

# Changing Minds

Love Me Love My Mind

Spring 2016

## *Spring Update*

Love Me Love My Mind and Epsom Mental Health Week 2016

Dear friends

Thank you so much for your support of Epsom Mental Health Week and Love Me Love My Mind. We had a very fruitful first planning meeting on 25 January for EMHW 2016, which will take place between 8 and 16 October. Young people, stigma, a theme for the week, the sense of community that the Week enables and possible events were some of the items discussed, as was Epsom Mental Health Week Festival which will be held in 2017.

**EMHW was recognised at the Surrey and Borders Partnership Care awards on 8 March**

### **EMHW 2016**

The theme for this year's EMHW will be 'Mental Health in a changing world'. Please do feel free to come along to the next planning meeting on Monday 14 March, 12noon to 2pm at St Barnabas Church, Temple Road, Epsom KT19 8HA, lunch included, to share your thoughts and ideas.

### **SPONSORED WALK**

**CSH Surrey is holding a charity walking event on 20 March to raise funds for local charities. 50% of the money raised from the 16 mile walk will come to LMLMM. Please do sponsor the walkers at <https://crowdfunding.justgiving.com/bigwalk> they will be very grateful indeed! Thank you.**

### **VOLUNTEERING OPPORTUNITIES**

Please contact us if you would like to volunteer on a temporary or more permanent basis for any of our activities. Some of the jobs we need your help with are:-

Delivering posters and leaflets to local shops, GP surgeries, Coffee Shops  
Fundraising and sponsorship events  
Lending a helping hand at the Drop in or during EMHW

### **FUNDRAISING & FINANCE**

We have received a variety of donations in the past few weeks. Especial thanks to NHS Providers for the proceeds of a cake sale Ebbisham Sports Club for inviting us to be their Charity of the Year and for all who took part in the Dodgeball Tournament Southfield Park School, for providing the Monday drop in with some delicious homemade goodies Waitrose in Epsom, for allowing us to be one of the recipients of their green token scheme in February Helen Dyke, who crochets blankets and other items (These are then sold, the proceeds go to LMLMM and the blankets are given to those in hospital needing some cosy comfort) and all who have given money or resources, either regularly or on a one off basis.

## **EXHIBITION DURING EMHW**

Please be in touch if you would like your organisation to be part of the exhibition during EMHW.

## **PUBLICITY**

Please publicise EMHW as widely as you can, to any groups that you may belong to, work organisations, wherever...! We would be delighted to provide a speaker to organisations or groups.

## **EVENTS**

The Monday drop in continues to meet between 4 and 7pm at St Barnabas. Next week (14 March) Michael Preston will be speaking about his 500 mile Camino walk (and thanking everyone who so generously sponsored him).

The smaller Wednesday drop in gathers between 10am and 10.50am for coffee, cake, chat and singing.

Let's Talk Epsom, for people experiencing depression and anxiety, meets between 7.30pm and 9pm on Wednesday evenings at St Barnabas. (And thank you to those who in the

last few weeks have supported this venture financially).

The Monthly Book Group next meets on Monday 6 June at St Barnabas. The book being read will be Enduring Love by Ian McEwan.

Keeping Us In Mind, which is engaging with people who lived and worked in the former hospitals, is always happy to be contacted.

## **AND FINALLY**

All groups and events are free and open to anyone who would like to attend. Please feel free to let us know if you have suggestions for other groups or one off events.

May the sun shine for us all.

With kind regards

Sue

## **Our Mission Statement**

To break down stigma and inspire understanding about mental health.

We hope to achieve this by:

- Providing a regular Monday Drop-In session.
- Organising the annual Epsom Mental Health Week.
- Offering encouragement, support and friendship to people with mental health issues and their families.
- Signposting people to helpful mental health resources.
- Challenging stigma wherever it occurs

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