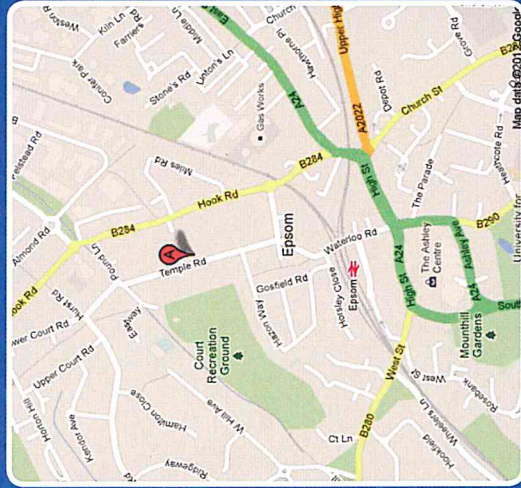


## Epsom Mental Health Week

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

Events are free. (unless marked \*)  
Free refreshments 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  
(Queen Elizabeth II Park).

Easy walking distance from  
Epsom Train Station.

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

**Love me**  
Love my mind

For further information visit our website at:  
[www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk)

Or

e-mail: [info@epsommentalhealthweek.org.uk](mailto: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 Foundation Trust



Bishop of Guildford's  
Foundation



St Barnabas Epsom

**epsom mental**  
health week

**For Your Peace  
of Mind**

**5th-11th October 2014**

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



Follow us @  
Love me love my mind



**Love me**  
Love my mind

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





Epsom Mental Health Week is organised by Love Me Love My Mind, a small registered charity based in Epsom, Surrey. It aims to promote better understanding of mental health and to support the wellbeing of everyone in the local community.

The group planning Epsom Mental Health Week each year is open to anyone who has an interest in the event and includes service users, carers, people working for other organisations and agencies, and mental health professionals.

As well as Epsom Mental Health Week, Love Me Love My Mind's other main activities are a weekly Monday Drop In session from 4-7pm at St Barnabas Church, Epsom and a Wednesday evening "Let's Talk" a self help group for people coping with depression. (See pages 11 & 12 for details.)

Love Me Love My Mind  
St Barnabas Church  
Temple Road Epsom KT19 8HA  
Tel: 01372 721518  
Email: [info@lovenemelovemy mind.org.uk](mailto:info@lovenemelovemy mind.org.uk)

## TIMETABLE

Saturday 11th October	Friday 10th October	Thursday 9th October	Wednesday 8th October	Tuesday 7th October	Monday 6th October	Sunday 5th October	Saturday 4th October
9.30am 2.30pm	10.00am 11.30am 2.00pm 4.00pm 5.30pm 8.00pm	10.00am - 4.00pm	9.30am 11.00am 2.00pm 4.00pm 6.00pm 8.00pm	8.00am 10.00am 12 noon 2.00pm 2.00pm 2.00pm 2.00pm 6.00pm 7.30pm 7.30pm	10.00am 2.00pm 4.00pm 7.30pm	9.30am 11.00am 2.00pm 4.00pm 8.00pm	10.30am 12 noon 2.00pm
EMHW WALKATHON Drumming Workshop	First Steps to Improving Sleep Finding peace of mind through work Shaping the future of our mental health doctors Finding peace when life is stressful Anthony Fairweather - Well versed in verse Film - Oranges and Sunshine 2011 Certificate 15	<b>At the Department of Psychiatry</b> Langley Wing, Epsom General Hospital - Visit the Department and see various displays; have the opportunity to speak with consultants on many areas of mental health; and learn what life is like on a psychiatric ward. <b>At St Barnabas</b> First Steps to Improving Sleep Finding peace of mind through work Shaping the future of our mental health doctors Finding peace when life is stressful Anthony Fairweather - Well versed in verse Film - Oranges and Sunshine 2011 Certificate 15	Dandelions and bad hair days Mind and body intelligence to enhance recovery and get the most out of life Living with the black dog Creative Writing - Peace of Mind/Freedom of Expression Inner Peace - Yoga Anxiety, you can't be serious!	Breakfast Meeting - The wider cost of mental distress Caring for more than 15 minutes? Eating well on a tight budget Lenny and Christine from the Mary Frances Trust are available to discuss benefits, courses and voluntary work "A spot of refreshment" - time for carers <b>*At Court Rec</b> - EMHW Football Charity Shield 5-a-side Buffer Reception - Chris Grayling MP <b>* At Epsom Library</b> - Shell shocked Britain Let's talk Epsom	Living at peace with our sexuality Finding peace with our identity through drama Finding peace with our finances Hoarding	Church Service 'Cherishing our brokenness' Welcome by Frances Rutter Finding peace through the arts LUNCH 'How can we sing when our minds are troubled?'	<b>At St Barnabas</b> Mental Health Marketplace Dementia Friends with Sue Bond. Mary Frances Trust/Leatherhead Clubhouse with Christine.



### Saturday 11th October

#### WALKATHON

##### Starting from St Barnabas

**9.00am for prompt 9.30am departure**

An opportunity to step back 100 years and explore what life was like in the Epsom Cluster Hospitals during the First World War. The walk is about 5 miles long and will mainly be on surfaced paths. Please wear suitable footwear and appropriate clothing.

Includes a visit to The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PG Tel: 01372 731970 for coffee and cake.

*Returning to St Barnabas for lunch 1.00pm.*

##### At St Barnabas

**2.30pm**

##### Mary Frances Trust – Drumming workshop

A community drum circle, for people of all ages and all abilities. Absolutely no experience required or needed, just totally improvised, 'in the moment' music-making in a relaxed atmosphere.

### Sunday 12th October

##### At the Old Moat Garden Centre

##### Vintage Tea Party and Bake-Off

A fun baking competition with adults' and children's categories, followed by a vintage-themed community tea party.

Entries by 12noon, judging and tea party from 2pm.

Pick up an entry form at The Old Moat or download from their website [www.theoldmoatgardencentre.org.uk](http://www.theoldmoatgardencentre.org.uk)

Market stalls, face painting and entertainment.

The Old Moat Garden Centre, Horton Lane, Epsom, Surrey KT19 8PG

Tel: 01372 731970

## Welcome

I am delighted to welcome you to the 2014 Epsom Mental Health Week. This is now the third year I have been directly involved in this venture and I am so pleased to see that the organisation is going from strength to strength. The principles at its heart are those of inclusiveness, understanding, compassion and support and I think the people of Epsom should be truly proud that something like this has come out of their community. It enables people to come together to learn, teach and discuss all issues relating to mental health.

Epsom Mental Health Week exists because of the tireless dedication of the programme organisers but also because of you, the people who attend the events. I hope that, looking through the brochure, you'll find a wide and varied programme and plenty of things that grab your attention and pique your interest.

The theme for this year is 'For Your Peace Of Mind'. There are talks on finding peace through art, drama, singing and medicine. There's a book club, discussing Nathan Filer's award-winning novel *The Shock of the Fall*. There is also an event specifically for carers, to provide them with an opportunity to meet and talk with others in the same situation as well as get advice and help from experts. There are talks from doctors, and other mental health professionals, as well as individuals who have experienced mental illness themselves. There is also a Walkathon, exploring what life was like in the Epsom Cluster Hospitals during the First World War and, if that doesn't tire you out, then in the afternoon there's a drumming workshop. The week ends with a tea party and bake-off.

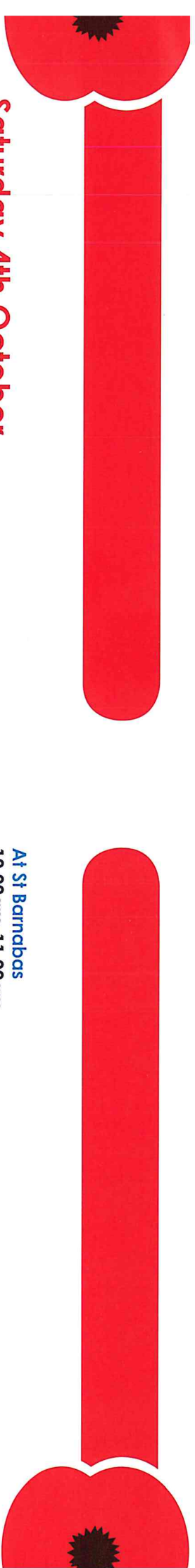
It's a rich and varied programme and I very much hope that there is something for everyone. The events are open to absolutely anyone, regardless of their background or experiences and remember, do feel free to bring friends or guests to the events. Enjoy it and have fun.

**Dr Max Pemberton.**

[www.maxpemberton.com](http://www.maxpemberton.com)

**Come and hear Dr Pemberton speak on Wednesday morning  
(8th October) at St Barnabas.**





## Saturday 4th October

### At St Barnabas

#### Mental Health Marketplace

Wide variety of stalls and talks throughout the day including:

**10.30am and 12noon** – Dementia Friends with Sue Bond.

**2.00pm** Mary Frances Trust/Leatherhead Clubhouse with Christine.

## Monday - Friday throughout the Week

### At St Barnabas

**9.15am-3.30pm**

#### Peace: past, present and future

Music, poetry, art, creative writing, journaling, pottery ... an opportunity to share what has helped to restore peace in the past and explore what may help in the future. Charles Twigg and other artists with experience in many areas of creativity will be available at different times to help us be in touch with peace: past, present and future.

**12noon-2pm**

#### Keeping Us in Mind

If you would like to share your memories of the Epsom Hospital Cluster, please come to the Can we help you? desk in the front entrance.

#### Spirituality

Opportunities to reflect - in silence, with creativity or in conversation.

### At St Barnabas

**10.00am-11.00am**

#### First Steps to Improving Sleep

Techniques to improve your sleep and wellbeing - with Rhia Gohel, Mental Health Advisor at First Steps.

**11.30am-12.30pm**

#### Finding peace of mind through work

Beverley McGeever and Natalia Konieczna from Richmond Fellowship's Employment Service explore the positive effects of work on our mental and physical health.

**2.00pm-3.30pm**

#### Shaping the future of our mental health doctors

With Dr Martin Schmidt, Consultant Psychiatrist and Director of Medical Education for Surrey and Borders Partnership NHS Foundation Trust.

**4.00pm-5.00pm**

#### Finding peace when life is stressful

Sam Johnson from the Workers' Educational Association offers some stress management skills.

**5.30pm-6.30pm**

#### Anthony Fairweather - Well versed in verse

Anthony Fairweather is a performance poet, who was diagnosed with Asperger's Syndrome as a result of writing poems about his experiences. Since then he has become a published author, poet and playwright. At this special performance he will be performing a mixture of nonsense, serious and satirical verse which was inspired by his condition and also life in general. [www.comedyverse.co.uk](http://www.comedyverse.co.uk)

**8.00pm-10.00pm**

#### Film - Oranges and Sunshine

Based on the true story of Margaret Humphreys, an English social worker, who uncovered the scheme of forcibly relocating poor children from the UK to Australia and Canada. Released 2011. Certificate 15. Shown with kind permission of FILMBANK Distributors Limited.

## Friday 10th Oct



## WORLD MENTAL HEALTH DAY

### Living with Schizophrenia

**At the Department of Psychiatry, Langley Wing  
Epsom General Hospital, Dorking Road. Epsom KT18 7EG**

**10.00am-4.00pm**

Visit the Department and see various displays; have the opportunity to speak with consultants on many areas of mental health and learn what life is like on a psychiatric ward.

**At Epsom Market Square**

**Have a better day** Come and collect free hugs, free smiles, free balloons...

**Let's Talk Epsom**

A self help group where people who are affected by any kind of depression can meet to share experiences and coping strategies with others in similar situations.

**Wednesdays 7.30pm-9.00pm**

St Barnabas Church Temple Road Epsom KT19 8HA

Further details contact: Allen 07817 471 656

## Peace within ourselves

**At St Barnabas**

**10.15am**

**Church Service 'Cherishing our brokenness'**

Guest speaker: John L Bell, Wild Goose Resource Group, and Iona Community.

**12 noon**

**Welcome**

Frances Rutter, Chief Executive, Epsom & Ewell Borough Council.

**12.15pm**

**Finding peace through the arts**

Dance, drama, word and song, performed by members of Laine Theatre Arts.

**1.00pm**

**LUNCH** provided (no charge)

Caterers - Abbevilles from Clapham, a restaurant providing work for people with mental health issues.

**2.00pm How can we sing when our minds are troubled?**

Practical workshop with John L Bell. All welcome, no musical experience necessary.

# Friday 10th Oct

# Sunday 5th Oct



## Peace in lives

### At St Barnabas

9.30am-10.30am

#### Finding peace in our lives

With Helen Convery. "I have suffered from low mood and anxiety all my life, and have had three episodes of clinical depression, each one worse than the last. It affected my life so much that I started to feel defined by it. In the talk I aim to cover the effect the illness has had on myself as well as my family and friends, ways I manage it, and how I am finding peace and acceptance of it."

11.00am-12.30pm

#### Reflective listening in structured groups and everyday conversation

A talk on the techniques and benefits of reflective listening using facilitated groups and one-to-one conversation. The reflective skills used in this setting can be immensely helpful when applied to everyday conversation. The speaker, Helen Dyke, is a speech and language therapist working with deaf children in Croydon, South London.

2.00pm-3.30pm

#### Finding peace through art

From the First World War to the present day, the talk will explore how art has helped people deal with trauma both in times of peace and war. There will be a workshop to take part in creating art. Led by Mark Shakespeare, Professional Lead for Art, Music & Drama therapy and Richard Whitaker, Manager for Arts Therapies in Working Age Adults, both at Surrey and Borders NHS Trust.

4.00pm-7.00pm

#### Weekly Drop-in

Coffee, tea and cake, hot meal, activity.

This week Allen Price is going to explore how we can find peace when life is a struggle.

8.00pm-10.00pm

#### Pop-up Book Group - *The Shock of the Fall*

Nathan Filer's award-winning novel charts one man's experience of mental illness. The book has been described by reviewers as 'moving', 'compelling' and a 'stunning debut'.

### At St Barnabas

6.00pm-7.00pm

#### Inner Peace

Yoga helps us to connect with and hold our attention on our bodies, keeping our minds focused on the breath and opening our awareness to the present moment. This is the key to Inner Peace, something we all must find within ourselves. Please bring a yoga mat. Class is open to all levels. With Isabel Ferreira.

8.00pm-9.30pm

#### Anxiety: you can't be serious!

Osteopath Richard Katesmark has a passionate interest in the attitude to and neurophysiology of mood disorders (particularly anxiety) and their relationship to pain syndromes. This evening he considers the importance of early recognition/diagnosis and understanding the causes of the symptoms, the advantages of pre-emptive 'soft' intervention, and ongoing management.

### The Monday Evening Drop-In

Monday from 4.00-7.00pm is time for Drop-In at St Barnabas Church. Everyone is welcome, especially those isolated by mental health difficulties. Visitors will always find a warm welcome, coffee, cake and a home-cooked meal. There is also a varied programme of activities and outings chosen by drop-in members.

The Monday Drop-In at St Barnabas is seven years old and still growing. Some 30 to 35 people attend each week. The Drop-In is supported by volunteers, who ensure that there are always refreshments and home-made meals. The atmosphere is informal and welcoming and it is a good place to meet others. Drop-In members decide the programme of activities and have a strong sense of belonging and ownership.

Recent activities have included music evenings, dancing, craft, talks about wellbeing and outings on the river and to the seaside. Members of the drop-in are also supported to access other services and resources as required.

Thursday 9th Oct

Monday 6th Oct

## Black dogs and bad hair

At St Barnabas

9.30am-10.30am

### Dandelions and Bad Hair Days

A reflection on the vagaries of life through poetry and prose with Suzie Grogan.

11.00am-12.30pm

### Mind and Body: learning to enhance recovery and get the most from life

What we think and how we move our bodies influences our mental and physical wellbeing. An exploration of how we can better manage our own emotional state and that of those we care for. Includes practical strategies. With Hasu Ramji, Trainer with Action for Carers.

2.00pm-3.30pm

### Living with the black dog

In this talk Des Williamson will explore some of the triggers of and mechanisms for coping with depression. This is a frank sharing of the day-to-day reality of being depressed, the effect it had on his family and work life, and the coping mechanisms to 'get through the day'. There will also be a chance for others to share their experiences.

4.00-5.00pm

### Creative Writing - Peace of Mind/Freedom of Expression

Jenny Dyke will give a brief introduction to Work Stress Solutions and its creative writing course and how it could benefit you. A current member will talk about their experiences, followed by a creative writing taster exercise with audience participation and feedback.

Thursday 9th Oct

## Peace with who we are

At St Barnabas

10.00am-12noon

### Living at peace with our sexuality

Our sexuality and loving relationships are central to our wellbeing. A panel of experts, by experience and profession, will guide us through the issues faced by lesbian, gay, bisexual and 'trans' people and those close to them. We hope to learn how we can better understand and live at peace with our own sexuality and that of others.

2.00pm-3.30pm

### Finding peace with our identity through drama

This will be a practical session using drama strategies to explore character. No experience at all needed, accessible and non-threatening. Please wear comfortable clothing. With Sue Curtis, former Head of Drama at two local comprehensives.

4.00pm-5.00pm

### Finding peace with our finances

Epsom and Ewell CAB provide free on going support to local people who have debt. This workshop looks at how debt affects you and how CAB and other organisations can help you address it. With members of the CAB.

7.30pm-9.00pm

### Hoarding

Dr Anna Gosling, Senior Clinical Psychologist, helps us reflect on why we may hoard and what may help.

Tuesday 7th Oct



## Peace in the variety of life

### At St Barnabas

#### 8.00am-9.00am BREAKFAST MEETING

##### The wider cost of mental distress

Dr Max Remberton: Doctor, journalist and writer, speaks of the emotional and financial cost of mental ill-health and the effect this has on the individual and the wider and business community. (Breakfast provided.)

#### 10.00am-11.30am

##### Caring for more than 15 minutes?

Dr Max Remberton, Patron of Epsom Mental Health Week, will be discussing how we may become a more caring society.

#### 12noon-1.00pm

##### Eating well on a tight budget

Practical tips and advice on how to eat healthily for £20 a week and improve your health and wellbeing. Imaginative and interesting alternatives, healthy and tasty ideas! With Nikki den Hollander (Weight management, nutritional adviser for health and wellbeing).

#### 2.00pm-5.00pm

Lenny and Christine from the Mary Frances Trust will be available to discuss benefits, courses and voluntary work.

#### \* At Queen Elizabeth II Park (Court Recreation Ground)

#### 2.00pm-4.00pm

Come along and watch the 2nd Epsom Mental Health Week Football Charity Shield 5-a-side competition and the Surrey Mental Health League.

#### 2.00pm-4.00pm

##### 'A spot of refreshment': time for carers

Hosted by Claire Robertson from Carers of Epsom and Sue Bond from Love Me Love My Mind.

We invite everyone with caring responsibilities to join us for an afternoon of refreshment for mind and body:

- Readings and reflections.
- Tea and home-made cakes.
- Chat with other carers and get advice from local experts.

### At St Barnabas

#### 6.00pm-8.00pm

##### Buffet Reception

At 6.30pm our local MP, the Rt Hon Chris Grayling, Minister for Justice, will speak on how we may help create peaceful communities and will take questions.

#### 8.00pm-9.30pm

##### Let's Talk Epsom

A self-help group where people, who are affected by any kind of depression, can meet to share experiences and coping strategies with others in similar situations. Tonight, we will look at mindfulness with Rachel and Allen.

#### \* At Epsom Library

#### Ebbisham Centre, Derby Square, Epsom KT19 8AG

#### 7.30pm-8.45pm

##### Shell Shocked Britain

Author Suzie Grogan looks at the effects of the First World War on the mental health of troops and the families they came home to. She will also discuss how attitudes to psychological trauma changed and the impact of the trauma on subsequent generations.

Tickets £5, including refreshments. Available from Epsom Library or call 01483 543599 for credit/debit card sales or book online at [www.surreycc.gov.uk/writersbooked](http://www.surreycc.gov.uk/writersbooked).

Wednesday 8th Oct

Wednesday 8th Oct