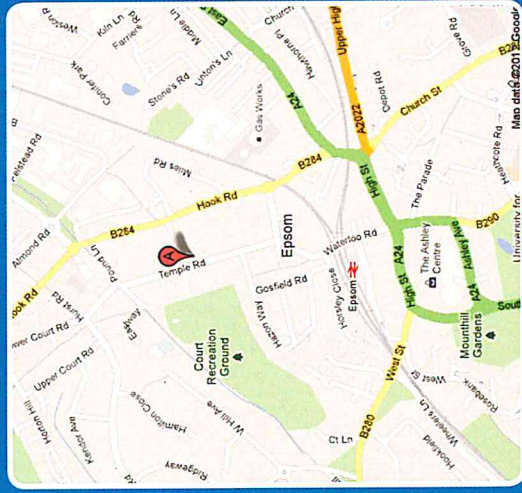


Epsom Mental Health Week

Talks, Activities, Exhibition throughout the week.
Information point, spirituality zone and quiet room.

There is no charge for any of the events. (except where marked *)
Free refreshments will be available throughout the week.

Unless stated otherwise our activities will be held at:
St Barnabas Church, Temple Road, Epsom, KT19 8HA.



Car parking at:
St Barnabas Church, and
Court Recreation Ground.

Easy walking distance from
Epsom Train Station.

Buses 418 & E5 from Market
Place to Hook Rd.
Alight opposite Miles Rd
and walk through the alley
way to St Barnabas.

Further information visit our website at:
www.epsommentalhealthweek.org.uk

Or

e-mail: **info@epsommentalhealthweek.org.uk**

Tel: **01372-721518**

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

Surrey and Borders Partnership NHS
NHS Foundation Trust



Bishop of Guildford's
Foundation



St Barnabas Epsom

epsom mental health week

7th-13th October 2012

"Living the pain - Living the joy"

www.epsommentalhealthweek.org.uk

Love me Epsom Mental Health Week is organised by Love Me Love My Mind,
Love my mind a charity dedicated to promoting understanding about mental health
issues. Registered charity no: 1125595.

TIMETABLE

Sunday October 7th	8.10am 10.15am 10.30am 12 noon 12.10pm 12.20pm 1.00pm 2.00pm 3.00pm	BBC Radio 4 FM Sunday Worship Church Service SAMBA (in Epsom Market Place) Welcome by the Mayor of Epsom & Ewell Mental Health & the Community Laine Theatre Arts LUNCH Drumming Balloons release
Monday October 8th	10.00am 10.45am 11.30am 11.45am 1.00pm 1.45pm 4.00pm 7.30pm 8.00pm	The State we're in What it may be helpful to know about mental distress Coffee Walking alongside people with mental distress: what may help? Lunch What can local groups do to help? Weekly Drop-in Out of the Box (at Epsom Library) * Through His wounds we are healed
Tuesday October 9th	9.00am 10.30am 11.30am 1.00pm 2.00pm 3.00pm 3.30pm 5.00pm 7.30pm	When someone develops dementia.... Disturbed by Depression? Staying mentally well in the second half of life Afternoon for carers Possibilities of help and support Personalisation and Self Directed Support explained Afternoon tea available Much ado about Nothing?? Imprisoned by.... Alcoholics Anonymous Open Meeting
Wednesday October 10th	10.00am 11.30am 1.00pm 2.30pm 4.00pm 5.30pm 7.30pm	Addiction, research, and signs of hope Tai Chi and talk Mental health and trauma Should Psychiatrists pray: spirituality, prayer and mental health? First Steps to Better Sleep Sharing coping strategies Laughter for well-being (at Epsom Library) *
Thursday October 11th	10.00am 11.30am 1.00pm 2.00pm 4.00pm 6.30pm 8.00pm	Walking beside the suicidal Psychosocial issues at the end of life Lunch Bereaved by suicide Sharing our stories, leading into reflective time A special meal Film - The Way
Friday October 12th	10.00am - 4.00pm 9.00am 12noon 2.00pm 4.00pm 5.30pm 7.00pm	At the Department of Psychiatry Langley Wing, Epsom General Hospital - a great opportunity to visit the Department and speak with consultants on many areas of mental health At St Barnabas Creative dance workshop Lift your mood with food Health and Wellbeing Mental Health issues and the Police The Mindset of a Mental Patient Big Community Sing
Saturday October 13th	10.00am 11.30am - 3.30pm 1.00pm 2.00pm	EMHW WALKATHON Community Chef (at Old Moat Garden Centre) Lunch Living the future

Helping Yourself

Here are a few tips on taking care of your mental health -

- Try a new interest or hobby. Volunteer to help others. Take a relaxing break. Plant and grow something. Get a pet.
- Keep in touch with friends. Talk about your feelings to help cope with stress and the everyday problems of life.
- Take care of your general health- take regular exercise, eat well and drink within sensible limits.
- Don't try to do everything or to be "perfect".
- Don't hesitate to see your GP and get advice and support, if you experience mental distress, anxiety or depression which lasts more than a couple of weeks or you find coping difficult.

Helpful information and support from the following:

First Steps

www.firststeps-surrey.nhs.uk

e-mail: firststeps@nhs.net

Tel: 0808 801 0325

MIND

www.mind.org.uk

Infoline: 0300 123 3393

The Samaritans

Tel: 08457 90 90 90

For confidential support for people in emotional distress

Surrey out-of-hours Crisis Line

Tel: 0300 456 83 42 (open 5.00pm-9am)

For emergency help from mental health professionals



WALKATHON

10am

Leaving from St Barnabas

Your chance to explore the history of mental health care in the area, including a visit to Horton Chapel and time to talk with former employees of the hospitals. Refreshments available en route.

Includes a visit to The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ Tel: 01372 731971 where Chef Robin van Creveld will be demonstrating from 11.30am-3.30pm how to create nutritious and tasty food - with free freshly cooked food tasters and samples to promote healthy eating healthy mind.

Return to St Barnabas for lunch (1pm onwards) and time to reflect on Living the future – possible ways forward for mental health in this country.

The walk is about 5 miles long and will mainly be on surfaced paths. Please wear suitable footwear and appropriate clothing.

Saturday 13th Oct



It gives me great pleasure to welcome you all to the 2012 Epsom Mental Health Week. I was introduced to EMHW last year when I was invited to speak at one of the events and was so impressed by everything the organisers had achieved. It's a truly inspirational idea, designed to bring together the whole community to help tackle the stigma of mental illness as well as offer education, support and information to those with an interest in mental health.

Over the years more and more people have become involved in the events and I hope that this continues. What struck me as particularly special was that EMHW isn't run by a large charity or with government backing, but a small band of dedicated people who want to offer something back to their local community. It's a breath of fresh air.

This year the theme is 'Living the Pain – Living the Joy' and I very much hope that there will be something of interest to everyone. I'm particularly pleased to see that the local department of psychiatry is, for the first time, offering various events as well. I think it's so important for doctors and nurses who work in the field of mental health to actively engage with the local people and community that they serve. It's through health care professionals and the general public standing together that the prejudice, fear and stigma that surrounds mental illness can be most effectively tackled.

It's important to emphasise that absolutely everyone is welcome to these events, whoever and wherever they live and regardless of their background or experiences. Feel free to bring friends or guests to the events – the more the merrier.

I'd like to offer a special thank you to the organisers who have worked so hard to put this programme together. I hope that you enjoy it.

Dr Max Pemberton
 Doctor, journalist and writer
 See Max's weekly column in *The Daily Telegraph*
www.maxpemberton.com

Welcome



Living the pain – Living the joy

At St Barnabas

8.10am BBC Radio 4 fm Sunday Worship

Live from St Barnabas Church, Temple Road, Epsom.
All welcome, please be seated by 7.45am.

10.15am Church Service "Being with Jesus in pain and joy"

Guest speaker: Rev Dr Nigel Copsey, Team Leader, Spiritual Care, Surrey and Borders Partnership NHS Foundation Trust.

10.30am SAMBA dancing at Epsom Market Place

At St Barnabas

12 noon Welcome

The Mayor of Epsom & Ewell, Cllr Chris Long.

12.10pm Mental Health and the Community

Fiona Edwards, Chief Executive of Surrey and Borders Partnership NHS Foundation Trust.

12.20pm Imprisoned by...

Performance by Laine Theatre Arts.

1.00pm LUNCH provided (no charge)

2.00pm Drumming for all with Team Drum Tree

Includes the anatomy of a modern drum kit.

3.00pm Balloon Release to launch the Week.

Health and Wellbeing

At the Department of Psychiatry, Langley Wing

Epsom General Hospital, Dorking Road. Epsom KT18 7EG

10am-4pm

An opportunity to visit the department and speak with consultants on many areas of mental health; learn what life is like on a psychiatric ward; enjoy a variety of displays; and meet with local MP Chris Grayling as he speaks at 2pm on 'The stresses and responsibilities of being a MP'.

At St Barnabas

9-10.30am Creative dance workshop

Explore your creativity with Rosie Haeford through gentle and relaxing exercises focussing on visualisation and journeys through movement. Suitable for people of any age or experience. Please dress in comfortable clothing with bare feet or soft dance shoes.

12noon -1pm Lift your mood with food

Nikki den Hollander (Weight Management, Nutritional Advisor for Health and Wellbeing) explores how diet and health affect how we feel mentally, physically and emotionally.

2-3.30pm Health and Wellbeing

Dr Paul Walker, retired Public Health Physician, explores the new focus on wellbeing – a positive move for improving mental health.

4-5pm Mental Health Issues and the Police

Police involvement with Mental Health issues with Inspector Craig Knight.

5.30-6.30pm The Mindset of a Mental Patient

Anthony Fairweather, award-winning performance poet, has Asperger's Syndrome. In this performance he talks about his life and observations of being on the outside looking in.

7-9pm Big Community Sing

Come and make great music together. Absolutely no experience required!

At St Barnabas

10-11am Walking beside the suicidal

An opportunity to listen to Dr Jim Wilson, Psychotherapist, and to share from our own experience, if we would like.

11.30am-12.30pm Psychosocial issues at the end of life

Dr Aruni Wijeratne, Consultant in Palliative Medicine at Epsom General Hospital and Princess Alice Hospice, considers some of the mental and emotional needs which may become apparent at the end of life.

1pm Lunch

2-3pm Bereaved by suicide

Ann Culley, a Cruse Counsellor who also works with Survivors of Bereavement by Suicide, explores some of the feelings and reactions which may occur when we are bereaved in this way.

4-6pm Sharing our stories, leading into reflective time
Jane Oundjian, Bereavement Counsellor. Being deeply listened to as we share our stories and our pain can be a profoundly healing experience.

6.30-7.30pm A special meal
An opportunity to be cared for with good food.

8-10pm Film - The Way
The agony of grief and a glimpse of the hope which can come. Martin Sheen stars as the bereaved father. Released May 2011. Certificate 12A. Shown with kind permission of Icon Entertainment.



At St Barnabas

10am-10.30am The State we're in

Rev Michael Preston, vicar of St Barnabas, looks at the way changes nationally and locally are affecting how we can help each other with our mental health

10.45am-11.30am Knowing about mental distress

Sue Bond discusses the most common features of different aspects of mental distress.

11.45am-12.45pm Walking alongside people with mental distress: what may help?

Suzette Jones, Health and Wellbeing Adviser, shares ideas on what may be enabling in a distressing situation.

1.45-3.45pm What can local groups do to help?

Thoughts and reflections from Leatherhead Clubhouse, Sutton Mental Health Drop in, Woking Cornerhouse & St Barnabas Drop in – and where we can go from here.

4-7pm Weekly Drop-in

Coffee, tea and cake, hot meal, activity.
This week – sing and dance along to Young Once, the granddad Band that raises money for the Royal Marsden Hospital.

At Epsom Library

Ebbisham Centre, Derby Square. Epsom KT19 8AG

7.30-9.00pm Out of the Box

A look at the unconventional personality with Author Alexander Masters.
Tickets £5 from Epsom Library
Or call 01483 543599 for credit/debit card sales.

8-9pm

Through His wounds we are healed
Fr David Camilleri, hospice and hospital chaplain, explores through music, symbol and silence how our wounds can become fountains of living water for us and others.

Journeying through life

At St Barnabas

9-10.15am

When someone develops dementia....

Anita Campbell and Karen Tapson, Dementia navigators, explore what happens.

10.30-11.15am

Disturbed by Depression?

Shidaa Adjin-Tettey, Project Officer, Dementia and Older Peoples' Mental Health looks at this sometimes unrecognised but very common issue in older people.

11.30am-12.30pm

Staying mentally well in the second half of life

Sarah Mitchell, Strategic Director, Adult Social Care and Health, Surrey County Council offers some guidelines.

1-1.45pm

Possibilities of help and support

Steve Pursglove and Sharon Gage from the Richmond Fellowship explore how we may obtain emotional and practical support for those for whom we care – and for ourselves.

2-3pm

Personalisation and Self Directed Support

Surrey Enabling Independence Service. Henry Woodhall, Practice Lead, explains Self Directed support and considers who is eligible and how personalisation can help people achieve their goals.

Afternoon tea available from 3pm

3.30-4pm

Much ado about Nothing??

Bloomin' Arts work with the play 'Much ado about Nothing' to show their approach to expressing emotions through drama.

5-6pm

Imprisoned by....

Andy Smith and Laine Theatre Arts look at the things which may imprison us – ourselves, relationships, work, expectations....

7.30-9.30pm

Alcoholics Anonymous Open Meeting

AA is a fellowship of men and women who share their experience, strength and hope to help recover from alcoholism.

New ideas, new thoughts...new hope

At St Barnabas

10-11am

Addiction, research, and signs of hope

Dr Mark Prunty, Senior Medical Officer for Substance Misuse Policy at the Department of Health, shares the latest developments.

11.30am-12.30pm

Tai Chi and talk

Lou Requena, Tai Chi and Qi Gong Instructor leads us through a session of Tai Chi (no previous experience required) and offers some of her wisdom. Comfortable clothing recommended.

1-2pm

Mental health and trauma

Dr Kuhan Satkunanayagam, Counselling Psychologist and Anglican Priest, reflects on the nature of trauma, and the costs and rewards of caring for people affected by traumatic events.

2.30-3.30pm

Should Psychiatrists pray: spirituality, prayer and mental health?

Dr Sophie Thomson, NHS Psychiatrist Sutton Hospital for over 20 years, addresses one of the big issues in mental health today.

4-5pm

First Steps to Better Sleep

Techniques to improve your sleep and well-being. With Belinda Hemingway, Team Leader at First Steps.

5.30-6.30pm

Sharing coping strategies

Helpful thoughts from those who have experienced mental distress and those who seek to help. Facilitated by Bismarck Valleclillo, Mental Health Social Worker.

At Epsom Library

Ebbisham Centre, Derby Square. Epsom KT19 8AG

7.30-8.30pm

Laughter for well-being

Therapist Tonya Stewart offers some daily laughter exercises to keep our sense of well-being topped up throughout the winter months.

Tickets £5 from Epsom Library

or call 01 483 543599 for credit/debit card sales