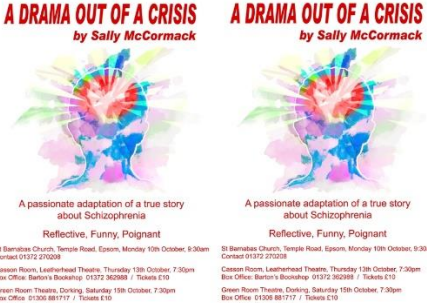



Mayor of Epsom & Ewell, Councillor George Crawford

Born in Coleraine, Northern Ireland he joined the Metropolitan Police in 1962 and eventually became a Chief Superintendent, before retiring to work for ten years as head of security for both Wimbledon and Crystal Palace FCs at Selhurst Park Stadium.

His hobby has always been Rugby Union and he played for both London Irish and the Metropolitan Police before retiring to take up refereeing. He worked his way up to the English and Irish Panel of referees, refereeing junior internationals and the final of the Middlesex Sevens at Twickenham.

He was awarded the Queen's Police Medal (QPM) for distinguished service at the end of his police career.

He chose this charity as his great niece in Ireland has recently fought the disease and he also wanted to highlight the work done by his friends, the late and raised Roy Richmond MBE (who was Chairman of Epsom Coaches) and his wife Nancy who worked tirelessly to better the lives of the people of Epsom and Ewell

	<p>Sally McCormack - A Drama out of crisis</p> <p>'A Drama Out of Crisis' is split into two times zones - the present day and flashbacks taking us from the past up to the present day. The Play is based on a true story about a family's struggle dealing with schizophrenia. It has been adapted from diaries that were kept by a family member and takes the audience through a series of incidents that over took everyone's lives. Although this play is about a serious subject the humour and resolve of all concerned comes across.</p>
	<p>Dr Jim Wilson</p> <p>Helping the children of parents with mental health problems.</p>
	<p>Mandy Mcann</p> <p>Mandy will be talking this about living with schizophrenia and her experience. Mandy regularly attends the Kites Club run by the Sunnybank Trust and recently played the part of the lion in their production of The Wizard of Oz.</p>
	<p>Little Terrors Madeline Shann - www.madelineshann.co.uk</p> <p>Little Terrors is a look at our unpredictable world through the eyes of someone who is afraid of pretty much everything. From clowns to climate change, rollercoasters to robot uprising, Madeline Shann takes us in disquieting detail through her deepest, darkest fears in search of some kind of bravery.</p> <p>A dance theatre lecture, Little Terrors uses movement, storytelling, experimental sound design and any other means necessary to explain why life is terrifying. This show is a darkly funny, poignant and ultimately hopeful look at our relationship with our fears, and how the cowardly can hope to find courage.</p>



Fiona Edwards, Chief Executive, SABP

Fiona's career spans over 30 years, the first ten years of which were in the private sector in Human Resources and as a Director of Human Resources. Her Health Service career began in 1994. Fiona has been a Chief Executive since 2001, and has been Chief Executive of Surrey and Borders Partnership NHS Foundation Trust since April 2005, when the Trust was formed. Surrey and Borders is a health and social care partnership Trust providing services to people with mental illness, learning disabilities and drug and alcohol problems. Fiona is committed to working with vulnerable people, has particularly strong experience in managing change, merging organisations and is passionate about developing services that are human rights and individually focussed. Fiona is also the Chair of Cruse Bereavement Care.



Debbie Brewin

Debbie is an Occupational Therapist, Accredited Cognitive Behaviour Therapist and EMDR Therapist. She has worked in Mental Health Services for over 30 years in the NHS and Private Practice and has a particular interest in Mindfulness and Acceptance and Commitment Therapy. She has a belief that we are all born for a purpose and likes to help people find a personal values-based way of living. She is also one of the founding Trustees of Work Stress Solutions, a charity which supports people in to paid or voluntary work or further education.



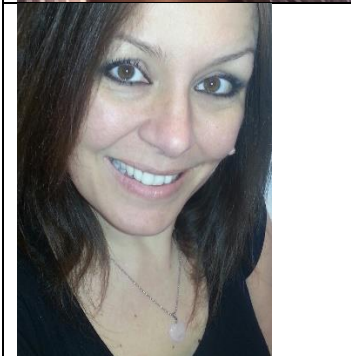


Mark Shakespeare



Suzette Jones

Suzette Jones is a Registered Nurse and holds a Masters of Science Degree in Mental Health, Kings College University London. As the Health & Wellbeing Adviser, Communities Engagement Team, Diocese of Guildford (The Church of England), she delivers and facilitates training, talks and support groups on a range of health related subjects including mental health, domestic abuse, disability, Mindfulness and wellbeing to the faith, voluntary and statutory sectors. A lifelong Christian meditator she has been teaching Mindfulness for over six years offering introductory, drop in and courses based on Bangor University, Mindfulness for Stress reduction which are open to all regardless of faith or none.

	<p>Jenny Dyke I am married and I have four children and four grandchildren. I worked as an administrator for the NHS for many years. Whilst my children were still at school I studied during the day at Carshalton College and continued to study at Merton College, completing an Access Course to University. This led to achieving a BA degree in Education and Theology at Roehampton University. David Attenborough presented me with my certificate at Guildford University; it was one of the proudest days of my life. I run a successful creative writing course and I am actively involved in a number of outreach activities connected with feeding the homeless.</p>
	<p>Prof. John Atack Prof. Atack is currently Professor of Molecular Pharmacology and Director of the Sussex Drug Discovery Centre at the University of Sussex where he is working on discovering new drugs to treat cancer and brain disorders. Prior to joining the University of Sussex in 2012, Prof. Atack gained extensive (>20 years) experience in neuroscience drug discovery initially with Merck & Co. in Harlow, UK and then with Johnson and Johnson in San Diego before moving to Janssen Pharmaceuticals in Belgium. He has worked on drugs for a range of brain disorders including Alzheimer’s disease, Parkinson’s disease, schizophrenia, anxiety, depression, cognitive impairment and addiction and has helped identify 14 drugs that have entered development of which 7 have progressed into clinical studies.</p>
	<p>Lotte Mikkelsen Lotte Mikkelsen is the Laughter Yoga Master Trainer in the UK, Laughter Ambassador, and Gibberish Professor. Her ambition is to make therapeutic laughter and complementary therapy available to everyone. Her compassion combined with her passion drives her work along with a meticulous delivery based on the deep-felt desire to make a difference in the world. Having been diagnosed with MS in 2008 has not changed her view and her wish to bring laughter to people’s life for physical, mental and emotional wellbeing. Laughter Yoga is for everyone and connects the whole of the UK in a healthy way that allows for people to experience personal and professional growth at work and at home through adding the therapeutic benefits of laughter to their own lives and the lives of others.</p>



Nikki Den Hollander

Since EMHW was launched in 2008, Nikki has been one of our speakers as well as giving talks on healthy eating at our Monday Drop-Ins. She is passionate about helping you understand what you eat and drink has an important part to play in how you feel – mentally, emotionally and physically. Nikki is a therapist in Weight management and Nutritional Interventions for eating disorders. She specializes in Health and Nutrition, body image, self esteem building, relaxation and stress management. Understanding the link between good nutrition and optimum health will help you make the best choices for you and your family in a positive and manageable way!



Citizens Advice Bureau Epsom

The Citizens Advice service is a network of independent, local charities that helps people resolve their money, legal and other problems. It provides information and advice to everyone who needs it, and influences government and organisations to bring about changes in policies and laws that affect people's lives. We provide free, independent, confidential and impartial advice to everyone regardless of race, gender, disability, sexual orientation, age or nationality. Epsom & Ewell CAB was one of the first Citizens Advice Bureaux to be created in 1939 and is the member of the national Citizens Advice network serving Epsom, Ewell and surrounding areas.



Charles Twigg

Charles lives in Woking with his wife, Liz and has always been passionate about art; indeed whilst at school in an otherwise uninspiring academic career it was his only redeeming factor. Deciding when leaving the forces at the age of 24 to become a serious artist, he studies in his own time and supported his family as a nurse at other times. His principal medium is ink in its many forms. In the last few years he has become interested in sculpture. He has applied his art in two ways, firstly as a fine artist, in mainly travel and still life work and secondly in the mental health field as an art communicator. Through various life situations he has developed a wide range of experience in this field and this life's learning is used to enable him to get alongside many, helping them to talk, communicate and make relationships. Over the years he has held over 30 one man exhibitions and had held the position of artist in residence with five organisations including Lincoln and Sheffield Cathedrals.



Yvonne Fitzpatrick

Hello, I'm Yvonne, an experienced Counsellor and Psychotherapist with a solid academic background in Psychotherapy. I've been around the block a few times so I don't make promises. But I will help you make informed choices about what you want to achieve, in a safe, friendly and inclusive environment, and in a way that honours who you are, and what you have to offer. My private practice is in my home in Weybridge which I believe is better suited to your comfort and mine. I live just off the High St.

I also see clients at Sam Beare hospice in Weybridge.

MY SESSIONS.

Have variously been described as intuitive, warm, fearless and funny. Accompanying people on journeys of stress, depression, relationship issues, recovery from stroke, confusion, palliative care, end of life, grief and sexual abuse, to name but a few, has taught me more than I ever learned at University.






Mark Stinson

Matthew Stinson is a trained Integrative counsellor, and holds both a Postgraduate Diploma and MA in Counselling and Psychotherapy from the University of East London.

I'm originally from the US, and I have been practising as a counsellor for over 10 years in the UK with children and adults at services including the Samaritans, Beatbullying, the NSPCC and the University of Brighton. I am presently employed as the Student Wellbeing Manager at the University for the Creative Arts, as well as working in private practice, where I offer one-to-one counselling and clinical supervision.

I am accredited through both the National Counselling Society (MNCS Acc), and the British Association for Counselling and Psychotherapy (MBACP Accred), as well as being a registrant on the Accredited Voluntary Register of Counsellors and Psychotherapists

	<p>Janine Jakubowski I am a mother of four children two boys then twin girls. After the birth of my 2 year old twin girls I suffered post-natal depression. Previously my career was working in mental health services for the NHS and a variety of charities. Post-natal depression came like a thief in the night, robbing me of my reality and stealing me from my family. I suffered intrusive thoughts, mania, hearing voices, suicidal thoughts, delusions, depression and anxiety. With medication, therapy, support and spirituality there is now light in my life. I am an ambassador for PANDAS a post-natal depression charity.</p>
	<p>Janette Cattermole Jane is the General Manager at ESRA Ltd, a Redhill based charity specialising in providing impartial employment support to people experiencing mental ill-health and their employers. Jane is a qualified Integrative Counselling Psychotherapist with a background in Human Resources and Corporate Recruitment. She is a Mental Health First Aid approved trainer and ILM accredited Stress Management Society Trainer and is committed to reducing stigma and improving employment options for people who face barriers. Jane will be offering an informal session on how to navigate the recruitment process, clarifying your rights and responsibilities and answering questions relating to recruitment and employment.</p>
	<p>Ro Lavender For as long as I can remember freedom, change and the desire to explore have been themes in my life. I have not found formal contexts and institutions brought out the best in me! And for this reason I chose to work as a Community Nurse and latterly develop community services rather than work in a hospital. My spiritual journey has also been one of informality and I have explored varied and different expressions of church. Currently this is a network of local and extra local faith filled friends with whom I connect. I also work in a flexible way and this includes executive, management and life coaching, assessing trainee managers, university teaching and project work. I have discovered that art, sculpture and theatre are a crucial part of my spiritual journey. In addition, whether it is in my campervan around the UK or backpacking further afield, travel affords me the opportunity to constantly see the world through a different lens.</p>
	<p>Eddie Originally from Cheltenham, I moved to Surrey in 2011. In 2014 I was referred to services, and eventually assessed as having a personality disorder. I got involved with Love Me Love My Mind after meeting Sue at Safe Haven in Epsom and I haven't looked back! I'm very excited for the opportunity to be a part of something that helps so many and to talk about a disorder that isn't commonly known. I'm also now a volunteer with the Recovery College, which supports people's road to recovery with education. I'm thankful for all the help I've been given from the Mary Frances Trust and from Safe Haven, and the opportunities afforded by LMLMM and Surrey and Borders Partnership, which have shaped my journey.</p>

When I'm not busy working or involving myself with mental health awareness and recovery, I enjoy good coffee, stupid cats, awful music and cartoon pirates.



Allen Price
I have lived in Epsom all of my life and I currently work at Epsom and Ewell Borough Council's Home Improvement Agency as a Caseworker and am a Trustee of Love Me – Love My Mind. I am a recovering alcoholic and have a daily challenge living with my bi-polar, and I am currently studying a degree with the Open University in Psychology and Counselling. I love being with my daughter Lauren and son William, family and friends and helping others. I facilitate our depression and anxiety self-help group Let's Talk Epsom and one of the highlights of my week is our Monday drop-in session



Dr Sabrina Coxon
Counselling Psychologist

Dr Sabrina Coxon
Since I was 12, I have been interested and involved with Mental Health as well as Learning Disabilities and Autism Spectrum Disorder. This led me to do my Undergraduate degree in Psychology and then my Doctorate in Psychotherapeutic and Counselling Psychology. I now split my time across Tandridge and Epsom Community Mental Health and Recovery Services. I am passionate about mental health and trying to help eradicate the stigma attached to it. As a society, we need to exercise compassion towards others and also compassion towards ourselves. This is why I am very excited to be part of the Epsom Mental Health week and also especially as I am a local girl and have lived in and around Epsom for nearly two decades.



Nancy Williams
Nancy Williams is the Executive Director and Founder of The Studio ADHD Centre – a registered charity established in 2001.
Nancy was born in Dorking and educated at Dorking Grammar School. She was always actively involved with local politics and community affairs while living in Dorking. Nancy is married, has four sons and has a lifetime interest in the welfare of young people in all areas of youth work, health and social care.

Gurjeet Bansal
Gurjeet works as a counselling psychologist for the Centre for Psychology. Her academic achievements include a 1st Class BSc in Psychology and an MSc in both psychological therapies and research. For over 10 years she has worked professionally in a wide range of applied settings giving her insight into the breadth of psychological distress and significantly how it can be alleviated and managed. Within the British Psychological Society she is an active member of



the Faculty of Addictions and currently researching the effects of problematic mephedrone use. Her talk explores the way that 'Perfectionism' underlies many common mental health disorders.



Anthony Fairweather

Anthony is a performance poet and screenwriter with Asperger's Syndrome. After suffering with mental illness since early adulthood he felt inspired to write poems about how he felt after he heard about the comedian Les Dawson doing the same thing in his early life. It was through these poems that he was subsequently diagnosed with Asperger's Syndrome when he was 26. Since then he has performed his poetry all over the UK and supported the likes of John Cooper-Clarke. He has recently completed production Frosted Glass, a dramatic film that takes mental illness and people's reactions to it as its central theme – www.frostedglassfilm.co.uk .



Alan English

Alain English is an actor and poet from Aberdeen now living in London. He trained at the International School of Screen Acting, graduating 2005. Credits include "Beauty and the Beast" (Colour House Theatre), "The Game of Love and Chance" (Baron's Court Theatre), and as Mark Anthony in "Julius Caesar" and King James in "5/11"(Network Theatre). He is set to play Keir Hardie in "Her Naked Skin" - this October. He is also a poet and writer, and has published two volumes of poetry. He is Artist-in-Residence at the Tea House Theatre in Vauxhall. Find out more here: www.alainenglish.co.uk



Epsom Late Rock Choir

Rock Choir was started in Farnham, Surrey in 2005 by musician and singer, Caroline Redman Lusher. Rock Choir pioneered the contemporary choir movement in the UK. It was the first choir to offer the general public the chance to sing pop, rock and chart songs with no entry audition and no requirements to read music or have any previous singing experience.



Brian Longhurst

I am seventy two and was born in Wandsworth South London being one of twins, my sister Iris was born 11.40 pm on 23/02/1944 and I was born at 0.40 am on 24/02/1944 i.e. one hour later born on different days. Lived there for sixteen years with two elder brothers and twin plus Mother and Father (who could not work due to poor health issues from being in the Navy WW1). I stumbled into working in Payroll aged sixteen and remained there until retiring through having a stroke aged fifty seven by which time I had become both a Payroll and Transport Manager. I married very late in life in my early forties to a Malaysian/Chinese lady who was a midwife and we had a son Philip who is training to become a doctor. Sadly my wife Eu Kiew passed away three and a half years ago through lung cancer. Also sadly my twin passed away through liver cancer about ten years ago.

Survival is the name of the game for your family (if you have one) plus the wider family and friends but mostly for yourself. Yes, easy to say (as I well know) but a lot more difficult to attain when one feels your brain/mind is perhaps under vicious attack. Yes, had much of what affects you panic attacks, fear, many crying sessions, don't want to leave ones bed, ECT sessions plus many other effects.

Try to grasp life. As it's worth it be it at first only small things like enjoying a cup of tea with a biscuit. You deserve a life free of this awful illness but we can't get away from the fact it has to be worked at and only you can do that. I have experienced nearly (so far) a half a century of depression. As one lives with this illness for so long one does learn certain ways (be they large or small) to adjust.



Rabbi Danny Rich

Rabbi Danny Rich has been the Senior Rabbi & Chief Executive of Liberal Judaism since 2005, and was Rabbi to Kingston Liberal Synagogue for nearly two decades. Rabbi Rich is a Justice of the Peace, and a hospital and prison chaplain. He is a President of the Council of Christians & Jews, co-chair of the National Refugees Welcome Board and a member of the Council of Imams and Rabbis.

He is currently provides Jewish Chaplaincy to Broadmoor and was previously a Trustee and volunteer at Mental Aid Projects, a Surrey mental health charity. Mental health and Judaism is a particular interest of his; at Limmud 2015 he ran a session called 'A Jewish Perspective on Mental Health' to open the discussion about mental health within the wider Jewish community.



University of Creative Arts

UCA Epsom campus offers a range of fashion courses as well as Graphics and Music Journalism, plus the UK's first MBA in Creative Business Management. Through our Design Business Institute, you'll have access to influential professionals, job prospects and potential employers. And with multiple technical and industry facilities on site, you'll have a truly amazing study experience.



NESCOT

Nescot (North East Surrey College of Technology) is a large further and higher education college which attracts students from the local community, nationally and overseas. Established in 1953, Nescot works with employers, local schools and the community to ensure that our courses are relevant and current. Nescot's success rates are the highest amongst general FE colleges in Surrey. In 2010 Ofsted rated Nescot as Outstanding for Leadership, Management, Capacity to Improve, Care & Support for Students, Tutorials, Enrichment, Safeguarding and Financial Management.



Blenheim High School

Blenheim High School is a co-educational Science Academy in Epsom with state of the art facilities and one of the first schools in the South East to thoroughly integrate iPads into their school. Blenheim now has every student either owning or having access to an iPad in every lesson. The scheme is fully in line with their goal to be a leader in STEM (Science, Technology, Engineering and Maths) and to be a state of the art academy in teaching, facilities and most importantly, learning



Rt Hon Chris Grayling MP

Chris has been MP for Epsom and Ewell since the 2001 General Election and has been an active local MP, involved in several important campaigns including the battle to secure the future of Epsom Hospital. He and his family live in the constituency. He is Patron of Nork Music in the Park and the locally-based charity the Forces Children's Trust, an Honorary Member of the Surrey Scout Council and Vice-President of the local Lest We Forget Association. Between 2003 and 2009, Chris held a number of Shadow frontbench posts including Shadow Higher and Further Education Minister, Shadow Leader of the House, Shadow Secretary of State for Transport, Shadow Secretary of State for Work and Pensions and Shadow Home Secretary. Following the formation of the coalition government in May 2010, he was appointed Minister of State at the Department for Work and Pensions. September 2012 Lord Chancellor – Secretary of State for Justice. In May 2015 he was appointed Leader of the House of Commons and Lord President of the Council. July 2016 he was appointed Secretary of State for Transport.



Kirstie Arnould

Kirstie Arnould has a strong interest in the history of Epsom's cluster of psychiatric hospitals and its continuing relevance to the local community. She is studying for an MA in Public History and her dissertation will focus on the Epsom Cluster. She is also on the Management Committee of the Horton Chapel Arts and Heritage Society. Kirstie has been involved with EMHW for seven years in various guises. Her day job is as a charity fundraising consultant



Stephanie Spiteri

Founder of Able-Unique Plus Stephanie Spiteri has brought together over the last two years around 800 volunteers to raise awareness and stop stigma against mental health. She with the help of the volunteers so far raised about £6300 for local charities around Surrey in the way of show productions and public speaking. As a Bipolar sufferer she is very passionate to help raise as much awareness and stop stigma and has experienced the mental health system since aged 17 years old. Times have changed in the system and Stephanie has seen first-hand how patients are treated and can honestly say they should be treated with more respect and dignity. In her opinion the mental health system has got worse.

Stephanie with the support of Able-Unique Plus Volunteers are thrilled to help and entertain at mental health awareness week and support Love Me Love My Mind and really want to help make a difference. Stephanie will do a speech to highlight that everyone with a mental illness is the same. "A broken leg you can see and understand. A mental illness isn't always visible" "Together we can make a difference, Onwards, Upwards and Uniquely Fabulous"



Alan Carlson

Alan Carlson has lived in West Ewell most of his life. A former pupil of Glyn Grammar School, he is Vice Chair of Age Concern Epsom & Ewell. After training as a speech and drama teacher he spent nearly 40 years teaching in Lambeth, ending his career as the head teacher of a Special school. He served 16 years as a local Labour Councillor, serving as Mayor in 2001. He was made an Honorary Alderman in 2007. He now fills his time volunteering with local charities. His hobbies are supporting AFC Wimbledon, motorcycling, bird watching and fund raising for local charities.



Jamie

Already noted for his distinctive solo keyboard busking in southwest London, Jamie is a confident, passionate performer with a broad repertoire taking in everything from Vera Lynn to Snow Patrol via Queen, with 25 years of secure musicianship under his belt.

In a versatile and varied career, he has transcribed cabaret pieces for BBC Radio 4, played weekly solo piano sets to elderly care home residents, accompanied young musicians at Twickenham Academy for their 2015 Christmas spectacular, performed to large crowds during Twickenham during the Six Nations rugby, and besides that, played at an array of weddings and functions. He is also a composer, and has been privileged over the years to have had opportunities to compose for the Presteigne Festival, Tactus Symphony Orchestra, Philharmonia Orchestra, Leeds University Liturgical Choir, Leeds University Union Musical Theatre Orchestra, and Kingston University gamelan ensemble. Whilst at Kingston University, he created and directed a function band, Modulus. His compositional output to date spans just over 150 pieces.

Jamie continues to play an active role in local music making. He regularly appears at open mic nights, functions and weddings across London and Surrey, including venues in Kingston, Richmond and Surbiton.



Jenny Green

Jenny green is a well-seasoned performer having had many years of performing jazz and lively music for various events & functions. Her variety of music and extensive repertoire keeps audiences spellbound and up on their feet with music ranging from 1940's to the present date.

Not stopping for one minute she also broadcasts a jazz radio show every Sunday evening from 8 till 11pm and hosts a monthly Jazz night in East Grinstead. Jenny supports many charities in her work, but mental health charities are very much close to her heart. Jenny comments "My mum and young sister both suffered with long term mental illness. Mum sadly passed away last year she often helped the mind charity with the collection boxes. I've seen first-hand the stigma surrounding mental health, people need to be educated as we are all on the edge and mental health can affect anyone at any time . Jenny's recent Debut album received rave reviews and has been featured on a number of radio stations, she performs in some of London's most prestigious venue's including upstairs at Ronnie Scott's, Pizza Express Pheasantry and the Pizza Express jazz club in Soho and more recently the Rivili ballroom with an 18 piece orchestra! I'm delighted to be involved in this worthwhile charity in memory of my mum."



AZ2B Theatre Company

Grandma Remember Me? is a beautiful story told through a mix of puppetry, drama and storytelling. It is written from the perspective of a young child, Lilly, whose Grandma develops Alzheimer's disease. It explores their changing relationship from Lilly's initial recognition that there is something wrong with her grandma, through the unfolding challenges and final acceptance and understanding of the disease.

It explores the wider impact on family, the need for support and understanding within our communities and the importance of memories and relationships within our lives and how to keep and treasure them. It is a piece of high quality theatre, very powerful, realistic and deeply moving.

What do you see? You would not want to be a resident at Marshall Joan's Care Home. De motivated staff, no stimulation and a culture that lacks care. Fortunately they've just failed their CQC inspection leading to a change in ownership, are things about to change? Let's hope so. Az2B Theatre Company are proud to present their new play "What Do You See?" A "theatrical feast" which aims to impact positive change. Described as "powerful" "realistic" and "incredibly funny."