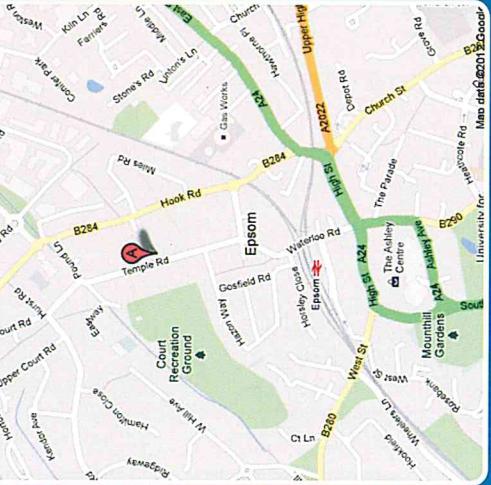


## Epsom Mental Health Week

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

Everyone is welcome to any or all of the events, all of which are free.  
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.

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  
Bishop of Guildford's Foundation

Love me  
Love my mind

Follow us @  
Love me love my mind



ROSEBERY  
HOUSING ASSOCIATION



epsom mental health week hub

Days of hope

October 2015  
3rd-11th

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

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 page 13 for details.)

Love Me Love My Mind  
St Barnabas Church  
Temple Road Epsom KT19 8HA  
Tel: 01372 721518  
Email: info@lovemelovemy mind.org.uk

		8.00pm 8.00pm	Let's talk Epsom. A story of Recovery.
	October 8th Thursday	10.00am 11.30am 12.30pm 2.00pm 4.00pm 6.00pm 6.45pm 8.00pm	How can we ensure good care for all in residential and nursing homes? Eating well in the latter part of life. Hope at the end of life. Research into Alzheimer's disease. Brain and Body Health. Poets Anthony Fairweather and Alain English. Supper. Film - Still Alice.
	October 9th Friday	10.00am - 4.00pm	<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>
	October 10th Saturday	10.00am 12noon 2.30pm 8.00pm	Hope through creativity. 'The Art of Politics'. Rt Hon Chris Grayling MP. Shakespearean characters who experienced depression. Epsom Male Voice Choir.
	October 11th Sunday	9.30am 11.00am 1.00pm 2.30pm 10am 10am-12noon	Epsom Cluster Walkathon. Minibus to new mental health hospital in Guildford. Lunch World record attempt. <b>*At Epsom Market Square</b> Free hugs Face painting Drop in session with members of the Samaritans. Book signing.
15	October 11th Sunday	12noon-4.00pm	<b>*At the Old Moat Garden Centre</b> Horton Lane, Epsom, Surrey KT19 8PQ 01372 731970 Fun Bake Off and Community Tea Party. Talk about growing from "Seeds to Plate". Tastings by local producer Susie Woodward, Jam Packed Preserves". Accordion playing, by Paolo Arrigo from Seeds of Italy. Stalls and more!*

## WELCOME

It gives me great pleasure to welcome you to 2015 Epsom Mental Health Week. Over the four years I have been involved, I have seen the week grow and grow in popularity and scope. Its growth is down to the tireless dedication of the programme organisers. Without their determination and vision, EMHW would not happen. Another vital component of the programme's success is you, the people who attend the events. I hope that, looking through the brochure, you'll find a wide and varied programme of events and plenty of things that grab your attention and pique your interest.

At the very heart of the week is inclusivity and compassion 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. The theme for this year is Hope. For many people hope can be in short supply, especially those with mental illness. Yet hope is a vital component of being human and serves as a guiding light in times of difficulty. Hope is something wonderful and precious and what an awful place the world would be without hope. It is worth exploring and celebrating.

This year there are talks on a wide variety of topics, from self-harm to recovery. There are also discussions around employment, and food from Abbevilles, a restaurant in Clapham that provides work for those with mental health issues. There's a multi-faith discussion with local religious leaders and even a pop-up book group discussing Mark Haddon's The Curious Incident of the Dog in the Night-time. It's a rich and varied programme and I very much hope that there is something for everyone. The events are open to absolutely everyone, regardless of their background or experiences and remember, do feel free to bring friends or guests to the events. Enjoy it and have fun.



## TIME TABLE

MENTAL HEALTH MARKET PLACE	
10.00am	All events at St Barnabas unless marked *
4.30pm	Church Service, 'Hope does not disappoint us'.
10.15am	Welcome by Fiona Edwards.
12.15pm	Hope and creativity - Line Theatre Arts.
1.00pm	LUNCH
2.00pm	Multifaith forum - Faith and Mental Health.
3.00pm	Living with Schizophrenia with Dr Max Pemberton.
3.15pm	Bipolar, plagues and me.
4.00pm	Mindfulness: an experiential workshop.
5.00pm	Pop-up Book Group - The Curious Incident of the Dog in the Night-time.
6.00pm	Mental health and work: do you disclose?
7.00pm	Grandma remember me? (*at Epsom Playhouse)
8.00pm	Do I tell the Children?
9.30am	A day in the life of...
11.00am	Saying a lot out when your children and young people are struggling.
1.30pm	Grandma remember me? (*at Epsom Playhouse)
2.45pm	Eating disorders, self-image and self-esteem.
4.00pm	How to cope when my sibling becomes mentally unwell.
5.30pm	Developing mental health resources for children and young people.
6.00pm	Relating: loneliness, friendship and love.
6.30pm	How our mental health has affected our faith.
7.00pm	Introduction to the proposed Crisis Cafe' in Epsom.
11.00am	Lasers sessions in art and craft, gradeining and reflexology. (*at Brickettles)
1.30pm	Keeping us in Mind.
2.00pm	*At Court Rec - EMHW Football Charity Shield 5-a-side.
3.00pm	Relating: loneliness, friendship and love.
4.30pm	How our mental health has affected our faith.
6.45pm	Zumba dancing.

Come and hear Dr Pemberton speak on Monday morning  
[www.maxpemberton.com](http://www.maxpemberton.com)

# MENTAL HEALTH MARKETPLACE

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

10.00am-4.30pm

## Short talks:

- 10.30am Carers of Epsom  
10.45am Richmond Fellowship  
11.00am The Sunnybank Trust  
11.30am Rape and Sexual Abuse Support Centre  
12noon The Bahai' Community and mental health  
12.30pm Creative writing taster  
1.30pm Living Streets  
2.00pm Your heart and your mental health  
3.00pm Mental Health and work

## Wide variety of stalls:

- Age Concern  
Alzheimer's Society  
Bahai' Community  
Bookshop and cards  
CAB  
Catalyst  
Carers of Epsom  
Epsom Counselling Service  
Home Instead  
Living Streets  
Mary Frances Trust  
Mytime4youngcarers  
Epsom Downs Psychotherapy  
Rape and Sexual Abuse Support  
Richmond Fellowship & Employment Service  
Samaritans  
Sunnybank Trust  
Surrey & Borders Partnership  
NHS Foundation Trust  
Surrey Libraries  
Workers' Educational Association  
Work Stress Solutions

## 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 nine 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.

## 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**

## EPSOM FESTIVAL 2017

## LIVING IN HOPE

"We know that Mental Health Week makes a huge difference to local people, tackling stigma and misunderstanding about mental health. It also provides each of us with ideas and opportunities to improve our own wellbeing and cope with the periods of strain and mental distress that almost everyone experiences at some time. We are ready to take things to the next level - inspiring people to celebrate life's joys while facing the truth about mental illness and recognising it for the everyday fact it undoubtedly is."

**Sue Bull, Chair**

Epsom Mental Health Week has come a long way since it started eight years ago with a series of small events. Love Me Love My Mind, which organises the events, has always been a small charity with big ambitions and we are planning our most wide-ranging week ever in 2017. Nothing less than a full-scale Festival, all over the town, with a range of events, to challenge, inspire, delight - and change perceptions.

Please look out for more information, and if you would like to be involved in planning and organising what we hope will be a transformative series of events, please contact us at [info@epsommentalhealthweek.org.uk](mailto:info@epsommentalhealthweek.org.uk)

**01372 721518**

# Sunday 4th Oct

### At St Barnabas

**10.15am**

### Church Service 'Hope does not disappoint us'

Guest speaker: Bishop Richard Moth, mental health lead for the Roman Catholic Church in England and recently appointed Bishop of Arundel and Brighton Diocese.

**12 noon**

### Welcome: Hope in challenging times

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

**12.15pm**

### Hope and creativity

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

**1.00pm**

### LUNCH provided (no charge)

Caterers - Abbevilles, part of First Step Trust, providing work for people with mental health issues.

**2.00pm-3.30pm**

### Multi-faith forum – Faith and Mental Health

Panel discussion with Trevor Finch, representing the Baha'i faith; Bishop Richard Moth, representing the Christian faith; Dr Shakil Rahman, representing the Muslim faith; Rabbi Danny Rich, representing the Jewish faith; and Dr Aruni Wijeratne, representing Buddhism.

## Monday-Friday throughout the Week

### At St Barnabas

**HOPESPACE** A place to reflect on life's challenges and touch our inner space.

**INSPIRATIONSPACE** opportunities to find hope in our creative talents through music, art and movement.

**JOURNEYSspace** tracking our own physical, mental, emotional and spiritual journeys through life, and following Love Me Love My Mind's Michael Preston on his pilgrimage to Santiago de Compostela.

# HOPE IN ALL CIRCUMSTANCES

## WORLD MENTAL HEALTH DAY DIGNITY IN MENTAL HEALTH

### At St Barnabas

9.30am-10.45am

How understanding the reasons behind self harm can help you

know yourself better

Naomi Salisbury of Women's Self Injury Helpline.

11.00am-12.15pm

Living with Schizophrenia with Dr Max Pemberton

followed by lunch.

1.30pm-2.45pm

Bipolar, pilates and me

Talk and workshop with Marie Benedict of Calm and Strong Pilates.

3.15pm-3.45pm

Mindfulness

An experiential workshop with Suzette Jones, Health & Wellbeing Adviser at the Diocese of Guildford and a Registered Nurse.

4.00pm-7.00pm

Weekly Drop-in Coffee, tea and cake, hot meal, activity

This week Chief Superintendent Matt Twist, Eastern Divisional Commander, Surrey Police will speak about mental health and the police. Plenty of opportunity for questions.

8.00pm-10.00pm

Pop-up Book Group *The Curious Incident of the Dog in the Night-time*

Mark Haddon's acclaimed book provides an insight into the world of Christopher, who has autism. Part detective-story, part coming-of-age novel and many things in between, the book poses questions about what life is like when you see things differently from everyone around you. Join us to discuss the book (and the play if you have seen it).

8.00pm-9.30pm

Mental health and work: do you disclose?

With Sue Connors and Bev McGeever from The Richmond Fellowship plus someone who has experienced this situation.

### Saturday 10th October

At Epsom Market Square

Free hugs Face painting

Drop in session – depression and suicidal feelings – with members of the Samaritans

10am-12noon Book signing Alison Craze, author of From Asylum to Community Care, about the history of Brookwood Hospital in Woking.

Starting from St Barnabas WALKATHON

9.00am for prompt 9.30am departure

The influence of the Epsom Cluster on the town.

Returning to St Barnabas for lunch 1.00pm.

At St Barnabas

11.00am Minibus to new mental health hospital in Guildford

See the new facilities before the hospital opens and return to St Barnabas for lunch. Please email engage@sabb.org.uk or ring 01372 216285 by Wednesday 7 October if you would like to book a seat on the minibus.

2.30pm World record attempt...

Most hugs given in one minute by an individual.

### Sunday 11th October

At the Old Moat Garden Centre

Horton Lane, Epsom, Surrey KT19 8PQ 01372 731970

12noon - 4.00pm

Fun Bake Off and Community Tea Party.  
Talk about growing from "Seeds to Plate".  
Tastings by local producer Susie Woodward, "Jam Packed Preserves".

Accordion playing, by Paolo Arrigo from Seeds of Italy.  
Stalls and more!

Saturday 10th & Sunday 11th Oct

## HOPE IN LIFE AND ART

## HOPE AND YOUNG PEOPLE

**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 to consultants on many areas of mental health and learn what life is like on a psychiatric ward.

**At St Barnabas**

**10.00am-12 noon**  
**Hope through creativity**

An opportunity to explore the feeling of hope using Art, Music, Drama and Creative Writing. No previous experience needed. Charles Twigg (Artist); Mark Shakespeare (Art Therapist); Sue Curtis (Drama Teacher); Jenny Rene (Creative Writing Facilitator); Cressida Jenkins and Isabel Oman (Music Therapists).

**12.00pm-2.00pm**

**Lunch followed by 'The Art of Politics'**

Rt Hon Chris Grayling MP, Leader of the House of Commons and Lord President of the Council.

**2.30pm-3.45pm**

**Shakespearean characters who experienced depression**

Sophie Hume from Brooklands College.

**8.00pm-9.30pm**

**Epsom Male Voice Choir**

Come and enjoy listening to one of the leading men's choirs in the South East.

**At St Barnabas**

**9.30am-10.45am**

**A day in the life of...**

Anna Shipton, Child Psychologist.

**11.00am-12.30pm**

**Staying afloat when your children and young people are struggling**

Ro Lavender, explorer, life coach and enabler.

**1.30pm-2.15pm**

**'Do I tell the Children?' Family life and mental health**

Debbie McClure who works in Learning and Development at Surrey and Borders Partnership NHS Foundation Trust.

**2.45pm-3.30pm**

**'Eating disorders, self-image and self-esteem'**

Susannah Hebdon, initiator of the 'Body Marvellous' campaign.

**4.00pm-4.45pm**

**How to cope when my sibling becomes mentally unwell**

Clare O'Brien, co founder of the London Support Group for Siblings of Sufferers of Severe Mental Illness.

**5.30pm-6.30pm**

**Developing mental health resources for children and young people**

Charlotte Williams, Child and Adolescent Mental Health Service Rights and Participation Officer and Youth Mental Health Lead, Surrey County Council.

**At Epsom Playhouse, Ashley Avenue, Epsom KT18 5AL**

**2.00pm & 7.00pm**

**Grandma remember me?**

A play about dementia by Belinda Lazenby performed by the AZ2B Theatre Company. Tickets (no charge) available from Epsom Playhouse Box Office 01372 742555.

Friday 9th Oct

## FRIENDSHIP AND HOPE

## KEEPING HOPE

# Wednesday 7th Oct

\* At **Brickfield, Portland Place, Epsom KT17 1DL**

10.30am-1.30pm

Taster sessions in art and craft, gardening and reflexology

At **St Barnabas**

11.00am-12.30pm

Seeking to be alongside someone who is suffering deeply

Dr Jeremy Mudunkotuwe, Consultant Psychiatrist Surrey and Borders Partnership NHS Foundation Trust.

1.30pm-2.30pm

Introducing the **Keeping us in Mind local history project**

Kirstie Arnould, initiator of the project and author Alison Craze.  
(See us in the Ashley Centre Sept 25/26th)

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

2.00pm-4.00pm

Come along and watch the 3rd EMHW Football Charity Shield 5-a-side competition and the Surrey Mental Health League.

At **St Barnabas**

3.00pm-4.00pm

Relating: loneliness, friendship and love with Janine Fuller from Relate.

4.30pm-5.30pm

Reflecting together on how our mental health has affected our faith  
Sue Loveday, Ecumenical Coordinator, Churches Together in Surrey.

6.00pm-6.30pm

Introduction to the proposed 'Crisis Cafe' in Epsom Deborah Russell from Surrey Downs Clinical Commissioning Group.

6.45pm-7.45pm

Zumba dancing with Mary Frances Trust.

8.00pm-9.30pm

Let's Talk Epsom: Weekly group for people experiencing depression.

8.00pm-9.30pm

A story of Recovery with designer Caroline Wright.

At **St Barnabas**

10.00am-11.15am

How can we ensure good care for all in residential and nursing homes?

Adrian Hughes, Deputy Chief Inspector for Adult Social Care (South Region and Registration) Customer and Corporate Services Care Quality Commission – South Region.

11.30am-12.10pm

Eating well in the latter part of life

Nikki den Hollander (Nutritional adviser for health and wellbeing).

12.30pm-1.00pm

Hope at the end of life

Pamela Battell and Susan Clelland, Palliative Care nurses.

2.00pm-3.30pm

Research into Alzheimer's disease

Professor Louise Serpell from the University of Sussex.

3.30pm Tea

4.00pm-5.30pm

Brain and Body Health

Introductory workshop with Sam Barbot-Freeman of the Workers' Educational Association.

6.00pm-6.30pm

Poets Anthony Fairweather and Alain English reflect in prose and verse on the hopes and disappointments of life.

6.45pm Supper

8.00pm Film - Still Alice

A 2014 American drama film, based on Lisa Genova's novel of the same name. Alice Howland, a linguistics professor, is diagnosed with early onset familial Alzheimer's disease. Certificate 12A.

# Thursday 8th Oct