

Changing Minds

Love Me Love My Mind

May 2016

May 2016 Update

Love Me Love My Mind and Epsom Mental Health Week 2016

Dear friend of LMLMM

We are well into our summer programme at the Monday evening drop in, with some hopefully enjoyable outings to come. On 9 May we shall be leaving St Barnabas at 2pm for a river trip from Kingston to Hampton Court. After time to enjoy the gardens there will be fish and chips on the boat on the return journey.

At 11am on 23 May we shall be heading for Worthing. After lunch and time by the sea we shall be having afternoon tea with Jean and her dog Alfie, who used to be regular attendees at the drop in. Other outings to look forward to include a walk and picnic, a visit to the Krispy Kreme Do'nut factory, a cinema visit, the annual trip to the sea and the annual BBQ.

Full details of the programme can be found at the end of this newsletter. All very welcome.

Many people have been helping boost the finances of Love Me Love My Mind and we are very grateful indeed to the following:

Jane Hodgson for making cakes to sell at her archery group in aid of LMLMM

Rosebery Housing Association for their continued support and have raised £691.85 for LMLMM.

The 7th Epsom Scouts for paying a pound each to attend their meeting in mufti one evening

Waitrose Customers in Epsom for supporting LMLMM's green disc appeal and raising £570

Some members of Wallington High School for Girls for raising the profile of LMLMM whilst seeking to raise money for the charity.

Any support, however small or large, does make a real difference to our charity. Thank You and all who give in so many different ways.

theBigGive.org.uk
helping your donations go further

You can donate directly via our website and simply use the link to The Big Give website.



You may like to consider using **Give as you Live** when you shop online and make Love Me Love My Mind your chosen charity. Using Give as you Live will not cost you anything. Visit www.giveasyoulive.com to register and each time you shop online you provide LMLMM with some more income as a percentage of your total bill with each participating retailer.

Plans for EMHW are moving on and we will shortly distribute an A5 advertising flyer, and we would appreciate help in circulating this as widely as possible, together with the following advance publicity about the Week: '

The theme of Epsom Mental Health Week 2016 is '**Mental Health in a Changing World.**

Throughout the week we will explore how our lives and our mental wellbeing change and adapt to the daily challenges that we all face in this rapidly changing world.

How can we make sense of what we experience?

How can we living a fulfilling life when there are so many different perspectives and different points of view that challenge our thinking and invite us to new ways of living and being?

We hope that the 9th Epsom Mental Health Week will help us all explore these issues through talks, workshops, drama, art, music, silence and good conversation.

Keeping us in Mind is continuing to engage with the local community and is involved with a project which may help develop Horton Chapel in Epsom into a community arts centre. The

members of the Horton Chapel Arts & Heritage Society would be very pleased if you could complete the questionnaire at <https://www.surveymonkey.co.uk/r/3X8SFVC> so that as many views as possible can be received

On Saturday 21 May we will be having our first 'Yoga in the Park – 108 Sun Salutations'. Join in and take part in our first charity Yoga Mala session with Isabel. Just bring your mat and join in for half an hour or for the more experienced stay for the whole session

The next planning meeting for EMHW has had to move from 11 July to 18 July 12noon at St Barnabas, all welcome. I apologise for this change.

Looking forward to seeing as many as can make it at our AGM on Monday 16 May 12noon at St Barnabas.

With kindest regards.

Sue Bull
Chair



Monday Drop-In Summer Term 2016 Update

- May 2** **Bank Holiday**
- 9** **Riverboat trip to Hampton Court. Meet St Barnabas 1.50pm. Boat leaves Kingston Turks pier 3.15pm.**
- 16** **12noon AGM of Love Me Love My Mind**
 4pm Drop in – Sharing our gifts
- 23** **11am Leave St Barnabas for trip to Worthing**
- Fri 27** **Ultimate Variety Show 7.30pm Epsom Playhouse**
- 30** **Bank Holiday**
- June 6** **Walk, games and picnic**
- 13** **Line dancing with Graham and Bobby**
- 20** **Meal out and Cinema visit**
- 27** **Drumming with Ray**
- July 4** **Visit to Krispy Kreme donut factory**
- 11** **10am Leave St Barnabas for trip to Margate**
- 18** **Bowling at Court Recreation Ground**
- 25** **BBQ at St Barnabas**

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