

em
epsom mental health week
hw



Mental Health
in a
changing
world



www.epsommentalhealthweek.org.uk

8th-16th October 2016

Over 70 free events and ALL are welcome



Follow us @
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 9 and 13 for details.)

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

Welcome

Welcome to Epsom Mental Health Week 2016. The organisers have put together a brilliant programme this year. The event continues to grow and blossom and much of this is down to the tireless dedication of the programme organisers. Its success is also down to you, the people who come to 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. As always there are talks on a wide variety of topics, from living with schizophrenia to developing relationships. There are also lots of practical sessions, from mindfulness to creative writing. There's even a laughter workshop.



At the very heart of the week is the idea of inclusivity, so it's important to emphasise that it's open to absolutely anyone and everyone. All are welcome. You don't have to be a resident in Epsom to attend. Feel free to bring family or friends along to events if you wish. You don't have to have a specific mental health issue to attend and you don't have to attend all the events - you're welcome to dip in and out depending on what sparks your interest. As well as the talks, there's also space to just sit and be still, to think and relax. As well as a stimulating and interesting week, we want to help create a safe and caring community for people. There is always someone to listen and opportunity for you to share your stories. There is an exhibition of resources all week and Charles Twigg will be the artist in residence.

I'd also like to take this opportunity to remind you that all events are free and the food that is served is also free. It's a rich and varied programme and I very much hope that there is something for everyone. I look forward to seeing you there.

Dr Max Pemberton www.maxpemberton.com

Come and hear Dr Pemberton speak on Sunday 9th Oct



Saturday 8th Oct

MENTAL HEALTH MARKETPLACE



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

MENTAL HEALTH MARKETPLACE

10.00am-4.30pm

Wide variety of stalls and short talks:

10.00am-11.00am How to look after your wellbeing.

Gentle Yoga class with Isabel Ferreira.

11.30am-12.15pm Breathing and meditation class.

With Isabel Ferreira.

1.00pm-2.30pm Brain and body health.

With Sam Barbot-Freeman.

3.00pm-4.00pm Dementia friendly home workshop.

With Sam Barbot-Freeman.

3.00pm-4.30pm Listen to an adult story time and discover the ways in which the Surrey Library Service supports families living with disabilities. We'll look at Pictures to Share books for dementia sufferers, the Reminiscence Catalogue and more.

***At Epsom Market Place:**

Come along and get your free hug on Saturday 8th October at the start of Epsom Mental Health Week. Sometimes we all need a hug and contact with another human being, giving people a hug is very special. It's a simple way of showing our love, compassion and friendship towards somebody else. We feel it can make such a difference and our aim is to give as many hugs away as we can.

At St Barnabas

Alzheimer's Society
British Heart Foundation
Charles Duncan Twigg, Artist in Residence
Citizens Advice Epsom & Ewell
Community Connections - Surrey Libraries
Cruse Bereavement Care

First Steps Mental Health Promotions
Home Instead Senior Care
Mary Frances Trust
Mid-Surrey Gideons (local branch of Gideons International)
RASASC
Richmond Fellowship Employment Services - Mid Surrey
Samaritans
Surrey and Borders Partnership NHS Foundation Trust
Time to Care
Voluntary Action Mid-Surrey
Workers' Educational Association
Work Stress Solutions

7.30pm-9.00pm Epsom Male Voice Choir. The Epsom Male Voice Choir was founded as an evening class in 1983 with the noted composer and arranger Nigel Brooks as its first Musical Director. The choir has steadily gained in numbers and musical ability since its formation with a current membership of 68 singers.

During the past year, under the leadership of our musical director Ian Assersohn, the choir has extended its repertoire while retaining the special values of the male voice choir tradition.

Our current repertoire covers a wide musical spectrum of pop, film, musicals, folk, gospel, spirituals and traditional Welsh hymn tunes. With more variety than ever in the programme, we hope you enjoy the concert and are uplifted by the energy and soul apparent in every performance the choir gives.



Sunday 9th Oct

CHANGING TIMES



At St Barnabas

10.15am Church service 'The return of the prodigal?'

Rev Michael Roper, Priest-in-charge of St Barnabas, to preach and lead the worship.

12 noon Welcome: Mental health in a changing world.

Dr Max Pemberton, Doctor and journalist.

1.00pm LUNCH provided (no charge).

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

2.00pm How the media can change perceptions of mental health issues.

Dr Max Pemberton. How does the media talk about mental health problems? Are things getting better or are people with mental illness still demonised or used as entertainment? Dr Max Pemberton has over 15 year's experience of working in the media and offers some of his insights into the role the media plays in creating - and breaking down - stigma.

3.30pm TEA.

4.00pm-5.00pm Faith and mental health.

Come and share in the discussion with an inter-faith panel from the newly formed Epsom Faith Forum. Chaired by the Mayor of Epsom & Ewell, Councillor George Crawford.



Monday 10th Oct

WORLD MENTAL HEALTH DAY

DIGNITY IN MENTAL HEALTH



At St Barnabas

8.00am-8.30am Gathering our thoughts and feelings in silence at the beginning of the day around a candle.

9.30am-10.45am **A drama out of a crisis.** A one act play and a true story of a man who suffers Schizophrenia which is told via diaries. Written by Sally McCormack.

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

11.00am-2.00pm Come along and watch the 4th Epsom Mental Health Week Football Charity Shield 5-a-side competition and the Surrey Mental Health League.

***At The Hub, High Street, Epsom KT19 8EF**

10.00am-12noon Information and advice drop in session.

At St Barnabas

11.00am-12.15pm **Helping the children of parents with mental health problems.** Dr Jim Wilson, Psychotherapist.

12.30pm-12.50pm **Living with Schizophrenia.** Mandy shares her experiences.

1.00pm-1.20pm **My way through gambling.** With Alan.

2.00pm-3.00pm **Little terrors.** A dance/theatre lecture about fear and fears. Written and performed by Madeline Shann.

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

2.00pm-2.30pm **Celebrating the work of mental health trust employees.** Fiona Edwards, Chief Executive, Surrey and Borders Partnership NHS Foundation Trust.

At St Barnabas

3.15pm-3.45pm **Mindfulness.** Debbie Brewin will give a brief introduction to Mindfulness followed by 10 minutes of Practice.

4.00pm-7.00pm **Weekly Drop-In.** Coffee, tea and cake, hot meal, activity. Create a tree of life with artist Mark Shakespeare.

***At The Larches, Waterloo Road**

4.30pm-5.30pm **An opportunity to see the Safe Haven in Epsom.**

At St Barnabas

8.00pm-10.00pm **Pop-up book group.** Shakespeare and his characters: mental health and mental distress.

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 ten 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 bowling, drumming, 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.

At St Barnabas

8.00am-8.30am Gathering our thoughts and feelings in silence at the beginning of the day around a candle.

*At NESCOT

10.00am-12.45pm Mindfulness. 4 short sessions will invite attendees to 'dip into the present moment' with simple exercises to focus attention. Led by Suzette Jones, Health & Wellbeing Adviser. Open to staff and students at NESCOT.

At St Barnabas

10.00am-10.40am Creative writing. With Jenny Dyke.

10.00am-12noon Mindfulness drawing and art session.

Join Mary Frances Trust for a session of mindfulness drawing, either creating your own design which you can then colour or paint yourself or colouring a preprinted design.

When doing this activity you are focused on what you are doing, being in the now so calming your mind which helps reduce anxiety and stress levels.

No experience necessary and all material provided.

11.00am-12noon Developing new and improved treatments for mental health: challenges and opportunities. Professor John Atack, Director of the Sussex Centre for Drug Discovery.

12.30pm-1.30pm Laughter workshop. With Lotte Mikkelsen.

1.45pm-2.45pm Making positive choices! Nikki den Hollander (Weight management, Nutritional adviser and lifestyle coach).

A healthy diet is essential for your emotional and mental health! An informal talk to help you identify any dietary and lifestyle habits that may help you improve your health, weight and wellbeing.

3.00pm-4.00pm The challenges welfare reform have brought to people with mental health issues. A discussion with advice team members of Citizens Advice Epsom & Ewell.

4.00pm-5.00pm Colouring and cake. With Charles Twigg.

6.00pm-7.15pm MASKS! and the games that people play.

This talk is about self-esteem, self-worth, self-disgust. Hiding behind an outer image of confidence whilst having a low opinion of ourselves is not as uncommon as you might think. It's about finding our true self. With Yvonne Fitzpatrick, Counsellor and Psychotherapist, and Matt Stinson, Student Wellbeing Manager at the University of Creative Arts.

7.45pm-9.00pm Relationships and how to develop them.

Janine Fuller is a therapist and counsellor from Relate Mid Surrey who has spent the past decade working with relationships in the transpersonal field.

***At Blenheim High School, Longmead Road, Epsom, KT19 9BH**

6.30pm-8.00pm Anxiety and mindfulness (open to all).

Mindfulness simply means paying attention to our experience in the present moment, on purpose and with an attitude of kindly acceptance. It is an increasingly popular approach to promoting resilience and flexibility in the face of everyday challenges. This introduction to Mindfulness will show how we may use Mindfulness in our everyday lives to reduce anxiety and stress.



Wednesday 12th Oct

WAYS THROUGH CHANGING TIMES



At St Barnabas

8.00am-8.30am Gathering our thoughts and feelings in silence at the beginning of the day around a candle.

9.30am Coffee and croissants.

10.00am-10.50am **Menopause, mental health and me.** Talk and discussion by Isabel Lobo.

11.00am-12noon **Postnatal depression.** With Janine Jakubowshi.

12noon-1.00pm **Knit & natter, crochet & converse, sew & speak....**
Bring your wool, cottons and needles for a creatively therapeutic time. Materials available and Helen Dyke will share how creativity helps her mental health.

12noon-1.00pm **Navigating the recruitment process:** Understanding your rights and responsibilities. With Jane Cattermole from Minding your Business.

2.00pm-3.30pm **El Camino - Walking into happiness.** Michael Preston reflects on his 500 mile walk to Santiago and the growing popularity of pilgrimages and how they help well being.

4.00pm-5.30pm **Resourcing for our journey through life.**
Ro Lavender, explorer, life coach and enabler.

*At Epsom Library, Ebbisham Centre, The Derby Square, Epsom KT19 8AG

3.00pm-5.00pm **Young people's mental health:** Information and Awareness drop-in .

At St Barnabas

5.45pm-6.15pm **Borderline personality disorder.** Eddie shares her experiences.

7.30pm-9.00pm **Let's Talk Epsom.** Weekly group for people experiencing depression and anxiety.

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



Thursday 13th Oct

CHALLENGING TIMES



At St Barnabas

8.00am-8.30am Gathering our thoughts and feelings in silence at the beginning of the day around a candle.

10.00am-12noon **When my friend commits suicide.** With Dr Sabrina Coxon, Counselling Psychologist and members of the Samaritans.

11.30am-12noon **Mental health problems of young adults with ADHD.** Nancy Williams, Therapist and ADHD Consultant.

12.30pm-1.15pm **Dramatherapy.**
Experiential workshop. No experience necessary.

1.15pm-1.30pm **Being heard.** Helen shares her experience.

2.00pm-2.30pm **Perfectionism.** Dr John Newland, Centre for Psychology.

3.00pm-5.00pm **Creating something sweet and beautiful.**

5.30pm-6.30pm **Poetry workshop.** With Anthony Fairweather and Alain English. Bring your poetry ready to share.

7.30pm-9.00pm **Epsom Late Rock Choir.** Epsom Late Rock Choir is a large and friendly choir that meets every Thursday evening. Led by Georgina Standage, we rehearse and perform a wide repertoire and everyone is welcome – no auditions required, just come along and have fun. Please see www.rockchoir.com for more details.



Friday 14th Oct

OPPORTUNITIES IN CHANGING TIMES



At St Barnabas

8.00am-8.30am Gathering our thoughts and feelings in silence at the beginning of the day around a candle.

*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.

11.00am-11.30am **Living with depression for nearly half a century.**
With Brian Longhurst.

*At the Post Graduate Medical Centre, 2nd Floor, Epsom General Hospital

11.30am-12.30pm **Lecture Theatre. Loretta Rafter and team.**

Walking alongside people with mental health issues on the wards.

12noon-2.30pm **Retreat Restaurant.**

Sarah Moloi with questionnaire on alcohol consumption.

12noon-2.30pm **Conference Room 2. Drop-in listening.**

With Neil Wintle.

12.15pm and 1.15pm **Conference Room 1. Mind mapping.**

With Olivia Holland.

Outside PGMC office. Booklets and signposts to health.

At St Barnabas

10.00am-11.15am **Finding meaning in life.** Discussion with Rabbi Danny Rich, Senior Rabbi & Chief Executive of Liberal Judaism.

*At University of Creative Arts, Ashley Road, Epsom KT18 5BE

12.00noon-2.00pm An opportunity for a meditative walk in the University's Labyrinth and Graffiti wall. University for the Creative Arts Students Union in Epsom invites you to get creative. Join us on campus to add to our graffiti wall! Sadly the Labyrinth is not wheelchair accessible due to the type of material.

At St Barnabas

12noon-2.00pm **LUNCH** followed by 'The future of mental health care and support'. Rt Hon Chris Grayling MP, Secretary of State for Transport.

2.30pm-4.00pm **Time for Carers.** Talk on Healios project, plus tea. Using web based technology, Healios provides families and carers with professionally led clinical interventions (understanding, new skills and strategies) from the comfort of their own homes. Working with a Healios clinician helps families and carers reduce the impact of mental illness and support everyone towards achieving things that are important in their lives. Alison Joyce, Clinician Manager will share how this works and what people using the service have said about it. There will be plenty of opportunity for questions and perhaps some strategies to take away too.

*At Nursing and Residential Homes

2.30pm-5.00pm **Tea parties.** For people living and working in residential homes.

At St Barnabas

6.30pm **Dinner.**

8.00pm **Film - The Danish Girl** (2015).

Based loosely on the lives of Danish Artists Lili Elbe, a transgender pioneer, and his wife Gerda Wegener. By kind permission of Filmbank.

Saturday 15th Oct

HOPE FOR THE FUTURE

At St Barnabas

9.00am Landscapes of the hospital cluster: How the sites have affected the geography of today's Epsom. Short introductory talk followed by walk led by Kirstie Arnould and David Brooks. Returning to St Barnabas for **1.00pm LUNCH**.

During lunch, Stephanie, Jenny and Jamie will entertain and enlighten us with song and word. Compered by Alan Carlson.

3.00pm Grandma Remember Me? A play about the journey of dementia by Belinda Lazenby performed by the AZ2B Theatre Company. Tickets (no charge) available from St Barnabas.

7.00pm What do you see? Exploring care homes and palliative care for people with dementia. Written by Belinda Lazenby and performed by the AZ2B Theatre Company. Tickets (no charge) available from St Barnabas.

Sunday 16th October

***At the Old Moat Garden Centre**

Horton Lane, Epsom, Surrey KT19 8PQ 01372 731970

12noon - 4.00pm Community tea party.

With Stalls, Entertainment and Demonstrations!

Stalls

MENTAL HEALTH MARKETPLACE

Available throughout the week

Alzheimer's Society

Alzheimer's society is the leading dementia support and research charity, here for anyone affected by any form of dementia.

We provide information and practical and emotional support to help people live well with dementia, and we invest in world-class research with the ultimate goal of defeating it. We also campaign to improve public understanding of dementia and the devastating impact it can have, and make sure it's taken seriously and acted on by our governments.

For more information please contact:

Email: surrey@alzheimers.org.uk

Tel: 01932 855582



British Heart Foundation

We offer information about heart disease and advice on how you can help prevent it.

For more information please visit: www.bhf.org.uk



Carers of Epsom

Carers of Epsom is a local not for profit organisation providing support to Carers living in Epsom, Ewell, Banstead and surrounding areas. One of our support workers specialises in mental health and runs a support group for people caring in this situation.

For more information please visit:

www.carersofepsom.co.uk or facebook page.



Charles Twigg - Artist in Residence

Charles lives in Woking with his wife, Liz and has always been passionate about art; indeed whilst at school in an otherwise uninspiring academic career it was his only redeeming factor. Deciding when leaving the forces at the age of 24 to become a serious artist, he studies in his own time and supported his family as a nurse at other times. His principal medium is ink in its many forms. In the last few years he has become interested in sculpture. He has applied his art in two ways, firstly as a fine

Saturday 15th / Sunday 16th Oct
STALLS - Mental Health Marketplace
HOPE FOR THE FUTURE



artist, in mainly travel and still life work and secondly in the mental health field as an art communicator. Through various life situations he has developed a wide range of experience in this field and this life's learning is used to enable him to get alongside many, helping them to talk, communicate and make relationships. Over the years he has held over 30 one man exhibitions and had held the position of artist in residence with five organisations including Lincoln and Sheffield Cathedrals. For more information please visit:
www.charlestwigg.co.uk

Citizens Advice Epsom & Ewell.

We provide a free, confidential and impartial advice service for people who live or work in Epsom & Ewell.

For more information please contact:

Liz Dobson

Email: manager@epsomcab.cabnet.org.uk



Community Connections - Surrey Libraries

Community Connections is the outreach arm of Surrey libraries, working with partners and sharing knowledge to promote and facilitate access to the vast range of services available to all residents.

For more information please contact:

Email: community.connections@surreycc.gov.uk

Gloucester Chambers, Woking, Surrey GU21 6GA.

Tel: 01483 541518

Redhill Library, Warwick Quadrant, Surrey RH1 1NN.

Tel: 01737 772049



Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. We offer support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people.

For more information please contact:

Tel: 0208 393 7238



First Steps Mental Health Promotions

The First Steps service is for anyone aged 18 years or above who is looking to take the first steps to improve mental well-being.

For more information please contact:

Tel: 0808 801 0325

www.firststeps-surrey.nhs.uk



Home Instead Senior Care

Provides award winning companionship led care to people in their own homes. Our aim is to allow people to remain living independently in their own homes for as long as they would like and also inject some companionship to their lives.

For more information please contact:

Tel: 01372 741544



Mary Frances Trust

MFT is a local charity, providing a variety of services to support people with any mental health problems or emotional distress to get back on with their lives again.

For more information please contact:

Email: info@maryfrancestrust.org.uk

Tel: 01372 375 400

www.maryfrancestrust.org.uk



Mid-Surrey Gideons

(local branch of Gideons International)

Offer free copies of the New Testament & Psalms, including a 'Helps' section with page references for a range of over 50 personal issues.

For more information please contact:

Handley Hammond.

89 Downs Road, Epsom, KT18 5JT.

Email: handleyhammond@uwclub.net

Tel: 01372 722530



RASASC

Since 1992 RASASC Guildford has supported survivors of rape and sexual abuse, male and female and their families, with 2 telephone helplines and f2f counselling.

For more information please contact:

Email: vivien@rasasc-guildford.org

Tel: 01483 568000



Richmond Fellowship Employment Services - Mid Surrey



RF Employment Services can help if you have a mental health issue and are looking to return to work, or need help in retaining your existing job. We can help with your C.V, job application and job interview skills. We can also give you advice if you are in work and facing discrimination or disciplinary issues.

If you feel this is the service for you then contact our office:

Fountain House, Cleeve Road, Leatherhead,
KT22 7LX.

Tel: 01372 363 934

Samaritans

We are here to provide emotional support to anyone that is in distress or having a difficult time. We are completely confidential, will not judge and respect that people can make their own decisions about their lives. Our vision is that fewer people die by suicide.

For more information please contact:

Tel: 116 123 (Freephone)



St Barnabas

St Barnabas Church is a group of Christians of all ages and varied backgrounds called together by God. We believe that our lives — beautiful yet broken — are transformed by God as we



celebrate the story of Jesus' death and rising again. We praise God for renewing our tradition of worship as a sign of hope in our local community. Offering our lives in thanksgiving to God for all we have received, we seek to join with those who work for God's love and justice in this divided and hurting world.

For more information please contact:

Email: info@epsommentalhealthweek.org.uk

Tel: 01372-721518

www.epsommentalhealthweek.org.uk

Surrey and Borders Partnership NHS Foundation Trust



Surrey and Borders Partnership NHS

Foundation Trust provides health and social care services for people of all ages with mental health problems, drug and alcohol problems and learning disabilities in Surrey and North East Hampshire. We also provide some specific services across our borders, particularly in Croydon and Hampshire.

We were established as a health and social care Partnership Trust in April 2005 and became an NHS Foundation Trust in May 2008 - the first mental health and learning disability Trust in the South East Coast NHS Region to gain this special status.

We seek to involve and engage people who use our services and our community and we have more than 5,000 public members as well as our 2,300+ staff who together elect our Council of Governors. Our Vision and Values represent our shared ambitions for the success of the Trust.

For more information please visit:

www.sabp.nhs.uk

My Time for Young Carers

Many of our members were previously supported by Mid-Surrey Young Carers. When this organisation closed in 2012 because of changes in funding, club sessions and holiday outings for these young people were lost. My Time for Young Carers was set up to reintroduce regular fun group activities.





My Time was established to offer respite activities and support for young people and children in Surrey and the surrounding areas whose lives are adversely affected by the disability or ill health of other family members. The organization also supports young people who have added caring responsibilities because their families are in a time of crisis.

For more information please contact:

Email: info@mytime4youngcarers.org

Twitter: @MyTime4YC

Facebook: /mytimeforyoungcarers

Voluntary Action Mid Surrey (VAMS)

Voluntary Action Mid Surrey exists to promote and develop the effectiveness of voluntary and community action in Epsom, Ewell and Mole Valley. Our services are wide ranging and include:



- Advice and information regarding Charity Law and governance
- Funding advice, such as Grantfinder
- Disclosure and Barring Service
- Representation of voluntary sector organisations at strategic meetings with statutory and other agencies
- Consultation and dissemination of information via our weekly newsletters
- Volunteer Centres in Epsom and Dorking to recruit volunteers and promote volunteer opportunities for our partners
- Promoting best practice in management, volunteers and policy
- Supporting and developing new initiatives

We aim to offer an ongoing service to suit the needs of your organisation. We would be very happy to assist with any specific needs your organisation may have.

Tel: 01372 722911

Email: volunteering@vamidsurrey.org

Workers' Educational Association

The WEA is a national adult education organisation and charity with more than 100 years' experience in delivering education to adults from all areas of society. We are able to offer free courses to Mental Health groups and to Volunteers.

For more information please contact:

Samantha Johnson

Tel: 07825 112798

Email: samanthajohnson@wea.org.uk.



Work Stress Solutions

Work Stress Solutions is a charity based in Ewell, Surrey which offers pre-employment assistance and a range of stress-reduction and assertiveness courses to adults who need support with their working lives. Our aim is to enable clients to experience a sense of personal achievement in a supportive environment that focuses on positivity and self-fulfilment.



We are currently offering Building Confidence & Assertiveness, Mindfulness and Creative Writing courses as well as IT classes in association with LearnMyWay, all aimed at reducing stress and guiding people back into employment. The courses are run throughout the year but spaces are limited so please contact us if you think you would be interested in attending.

Web: www.workstressolutions.co.uk

TIMETABLE

All events at St Barnabas Church, Temple Road, Epsom KT19 8HA unless otherwise indicated.

Saturday 8th October	10.00am - 4.30pm 10.00am - 11.00am 11.30am - 12.15pm 1.00pm - 2.30pm 3.00pm - 4.00pm 3.00pm - 4.30pm 7.30pm - 9.00pm	At St Barnabas MENTAL HEALTH MARKET PLACE How to look after your wellbeing. Breathing and meditation class. Brain and body health. Dementia friendly home workshop. Listen to an adult story time. Epsom Male Voice Choir.
Sunday 9th October	10.15am 12 noon 1.00pm 2.00pm 3.30pm 4.00pm - 5.00pm	At St Barnabas Church service 'The return of the prodigal?' Welcome: Mental health in a changing world - Dr Max Pemberton. LUNCH How the media can change perceptions of mental health issues. - Dr Max Pemberton. TEA Faith and mental health
Monday 10th October	8.00am - 8.30am 9.30am - 10.45am 11.00am - 2.00pm 10.00am-12noon 11.00am-12.15pm 12.30pm-12.50pm 1.00pm-1.20pm 2.00pm-3.00pm 2.00pm-2.30pm 3.15pm-3.45pm 4.00pm-7.00pm 4.30pm-5.30pm 8.00pm-10.00pm	At St Barnabas Beginning the day around a candle A drama out of a crisis *At Queen Elizabeth II Park (Court Recreation Ground). 5-a-side Football Charity Shield *At The Hub, High Street, Epsom KT19 8EF Information and advice drop-in session At St Barnabas Helping the children of parents with mental health problems Living with Schizophrenia My way through gambling Little terrors *At the Dept of Psychiatry, Langley Wing, Epsom General Hospital, Dorking Road, Epsom KT18 7EG Celebrating the work of mental health trust employees At St Barnabas Mindfulness. Weekly Drop-In *At The Larches, Waterloo Road An opportunity to see the Safe Haven in Epsom At St Barnabas Pop-up book group.
Tuesday 11th October	8.00am-8.30am 10.00am-12.45pm 10.00am-10.40am 10.00am-12noon 11.00am-12noon 12.30pm-1.30pm 1.45pm-2.45pm 3.00pm-4.00pm 4.00pm-5.00pm 6.00pm-7.15pm 7.45pm-9.00pm 6.30pm-8.00pm	At St Barnabas Beginning the day around a candle *At NEScot Mindfulness At St Barnabas Creative writing Mindfulness drawing and art session Developing new and improved treatments for mental health: challenges and opportunities. Laughter workshop Making positive choices! The challenges Colouring and cake Masks! Relationships and how to develop them *At Blenheim High School, Longmead Road, Epsom, KT19 9BH Anxiety and mindfulness

Wednesday 12th October	8.00am-8.30am 9.30am 10.00am-10.50am 11.00am-12noon 12noon-1.00pm 12noon-1.00pm 2.00pm-3.30pm 4.00pm-5.30pm 3.00pm-5.00pm 5.45pm-6.15pm 7.30pm-9.00pm	At St Barnabas Beginning the day around a candle. Coffee and croissants. Menopause, mental health and me. Postnatal depression Knit & natter, crochet and converse, sew & speak. Navigating the recruitment process El Camino - Walking into happiness Resourcing for our journey through life *At Epsom Library, Ebbisham Centre, The Derby Square, Epsom KT19 8AG Young people's mental health: info and awareness drop-in At St Barnabas Borderline personality disorder Let's Talk Epsom
Thursday 13th October	8.00am-8.30am 10.00am-12noon 11.30am-12noon 12.30pm-1.15pm 1.15pm-1.30pm 2.00pm-2.30pm 3.00pm-5.00pm 5.30pm-6.30pm 7.30pm-9.00pm	At St Barnabas Beginning the day around a candle. When my friend commits suicide. Mental health problems of young adults with ADHD. Dramatherapy Being heard Perfectionism Creating something sweet and beautiful Poetry workshop Epsom Late Rock Choir
Friday 14th October	8.00am-8.30am 10.00am-4.00pm 11.00am-11.30am 11.30am-12.30pm 12noon-2.30pm 12noon-2.30pm 12.15pm & 1.15pm 10.00am-11.15am 12noon-2.00pm 12noon-2.00pm 2.30pm-4.00pm 2.30pm-5.00pm 6.30pm 8.00pm	At St Barnabas Beginning the day around a candle. *At the Department of Psychiatry, Langley Wing Epsom General Hospital, Dorking Road. Epsom KT18 7EG Living with depression for nearly half a century *At the Post Graduate Medical Centre, 2nd Floor, Epsom General Hospital Walking alongside people with mental health issues on the wards. Lecture Theatre Questionnaire on alcohol consumption Retreat Restaurant. Drop-in listening Conference Room 2 Booklets and signposts to health. Outside PGMC office Mind mapping Conference Room 1 At St Barnabas Finding meaning in life *At University of Creative Arts, Ashley Road, Epsom KT18 5BE A meditative walk in the University's Labyrinth and Graffiti wall. At St Barnabas LUNCH followed by The future of mental health care and support Time for Carers *At Nursing and Residential Homes Tea parties At St Barnabas Dinner Film - The Danish Girl (2015)
Saturday 15th October	9.00am 1.00pm 3.00pm 7.00pm	At St Barnabas Landscapes of the hospital cluster LUNCH Grandma Remember Me? What do you see?
Sunday 16th October	12noon-4.00pm	*At the Old Moat Garden Centre Horton Lane, Epsom, Surrey KT19 8PQ 01372 731970 Community tea party

Epsom Mental Health Week

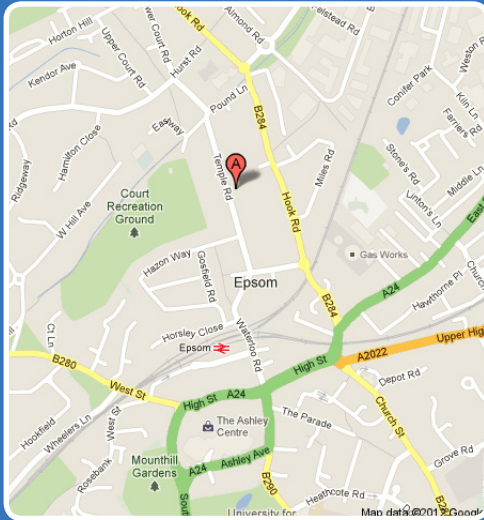
Talks, Activities, Exhibition throughout the week. All events are free.
Information point, spirituality zone and quiet room.

Free refreshments available throughout the week.

Unless stated otherwise our activities will be held at:

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

Love me
Love my mind



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

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

With grateful thanks to all who support us, including



St Barnabas Epsom



Bishop of Guildford's
Foundation



Surrey and Borders Partnership NHS
Foundation Trust