

EPSOM MENTAL HEALTH WEEK

9-15 OCTOBER 2011

EPSOM MENTAL HEALTH WEEK

The Week only happens due to the generosity of a band of volunteers and supporters. If you would like to make a donation, please complete the following form and give it to a volunteer or return to: Love Me Love My Mind, St Barnabas Church, Temple Road, Epsom, Surrey KT19 8HA

Name
.....

Address
.....

Tel: Email

I would like to make a donation of £

or

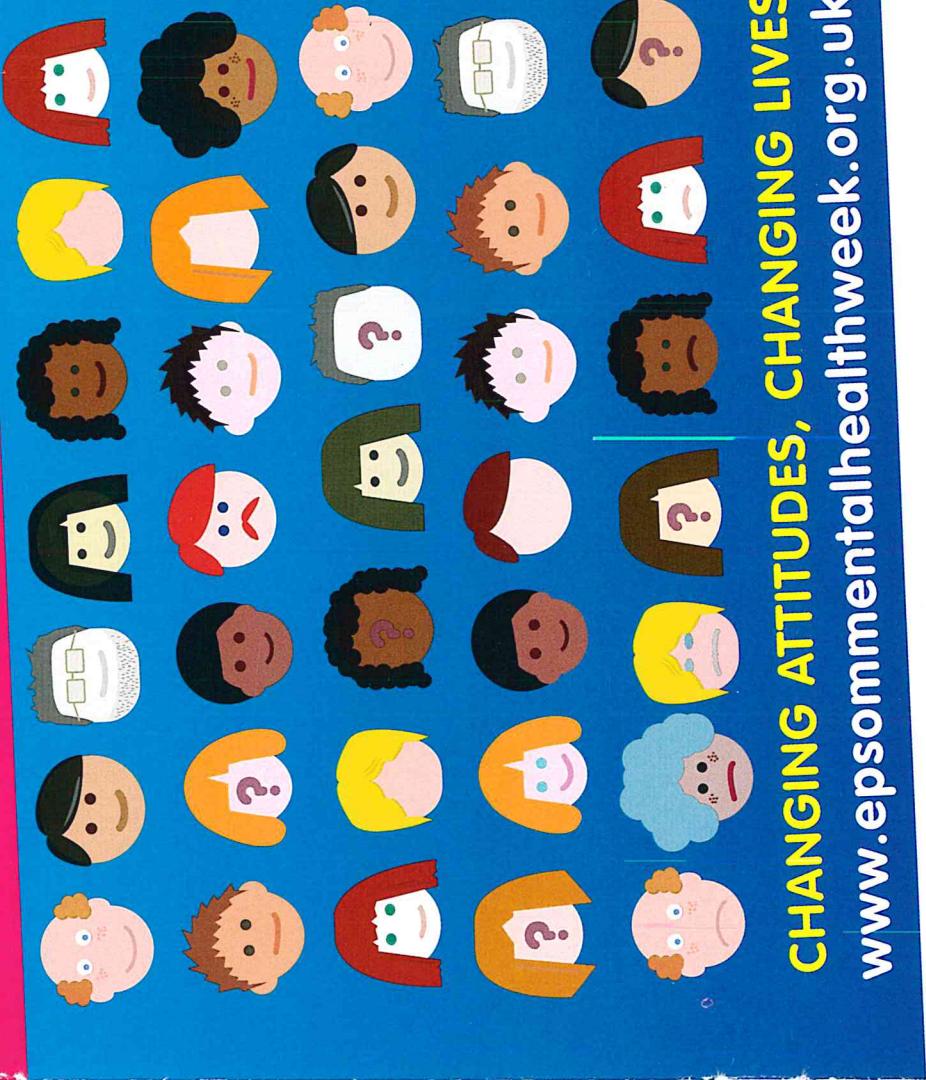
I would like to make a monthly gift of £

Please tick as appropriate:

I am a UK taxpayer and would like Epsom Mental Health Week

to reclaim tax on all my donations from 1 October 2011

I am not a UK taxpayer



CHANGING ATTITUDES, CHANGING LIVES
www.epsommentalhealthweek.org.uk



Love me
Love my mind



Surrey and Borders Partnership
NHS Foundation Trust



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

Contact us:
Info@epsommentalhealthweek.org.uk
Tel: 01372 721518

Epsom Mental Health Week is organised by Love Me Love My Mind, registered charity no: 1125595,
a charity dedicated to breaking down stigma about mental health issues in the Epsom area.

WELCOME TO EPSOM MENTAL HEALTH WEEK

All events at

St Barnabas, Temple Road, Epsom (KT19 8HA)

(except where indicated *)

Free events — No need to book

Throughout the Week:

Exhibition by organisations able to offer help and support.

Free Refreshments.

SUNDAY 9 OCTOBER

10.15am

Church Service for Health and Hope.

Guest Speaker: Dr Stephen Wilson, Consultant Neurologist.

OPENING EVENT

12 noon

Welcome by the Mayor of Epsom & Ewell,
Councillor Sheila Carlson.

12.10pm

Performances by Laine Theatre Arts.

12.45pm

LUNCH provided by *The Clink* Restaurant (as seen on TV).
(no charge)

1.45-2.30pm

"From porridge to caviar in order to reduce re-offending."
Chris Moore talks about the work of *The Clink* Restaurant.

FRIDAY 14 OCTOBER

Bringing hope and recovery to young people and their families

9am-10am

Stuart Burt and the Early Intervention Team

Can we trust the Tories with the NHS?

10.30am-11.30am

Chris Grayling, MP for Epsom and Ewell

Tranquillity Zone

12.30pm-1pm

Getting and keeping employment

2pm-3pm

Steve Pursglove, Senior Employment Advisor, Richmond Fellowship Mid Surrey.

Elvis Night

8pm-10pm

Prize for the best Elvis look-a-like!
Come and sing and dance along to the music of Tom Arnold & John Kelly.

SATURDAY 15 OCTOBER

Working with mental illness and for mental health

11am-12.30pm

Dr Max Pemberton, columnist for *The Daily Telegraph*, doctor and author

Storytelling event by the Red Phoenix*

11am & 2pm

***VENUE: The Old Moat Garden Centre, Horton Lane, KT19 8PG Tel. 01372 731970**
Come and enter a magical enchanting world of imagination, energy, laughter
and chills with Terrie Howie. Held in the wonderful ancient barn

Tranquillity Zone

12.30pm-1pm

International Celebration - Music by Suntrap (8pm)

7.30pm-10.30pm

Food from Brazil, China, and England.

THURSDAY 13 OCTOBER

MONDAY 10 OCTOBER

Yoga for Health

10am-11.30am

A chance to try a new approach to relaxation and boost your wellbeing.
Pauline Trill, yoga teacher. Bring your own mat and loose clothing.

Please book in advance:

Email: Info@epsommentalhealthweek.org.uk or Tel: 01372 721518

Keeping emotionally well with First Steps

11.30am-12.30pm

Jemma Millman, Occupational Therapist and Mental Health adviser.

Tranquillity Zone

12.30pm-1pm

Pain - the hidden disability
10am-11am
Pain can be physical, mental, emotional or spiritual. For many people the pain is untreatable – do we fight, accept or live in the moment?
Suzette Jones, Health and Wellbeing Adviser.

Spirituality and Mental Health- Do they mix?

2pm-3pm

An opportunity to reflect on the big issues.

Dr Rachel Hennessey, Medical Director of Surrey and Borders Partnership.

Community Links: assessing mainstream community activities

3.30pm-4.30pm

Steve Pursglove, Senior Employment Advisor, Richmond Fellowship Mid Surrey.

Offering consolation and comfort to the bereaved

5pm-6pm

Discuss how to listen to and help someone who has been bereaved.
Dr Jim Wilson and members of the Surrey Downs Psychotherapy Group.

Depression in men

7.30pm-9.30pm

Explore this subject in varied ways, including drama and hot seating.
Megan Aspel (*Let's Link*), Louisa & Jerry (*Holistic Harmony Community Interest Company*)

(WORLD MENTAL HEALTH DAY)

Pain - the hidden disability

10am-11am

Pain can be physical, mental, emotional or spiritual. For many people the pain is untreatable – do we fight, accept or live in the moment?
Suzette Jones, Health and Wellbeing Adviser.

Mental Health and Wellness

11.30am-12.30pm

Fiona Edwards, Chief Executive of Surrey and Borders Partnership.

Tranquillity Zone

12.30pm-1pm

Reflecting with Loss

2pm-3.30pm

An opportunity to reflect with our losses in an imaginative and creative way, with symbols, music, gentle movement and some words.
Bob Whorton, hospice chaplain, and Jane Coutanche, bereavement volunteer.

Weekly Drop-in

4pm-7pm

Coffee, tea and cake, hot meal, activity.
This week – Dance therapy with Kathy Maskens.

Touching the hem of his clothes...

8pm-9pm

Our inner brokenness can ostracise us from ourselves and from society in general. Yet as we own our brokenness we sometimes need, in our desperation, to seek and ask for help. An encounter with the Divine, with meditation, music and ritual led by Fr David Camilleri.

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TUESDAY 11 OCTOBER

What will the NHS look like in 5 years time?

9.30am-10.30am

Dr Michael Bosch, Surrey GP and Board member of a practice-based commissioning group.

Stress at work

10.45am-11.15am

Jane Cattermole, KCA New Thoughts.
(Improving Access to Psychological Therapies — IAPS)

Trouble with sleeping?

11.30am-12.15pm

Prof Derk-Jan Dijk, Surrey Sleep Research Centre.

Tranquillity Zone

12.30pm-1pm

Tranquillity Zone

A Conflict of Cultures

1pm-2pm

The relationship between mental health professionals and faith groups.
Jonathan Clarke, mental health professional and broadcaster.

Military Psychiatry and the aftermath of war

2pm-3pm

Surgeon Captain Morgan O'Connell.

The End of Community Care?

3.30pm-4.30pm

Sue Bond, formerly Manager of the Leatherhead Clubhouse, reflects on her 30 year career in mental health.

In Sanity Again

5pm-6pm

Poetry and reflection with poet Anthony Fairweather.

Alcoholics Anonymous Open Meeting

8pm-9.30pm

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. All welcome.

WEDNESDAY 12 OCTOBER

Wednesday morning Drop-in

10-10.45am

Come for coffee and tea, cake and singing and company.

Let Food be your Medicine!

10.30am-12noon

Nikki den Hollander, Weight Management, Nutritional Adviser for Health and Wellbeing, encourages us to explore the relationship between food and mood – with opportunity to sample some healthy treats!

Tranquillity Zone

12.30pm-1pm

Tranquillity Zone

Nature, green care and mental health

2.30pm-3.30pm

Greening mental health with Dr Joe Sempik, University researcher.

The unspoken sadnesses of life

4pm-5pm

Bringing people together to share experiences.
Sam Morris, lawyer and mental health volunteer.

A Philosophical Approach to sorting out your Life *

7.30pm-9pm

Robert Rowland Smith, Fellow of All Souls Oxford, Sunday Times columnist.

* VENUE: Ebbisham Centre, 6-7 Derby Square, Epsom KT19 8AG.

Tickets £5 from Epsom Library or call 01483 543599 for credit/debit card sales.

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