

Events are open to all, are mostly free and booking is not normally required. For full details, locations, participants or to book (where required) visit [www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk) or phone 01372 721518.

Please visit [www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk) for extra events not listed here

## SUNDAY 5 OCTOBER 2008

### Opening Event

12 noon St Barnabas Church Cost: tbc

Spectacular opening ceremony with internationally acclaimed stars. Join in the performance by Aangikam Dance Akademi, Making Music with Tom Arnold and the thrilling Laine Theatre Arts show. Exhibitions and lunch for all.

### Harvest Festival Service

3.30pm St Barnabas Church

All welcome, and specially geared for people with learning disabilities, followed by tea at 4pm.

### Reflection Meeting: "Spiritual Qualities of a Peaceful Mind" with Shiva Finch

8-9.30pm St Barnabas Church

Readings to be taken from sacred scriptures and other devotional writings, including the Bahá'í writings, followed by tea and biscuits. With an opportunity to discuss their experiences.

## MONDAY 6 OCTOBER 2008

### Workshop: Mental Health and the ethnic minorities including Gypsies and Travelers - creating connections and working together.

By Peter Koroma, Ghazala Waheed, Sanoj Majeed and Charmaine Valler Community Development workers, BME Mental Health. Surrey Community Action.

9.30-10.45am St Barnabas Church

Target participants- people of ethnic minority origin but all interested members of the community are welcome.

### Film: 'Iris' with Exhibition

11.30am Odeon Cinema Cost: free, but donations on the day welcome

### Talk: Learning Disability Consultant: Dr Raja Mukherjee

11am-12.15pm St Barnabas Church

Dr Mukherjee will present the case for alcohol and its evidence for harm caused by drinking in pregnancy as well as show its relationship to longer term developmental and mental health outcomes. Lunch available afterwards, and coffee beforehand. Numbers limited to 40 so please email or phone to book your place.

### Talk: Both sides of the fence: giving and receiving psychiatric care

By Dr Glenn Cornish, Psychiatrist for working age adults in Epsom and Mole Valley.

2-3.15pm St Barnabas Church

### Drop in

4-7pm St Barnabas Church

Meets weekly and all welcome for coffee and cake, cooked meal and activity. Drop in and out as you wish. The week's activity: line dancing with Bobby and Graham.

### Drop in/Questions and Answer session with Esham Maghooa, Executive Committee Member of the Epsom and Ewell Islamic Society

All welcome and specially geared for the Muslim Community

7-9pm St Barnabas Church

## TUESDAY 7 OCTOBER 2008

### Film: "A Beautiful Mind" with Exhibition

11.30am Odeon Cinema Cost: free, but donations on the day welcome

### Talk: Therapy for children, young people and their parents/carers by Alexandra Payne, Integrative Psychotherapist

10-11am St Barnabas Church

The talk will demystify the process of therapy with a focus on therapeutic help for children and young people who are struggling to cope with difficulties in their lives.

What can therapy help with? How does therapy help? What's involved? Where to find help? What will it cost? How will I know if it's working?

### Poetry Reading: "Still here?" by Laura Collins

12noon-12.30pm St Barnabas Church

### Talk: Reflection at the interface: recovery and spirituality by Julia Head, Bishop Robinson Fellow at the Maudsley Hospital

2-3.30pm St Barnabas Church

### Drop-In Advice session:

2-4pm St Barnabas Church

With Anna Peterkin and Katy Rakow, Advisers from Mental Health Outreach, Epsom & Ewell Citizens Advice Bureau.

### Talk: SPELLBOUND - Tom Rhind-Tutt

7-10pm St Barnabas Church

Through Tom's eyes we glimpse some of the difficulties faced by those with learning disabilities or who are handicapped and the vital importance of loving friendships along with understanding support.

## WEDNESDAY 8 OCTOBER 2008

### Advice session: 'staffed' by professional mental health workers.

9am-5pm St Barnabas Church

### Workshop: Wellbeing and Mental Health Awareness

With Jessica Agudelo and Sandra Young, Community Development Workers, Southside Partnership.

10am-12noon Spa Lounge, Ebbisham Centre, Epsom

Well-being & Mental Health Awareness workshop to explore the meaning of mental health and recovery. Target audience 15-18 year olds and/or adults. Up to 12 participants. Booking required.

### Talk: Jane Sadler On being a User and the work of KAG Advocacy for Mental Health

10-11.15am St Barnabas Church

### Flower Arranging: with Gina Moffatt of Blooming Scent

10am-4pm St Barnabas Church

### Film "As Good as It Gets" with Exhibition

11.30am Odeon Cinema Cost: free, but donations on the day welcome

### Suraa Asian drop in

10am-3.30pm Acer House, East Street, Epsom

Snooker, meditation and yoga, music, an Indian lunch, a display, and time to look at bereavement and psychological issues from an Asian perspective. (Location tip: just before turning to Kiln Lane trading estate.)

### Play: "WHO'S TALKING NOW"

2-3pm St Barnabas Church

A short play to raise awareness of Schizophrenia and Mental Health issues. Written and Developed by Sally McCormack (Matrix Theatre) and Rebecca Owen (Continuing Needs Service - Mid Surrey).

### Talk: Fiona Edwards. Chief Executive of Surrey & Borders Partnership NHS Foundation Trust.

12.30-2pm St Barnabas Church

Lunch provided.

### Workshop: People with learning and communication disabilities: Making communication work with Sheila Hollins

3-5pm St Barnabas Church

The workshop will introduce participants to the use of pictures to improve a person's understanding about unfamiliar or difficult events. Target audience: everyone interested in learning disability.

### Original Poetry Performance: "Minds in Common" by Trevor RJ Finch

7.45 for 8pm St Barnabas Church

### Drama Workshop with Andy Smith

8pm St Barnabas Church

A practical workshop is about 'us' as communicators. Everyone is welcome. Please wear loose, comfortable clothing and casual footwear... bring your 'creativity' and leave your 'preconceptions' at home...

## THURSDAY 9 OCTOBER 2008

### Information Stall: Outside Holland & Barrett, Ashley Centre, Epsom 9 - 5.30pm

### Taster Sessions: at St Barnabas Church throughout the day

Indian Head Massage, Creative Writing, Good Nutrition for mental well-being (food supplied) and Dance Movement Therapy (see website or call us for detailed times)

### Talk and book signing: 'I wish I was' by Anona Coates

10.30am-12noon Epsom Methodist Church, Ashley Road  
Books will be available for purchase at £7.99

### Film: "It's a Wonderful Life" with Exhibition

11.30am Odeon Cinema Cost: free, but donations on the day welcome

### Talk: 'From fear to acceptance and hope' by Anne Richardson.

2pm-3.15pm St Barnabas Church

A mother's perspective on coming to terms with a daughter's experience of mental ill-health

### Advice session: Anna Peterkin and Katy Rakow, Advisers from Mental Health Outreach, Epsom & Ewell Citizens Advice Bureau

2-4pm St Barnabas Church

### Performance: Cracking Up

7.30pm The Green Room, Leatherhead Theatre,  
Tickets from the box office: £8.50, £6.00 concessions

Join award winning comedian John Ryan and friends for a fantastic night of comedy and sketches that lift the lid on mental well-being and prove that laughter really is the best medicine.

### Performance by the Evergreen Theatre Co Ltd

7.30pm St Barnabas Church

## FRIDAY 10 OCTOBER 2008 WORLD MENTAL HEALTH DAY

### Workshop: Wellbeing and Mental Health Awareness

With Jessica Agudelo and Sandra Young, Community Development Workers, Southside Partnership

10am-12noon Spa Lounge, Ebbisham Centre, Epsom

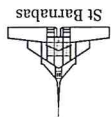
programme continues over...



During Epsom Mental Health Week we hope to reach out to every person in the town to help the continuing process of breaking down stigma about mental illness; enabling all to feel valued; and pointing the way to help people make better use of the services available.

Surrey and Borders Partnership  
NHS Foundation Trust

NHS



Love me  
Love my mind

A light-hearted look  
at when life gives you  
a bit of a kicking

cracking up!

Dance, Film, Drama,  
Music, Talks, Comedy and  
more exploring mental  
illness in Epsom past,  
present and future!

5-12 October 2008

Mental Health Week

EPSOM



Dance, music and drama  
with Laine Theatre Arts

Suntrap will dazzle you with  
their big harmony folk sound



continued from inside...

**Well-being & Mental Health Awareness workshop to explore the meaning of mental health and recovery.**

10-12noon Spa Lounge, Ebbisham Centre Epsom

Well-being & Mental Health Awareness workshop to explore the meaning of mental health and recovery. Target audience 15-18 year olds and/or adults. Up to 12 participants. Booking required.

**Film: "The Hours" with Exhibition**

11.30am Odeon Cinema Cost: free, but donations on the day welcome

**Talk: Mental Health and wellbeing in our community in the 21st century by Chris Grayling, MP for Epsom and Ewell**

Times: 12 noon for 12.30 lunch, 1.30 - 2.30 talk and questions St Barnabas Church

**Open Afternoon at Brickfield Centre, and Exhibition of Hospital sites and the history of mental health care**

2-4pm Brickfield Centre, Portland Place, Epsom

A specialised exhibition with refreshments.

**Carers Tea Party at the Brickfield Centre: run by Diane Luck and Jackie Clark**

2-4pm The Brickfield Centre, Portland Place, Epsom

**Performance: Sun Trap Folk Group**

8pm-10pm St Barnabas Church

Suntrap perform a mesmerizing array of music including their own material and the best of traditional and contemporary folk repertoire.

#### SATURDAY 11 OCTOBER 2008

**Samaritans**

10.30am for coffee, 11-12noon Talk and discussion St Barnabas Church

Who are the Samaritans and how can they better serve you?

**Guided Walk: around former hospital sites with Don Illman starting at West Park Hospital**

10.30 start, walk to take approximately 3 hours

Meeting point: From West Park Road (off Horton Lane) park cars in the first car park on the left just before the Ramsey building. Refreshments available afterwards at St Barnabas Church.

**Talk: The Therapeutic Effects of Gardening by Ghodsie Hardwick**

3-3.45pm St Barnabas Church

#### SUNDAY 12 OCTOBER 2008

**Closing Lunch**

11.45am for Mayor's arrival at noon St Barnabas Church

Exhibitions, Talk and lunch with the Mayor of Epsom and Ewell and an opportunity to reflect on the week and what the future may hold.

#### WEEK LONG EVENTS

**Spirituality and Religion at St Barnabas Church**

Prayer space available for all, candles to light, a prayer board to write on, a message board to share thoughts on, and people with whom we can discuss our thoughts on doubt, faith, belief, religious practice and share prayer, if we would like.

**Artwork on Show**

Lent by various local galleries and the like. In St Barnabas Church.

**Complementary therapies**

Available most of the week at St Barnabas Church, for a minimum donation of £5.00 per treatment, including Indian Head Massage, Thai Foot Massage, Reiki, Crystal Therapy and Face Massage.

**Display of books and DVDs**

About mental health and learning disabilities all week at Epsom Library, 6 The Derby Square, Epsom.

**Displays in the Department of Psychiatry reception area at Langley Wing, Epsom General Hospital**

**Book Stall and Information at St Barnabas**

A variety of books about mental health and wellbeing, mental illness and learning disability. Also, information on Epsom Counselling Service.

Epsom Mental Health Week (Working with Surrey & Borders Partnership  
NHS Foundation Trust and Love Me - Love My Mind)

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

Tel: 01372 721518

Web: [www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk)

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