

## SATURDAY 3 OCTOBER

### The Living Library

11am - 3pm Epsom Library, Ebbisham Centre.  
Real people can be "borrowed" for a 20 minute conversation on many aspects of mental illness.

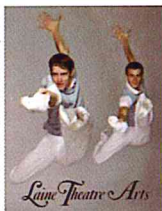
## SUNDAY 4 OCTOBER

All events today at St. Barnabas, Temple Road  
**Church Service for Peace and Hope.**  
10.15 - 11.30am Join Rev. Tom Keighley, Chaplain to St Joseph's Hospice, Isle of Dogs and the people of St. Barnabas Church for worship and prayer.

### 12 noon OPENING EVENT

Mayor of Epsom & Ewell  
Fiona Edwards  
Surrey and Borders  
Partnership NHS Trust

1.30pm Lunch  
Laine Theatre Arts



7.30 - 8.30pm Spiritual Reflection

## MONDAY 5 OCTOBER

'Come to me all who labour and are heavy laden,  
and I will give you rest.'

10 - 11.30am St Barnabas Church, Temple Road  
Time for contemplation - Rev. Adrian Esdaile.

### Stay well and stay working

12.30 - 1pm St Barnabas Church, Temple Road  
David Raison from the Richmond Fellowship explains how the Retain Model works to support clients and employers to overcome obstacles to job retention.

### 2pm Drama for Cuddington Community School

### Supporting people back into work

2 - 2.30pm St Barnabas Church, Temple Road  
Focus on health-related benefits and mental health with A4E.

### 1940's Singalong and tea for all

2 - 3.30pm Epsom Primary School, Pound Lane

### 5-a-side friendly football match

2.30 - 3.30pm Mole Barn, Leatherhead Leisure Centre, Guildford Road, Leatherhead  
Just turn up or contact Steve Pursglove, Richmond Fellowship 01372 363934 for further info.

### Weekly Drop In

4 - 7pm St Barnabas Church, Temple Road  
Coffee, chat, hot meal, activity.  
This week - drama with Dorothy.

### CRACKING UP

8pm Myers Studio, Epsom Playhouse, Ashley Avenue  
Come along to a fantastic night of comedy and sketches that lift the lid on mental well being and prove that laughter really is the best medicine.  
Tickets £8, £5.50 (Concessions)  
Box Office 01372 742555.

### Enabling young people to make drug-free choices

8 - 9.30pm Baptist Church Centre, Church Street.  
Louise Shah Hope UK.

## TUESDAY 6 OCTOBER

### Aromatherapy

9.30am - 12.30pm St Barnabas Church, Temple Road  
Drop in with therapist from the Workers' Educational Association

### Poetry workshop

10 - 12.30pm Rosebery Room, Ebbisham Centre  
Poet Cherry Smyth explores how writing can be a refuge from the stresses of everyday living.

### Yoga and relaxation

2 - 3pm St Barnabas Church, Temple Road  
Yoga teacher Susan Suckling  
(Please bring your own mat if you have one).

### An overview of dementia

3 - 4pm St Joseph's Church, St Margaret Drive  
Claire Robertson  
Mid-Surrey and Dorking Alzheimer's Society.

### The history, theory and practice of chiropractic

3 - 4pm St Barnabas Church, Temple Road  
Chiropractor Richard Boyd.

### Transforming lives

7 - 7.30pm St Barnabas Church, Temple Road  
The work of The Sunnysbank Trust for people with Learning Disabilities.

### The Healing Power of Poetry

8 - 9.30pm St Barnabas Church, Temple Road  
Poet Trevor Finch.

## WEDNESDAY 7 OCTOBER

### Reflexology

9am - 12noon St Martin's Church House, Church Street  
Reflexologist Rita Doherty.

### Meditation for Deep Relaxation

10 - 11am St Joseph's Church, St Margaret Drive  
Gillian Lenane - Complimentary Therapist.

### Suicide Prevention

11am - 12noon St Barnabas Church, Temple Road  
Catherine Croucher and Emma Daniells  
East Sussex Hospitals NHS Trust.

### Self-care

12.15 - 12.45pm St Barnabas Church, Temple Road  
Lynn Hammond - physiotherapist.

### Dancing from the Orient

1 - 1.30pm St Barnabas Church, Temple Road  
The Shimmy Sisters.

### The Impact of Grief and Loss

2 - 3.30pm St Barnabas Church, Temple Road  
Sculptor Jean Parker explores the theme using alabaster sculptures and pictures.

### Eat your way to happiness!!

4 - 5pm St Barnabas Church, Temple Road  
Dietitian / Lifestyle Consultant Nikki den Hollander.

### Cognitive Behaviour Therapy (CBT)

5 - 5.30pm St Barnabas Church, Temple Road  
Therapist Debbie Brewin.

### Don't give up

5.30 - 6.30pm St Barnabas Church, Temple Road  
One person's journey through mental ill health and how she faced her fears.

### Epsom Counselling Service

6 - 7pm Epsom Methodist Church, Ashley Road  
Drop in and find out more.

### Singing is good for you - so come and try!

7.30 - 9.30pm Epsom Methodist Church, Ashley Road  
Beth Hill - Musician.

### Faith and Mental Health

8 - 9.15pm Epsom Methodist Church, Ashley Road  
Rev. David Winwood.

## THURSDAY 8 OCTOBER

### Holistic Stress Management Techniques

10am - 12noon St Joseph's Church, St Margaret Drive  
Shirley O' Donoghue, Principal, Lucis College.

### Good Enough Parenting

10 - 11am St Joseph's Church, St Margaret Drive  
Parent and Author Jeanette Collis.

### Suraa Asian Drop In

10.30am - 3pm Acer House, East Street  
Snooker, meditation, yoga, music, Indian lunch.  
Looking at issues from an Asian perspective.

### Demystifying Child and Adolescent Mental Health

11.30am - 12.30pm St Joseph's Church, St Margaret Drive  
Karen McIlwain and Charlie Fancy  
Primary Mental Health Nurses.

### Dance Movement Therapy Workshop

11am - 1pm St Barnabas Church, Temple Road  
Dance Therapist Kathy Maskens.

### Rethink Sponsored Carers' Event

11am - 2.30pm Brickfield Centre, Portland Place  
For adults who care for anyone of any age with a mental illness. Refreshments available.

### How You can Change Your Life in Eight Days

1 - 2pm St Barnabas Church, Temple Road  
Serena Laurence  
Co-Founder, The Hoffman Institute in the UK.

### 1.30pm Drama for Riverview Primary School

### Indian Head and Hand Massage

2 - 5pm St Barnabas Church, Temple Road  
Drop in with therapist from the Workers' Educational Association.

### How counselling/therapy may help

2pm - 3pm St Barnabas Church, Temple Road  
Drop in session Tracey Pennington.

### Stress at different stages of life

3 - 4pm St Barnabas Church, Temple Road  
Psychiatrist Dr Eileen Feeney.

### Pilates

6 - 7pm St Barnabas Church, Temple Road  
Pilates Teacher Rebecca Horner.

## EMOTIONAL ROLLERCOASTER: A Journey Through the Science of Feelings

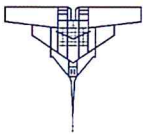
8 - 9pm  
St Barnabas Church

Claudia Hammond  
Radio 4 Presenter



programme continues over....





Coping with the Ups and Downs of Life  
Seeing what Community Services have to offer  
Breaking down stigma about mental illness

# PROMOTING WELL BEING IN THE COMMUNITY

## Dance Film Drama Music Talks Comedy



4-10 October 2009  
Mental Health Week  
EPSOM

continued from inside...

### FRIDAY 9 OCTOBER

9am **Drama for Epsom Primary School**

#### Postnatal Depression

9-10am Children's Centre, Epsom Primary School  
Liz Wise - Group Facilitator.

#### Healing the Dying

10-11.30am St Barnabas Church, Temple Road  
Dr Gareth Tuckwell, CEO of Burrowswood Hospital.

#### The impact of mental illness on family life Chris Grayling MP

12noon-2.45pm St Barnabas Church, Temple Road  
Lunch followed by talk by Chris Grayling MP for Epsom & Ewell.

2.15pm **Drama for St Joseph's Primary School**

#### Psychotherapy, the community & our mental well being

3-3.45pm St Barnabas Church, Temple Road  
Come & ask your questions to The Surrey Downs Psychotherapists about psychotherapy & how the community in which we live affects our mental well being.

#### Singing Workshop

3-5pm St Barnabas Church, Temple Road  
Musician Sarah Jane Weston. All welcome, and if you really want to push the boundaries, now's your chance to get up there and take the mic!

### Acoustic Fairground

8.30pm White Horse Pub, Dorking Road  
Acoustic/Blues/Spanish pop music.

### SATURDAY 10 OCTOBER

#### How to Manage Your Time, and Deal with Conflicting Priorities

10-12noon St Barnabas Church, Temple Road  
Hannah White-Overton, Project Manager.

#### The Old Hospital Railway - a Film

11am-12noon New Room, Horton Country Park  
(by main car park)

Bring a picnic, before:

#### Walk the Route of the Railway

1-4pm Main car park, Horton Country Park  
Sensible footwear advisable, a bit muddy in parts!

#### The Garments of Gethsemane

2-3.30pm St Barnabas Church, Temple Road  
(On show throughout the week) Peter Privett, priest explores the suffering and hope of the world..

#### 7-11pm CLOSING EVENT

St Barnabas Church, Temple Road  
Party to celebrate the week. All welcome. Food, fun and entertainment, music by Suntrap, dancing with Mayura Patel, Laine Theatre Arts.

### HELPFUL INFORMATION

Except where indicated, all events are free and all are welcome.

A variety of exhibitors who may be able to help make life a little better will be exhibiting throughout the week at St Barnabas Church, Temple Road, where refreshments will be available.

Further information about the speakers and events can be found at  
[www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk) or 01372 721518

#### Full addresses of venues:

Acer House, East Street (just before Kiln Lane turning), KT17 1EA  
Baptist Church Centre, 6 Church Street, KT17 2AS  
Brickfield Centre, Portland Place, KT17 1DL  
Ebbisham Centre, 7 The Derby Square, KT19 8AG  
Epsom Methodist Church, Ashley Road, KT18 5AQ  
Epsom Primary School, Pound Lane, KT19 8SD  
Horton Country Park, Horton Lane, KT19 8PL  
Mole Barn, Leatherhead Leisure Centre, Guildford Road, Leatherhead KT22 9BL  
Myers Studio, Epsom Playhouse, Ashley Avenue, KT18 5AL  
St Barnabas Church, Temple Road, KT19 8HA  
St Joseph's Church, St Margaret Drive, KT18 7JQ  
St Martin's Church, Church Street, KT17 4PX  
White Horse Pub, 63 Dorking Road, KT18 7JU