

em
epsom mental health week
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New Beginnings

Epsom Mental Health
and Well-Being Festival

6th-13th October 2018

Over 70 free events
All are Welcome

www.epsommentalhealthweek.org.uk

Love me
Love my mind

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.

The Monday Evening Drop-in

Monday from 4.00pm-7.00pm is Drop-in time at St Barnabas Church, Temple Road, Epsom KT19 8HA. Everyone is welcome, especially people experiencing mental health issues. There is a warm welcome, coffee, cake and a home-cooked meal and an opportunity to help create the weekly programme of activities and outings. The Drop-in is twelve years old and some 30+ people attend each week, enjoying the atmosphere of acceptance and belonging.

The Wednesday Morning Drop-in

Wednesdays 10.00am-11.00am
St Barnabas for coffee, cake, talk and singing. All are welcome to this relaxed time of support and companionship.

Let's Talk Epsom

Wednesdays 7.30pm-9.00pm
St Barnabas Church Temple Road Epsom KT19 8HA

Everyone is welcome to come to this weekly self-help group for people who are affected by any kind of depression or anxiety. There is the opportunity to share experiences and coping strategies with others in similar situations.

Epsom Mental Health and Well-Being Festival

Once a year we hold the Epsom Mental Health and Well-Being Festival. This year the theme is New Beginnings and once again we are holding an any media art competition. There are three age categories: 0-11; 12-18; and 19+ with a £100 prize for the winner in each age group. Entries, with your contact details, need to be submitted to Art Competition, St Barnabas Church by 30 September. The competition is run in memory of Daun Morris, a passionate supporter of the charity.

About Love Me Love My Mind

Love Me Love My Mind was set up as a charity in August 2008. Run totally by volunteers, it seeks to break down stigma about mental distress; signpost people to resources; provide a safe and accepting community; and through the annual Epsom Mental Health and Well-Being Festival enable conversation, education, challenge and fun.

The charity is based in Epsom, which this year celebrates the 400th anniversary of being the first spa town in England. With this long history of healing, it may have been very appropriate that the Epsom Cluster Hospitals were developed in the town at the beginning of the last century. Institutional care gave way to Care in the Community in the 1980's and 1990's and now the Hospital sites have largely been given over to housing. Our hope at Love Me Love My Mind is that one day Epsom will be the best place for mental health and the best place for mental health care. We also have a hope that one day every town in England will have a place where people experiencing mental distress or mental illness will be able to find support and acceptance.

Shortly after this year's Festival there will be a national remembrance of the end of the First World War when so many minds were shattered by horror and pain. Love Me Love My Mind has a tree in the forest of remembrance in Langley Vale, just up the road from Epsom. We hope that one day the weapons of destruction will be turned into positive items for good, and that there may be peace between countries and in all our minds.

Everyone, from anywhere, is very welcome to any of our events. I look forward to meeting you.

Sue Bull

Chair, Epsom Mental Health Week and Love Me Love My Mind.



Welcome to Epsom Mental Health and Well-Being Festival 2018. We are now in our 11th year and the event has gone from strength to strength. This is in no small part down to you, the people who support and attend the events. So thank you for showing an interest. Of course we wouldn't have an event without the dedication of the programme organisers and those who give of their time and ability so freely.

For me, this week sums up everything it means to be part of a community. It's a concerted attempt to bring people together, regardless of their background, to understand one another, to celebrate each of us, to learn and laugh and offer support and love. We might not have the big budgets of some of the national charities, but what we lack in funds we make up for in passion.

As you look through this year's calendar of events, I hope you'll agree that the organisers have put together an interesting and diverse mix so everyone should find something for them.

There are discussions on how we find hope in changing times and a talk giving tips for the parents and carers of teenagers as well as sessions on understanding the teenage brain. Surrey Police are coming to give a talk on disability hate crime, there are classes on everything from self-compassion, to decorating cup cakes, bread making, flower arranging and still life. For those budding Mary Berry's out there, there's even a Great Mental Health Bake Off! There's a play about eating disorders and a talk by local MP The Rt Hon Chris Grayling about the NHS. There's even mini-manicures provided by beauty students from NESCOL. And much, much more.

The week is open to absolutely anyone and everyone, whoever you are and wherever you live. Come to one event, some or all.

Come on your own or with family, friends, carers, whomever you would like.

All events are free, as are the refreshments.

Do come along – we look forward to welcoming you as part of our community.

Dr Max Pemberton www.maxpemberton.com

USEFUL INFORMATION

All events are free, open to everyone, with free refreshments 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.

Court Recreation Ground (Restrictions apply before 10.00am).

Hook Road paying car park KT19 8TR.

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**

Map of venues on page 31.

Saturday 6th Oct

MENTAL HEALTH MARKETPLACE

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

MENTAL HEALTH MARKETPLACE

10.00am-4.30pm

Posters and information from a wide variety of support organisations and talks to inspire and encourage, as well as the entries from this year's any media art competition 'New beginnings'.

Refreshments available throughout the day.

10.00am-10.50am Keeping calm under pressure with Simon Bailey, chaplain to Epsom's racing community.

11.00am-11.50am An opportunity to experience laughter yoga with Emma from Epsom Laughter Club.

12.00noon-12.50pm Living with Homelessness with members of The Meeting Room and Hope in Action.

2.00pm-2.50pm Discover, Experience, Transform, Relax, sit comfortably, reduce stress, increase happiness, achieve calmness, enhance focus using simple effective techniques to transform how you feel. Join Pranic Healing Therapist Angela Rigby for this interactive self-development session.

3.00pm-3.50pm Improving Well-being: Finding personal meaning through Living to our Values. With Alex Gibson from Combat Stress.

***At Epsom Market Place, (outside Marks and Spencer), High Street, Epsom.**

10.00am-3.00pm Problem solving booths. Just 5 minutes, not professional help, human to human.

***At Metrobank, High Street, Epsom KT19 8DR.**

10.00am-1.00pm Mental Health First Aid video and MHFA tips from trained advisors.

Information and support will be available throughout the week at St Barnabas and there will also be an information stand at the Ebbisham Centre. Details of those organisations taking part is on pages 24 to 29.

Come and get employment information; find out about volunteering opportunities; see what courses may be of interest....

At St Barnabas.

Charles Duncan Twigg will be available as our artist in residence throughout the week.

Mini-manicures provided by beauty students from NESCOL (dependent on students' timetables).

Make your mark on a 'New Beginnings' plate. Provided by Happy Glaze Ceramics (until Tuesday evening).

Please see information about stalls available throughout the week on pages 24 to 29.



NEW BEGINNINGS

Sunday 7th Oct

A NEW BEGINNING

At St Barnabas.

10.15am Church Service 'New Beginnings'. Speaker: Dr Lynne Scholefield, member of St Martin's Epsom and Secretary of Epsom and Ewell Inter Faith Forum.

12 noon Welcome by Dr Max Pemberton.

12.20pm Laine Theatre Arts celebrate New Beginnings in dance, song, words and music.

1.00pm LUNCH (no charge). The caterers will once again be Abbevilles, part of the First Step Trust, who provide work for people with mental health issues.

2.00pm-2.45pm Carrying on when life is tough. Dr Max Pemberton.

3.00pm-4.15pm How do we find meaning, purpose and hope in changing times? An inter-faith panel discussion with Kauser Akhtar (Muslim), Rev Sue Curtis (Christian), Philip Goldenberg (Jewish), Dr Nabil Mustapha (Baha'i).
Chaired by the Mayor of Epsom & Ewell. Councillor Neil Dallen.

4.15pm TEA.

5.00pm-5.45pm A reflective end to the day with a poetry session led by Trevor Finch, a member of the Epsom and Ewell Baha'i Community and resident of the Borough since 1998.

Any media

ART COMPETITION

All entries must be submitted to:

"New Beginnings"

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

By Sunday 30th September 2018.

Please include your contact details.

Age groups:

0-11 £100 prize

12-18 £100 prize

19+ £100 prize

Judging to take place during
Epsom Mental Health and Well-Being Festival.

Prizes to be presented by
Rt Hon Chris Grayling.
Lunchtime Friday 12 October.

In memory of Daun Morris.

Sunday 7th Oct

A NEW BEGINNING

Monday 8th Oct

SCIENCE AND MENTAL HEALTH

At St Barnabas.

8.00am-8.30am A time of stillness at the beginning of the day.

10.00am-12noon **What has science got to offer mental health?** With Professor John Atack, Director of the Medicines Discovery Unit at Cardiff University and Sharn Dev, pharmacist at Horton Pharmacy, Epsom.

12.30pm-1.15pm **Why Every Teenager Needs a Parrot** with Alicia Drummond from teentips.

This talk is for every parent or carer who is trying to negotiate the fine line between letting teenagers go and keeping them safe. It looks at adolescent development and its impact on risk taking and explains how teenagers can be helped to make good decisions to protect both themselves and their reputations.

2.00pm-3.30pm **How do we support teenagers with anxiety and low self-esteem?** Alexia Dempsey and Dr Catherine Eekelaar discuss an evidence-based approach that helps us start to understand our young people with anxiety and low self-esteem. Offering practical skills and a question and answer session.

4.00pm-7.00pm **Weekly Drop-in** This week - A member of the Surrey Police discusses how we may protect ourselves from disability hate crime.

8.00pm-10.00pm **Sudden rare improvements:** Talk by Jeremy Harte on the intermittent history of scientifically improved treatment at the Epsom Cluster.

***At Queen Elizabeth II Park (Court Recreation Ground)
Pound Lane, Epsom KT19 8SF.**

12noon-3.00pm **6th Epsom Mental Health Week Football Charity Shield 5-a-side competition and the Surrey Mental Health League.** Spectators welcome.

***At The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ.**

2.00pm-4.00pm Elementary gardening for good mental health.

The walled garden at The Old Moat is a good place for peaceful reflection in beautiful surroundings. It is open all year round whenever the garden centre is open.



HOPE

Tuesday 9th Oct

SOCIAL MEDIA, MEDIA AND MENTAL HEALTH

***At Epsom College, College Road, Epsom KT17 4JQ.**

8.00am-9.00am Come and hear David Waddell speak on the **challenges and stresses of working life**, and what may help us get through the day. David is a senior producer for BBC News primarily focused on international breaking news content. He is a mental health first aider and a Trauma Risk (TRiM) assessor. Breakfast included.

At St Barnabas.

8.00am-8.30am A time of stillness at the beginning of the day.

10.00am-11.00am Michael Roper explores how sexual identity and mental health can be intertwined.

11.30am-12.30pm Treat me well. **Living with a learning disability and mental distress.** With Ciara Lawrence and Mike Le-Surf.

1.00pm-1.30pm Lunchtime talk with Mandy McCann.

2.00pm-3.00pm The **Mental Health and Employment Quiz** with The Richmond Fellowship.

3.30pm-4.30pm **Living with Adult ADHD.** Discussion facilitated by Patricia Clark.

4.45pm-5.45pm **Practical support for people living with dementia.** With Jill Tame from Home Instead.

6.00pm-7.15pm Tricia Rutter shares what has helped her get through the challenges of her life.

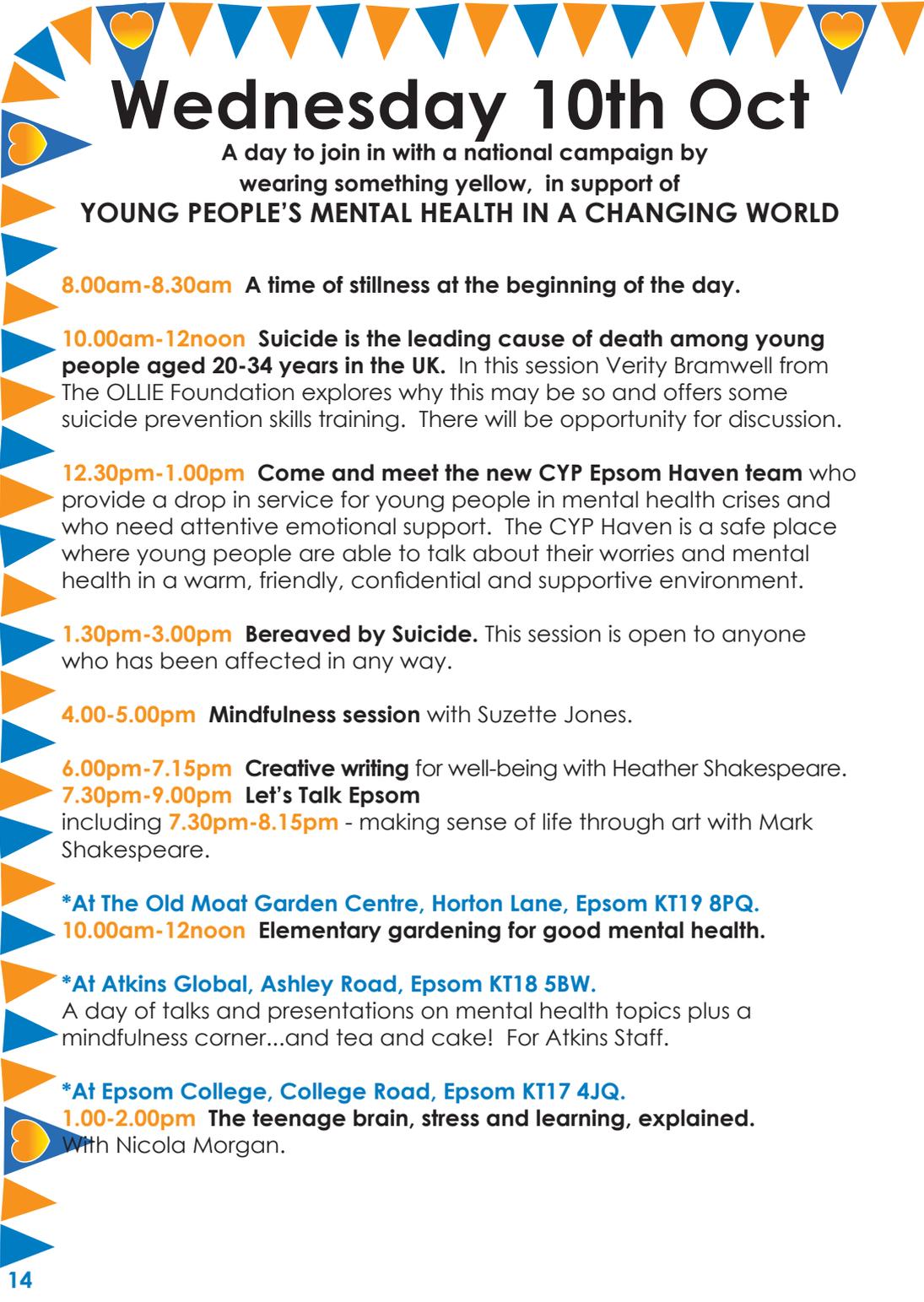
8.00pm-10.00pm Helen Keevil, Assistant Head, Pupil Welfare at Epsom College.

8.00pm-9.00pm If God were on twitter.....

9.00pm-10.00pm How social media is impacting lives of young people, particular focus on SUICIDE.



NEW DAWN



Wednesday 10th Oct

A day to join in with a national campaign by
wearing something yellow, in support of
YOUNG PEOPLE'S MENTAL HEALTH IN A CHANGING WORLD

8.00am-8.30am A time of stillness at the beginning of the day.

10.00am-12noon **Suicide is the leading cause of death among young people aged 20-34 years in the UK.** In this session Verity Bramwell from The OLLIE Foundation explores why this may be so and offers some suicide prevention skills training. There will be opportunity for discussion.

12.30pm-1.00pm **Come and meet the new CYP Epsom Haven team** who provide a drop in service for young people in mental health crises and who need attentive emotional support. The CYP Haven is a safe place where young people are able to talk about their worries and mental health in a warm, friendly, confidential and supportive environment.

1.30pm-3.00pm **Bereaved by Suicide.** This session is open to anyone who has been affected in any way.

4.00-5.00pm **Mindfulness session** with Suzette Jones.

6.00pm-7.15pm **Creative writing** for well-being with Heather Shakespeare.

7.30pm-9.00pm **Let's Talk Epsom**
including **7.30pm-8.15pm** - making sense of life through art with Mark Shakespeare.

***At The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ.**

10.00am-12noon **Elementary gardening for good mental health.**

***At Atkins Global, Ashley Road, Epsom KT18 5BW.**

A day of talks and presentations on mental health topics plus a mindfulness corner...and tea and cake! For Atkins Staff.

***At Epsom College, College Road, Epsom KT17 4JQ.**

1.00-2.00pm **The teenage brain, stress and learning, explained.**
With Nicola Morgan.

The Centre pages are a pull out Timetable.

TIMETABLE

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

Saturday 6th October	10.00am-4.30pm 10.00am-10.50am 11.00am-11.50am 12 noon-12.50pm 2.00pm-2.50pm 3.00pm-3.50pm 10.00am-3.00pm 10.00am-1.00pm	At St Barnabas MENTAL HEALTH MARKET PLACE. Keeping calm under pressure. An opportunity to experience laughter yoga. Living with Homelessness. Join Pranik Healing Therapist. Improving Well-being. *At Epsom Market Place, (outside M&S). Problem solving booths. *At Metrobank Mental Health First Aid video. At St Barnabas Charles Duncan Twigg. Mini-manicures. Make your mark on a 'New Beginnings' plate.
Sunday 7th October	10.15am 12 noon 12.20pm 1.00pm 2.00-2.45pm 3.00pm-4.15pm 4.15pm 5.00pm-5.45pm	At St Barnabas Church Service 'New Beginnings'. Welcome with Dr Max Pemberton. Laine Theatre Arts. LUNCH. Carrying on when life is tough. How do we find meaning, purpose and hope in changing times? TEA. A reflective end to the day with a poetry session.
Monday 8th October	8.00am-8.30am 10.00am-12 noon 12.30pm-1.15pm 2.00pm-3.30pm 4.00pm-7.00pm 8.00pm-10.00pm 12 noon-3.00pm 2.00pm-4.00pm	At St Barnabas A time of stillness at the beginning of the day. What has science got to offer mental health? Why Every Teenager Needs a Parrot. How do we support teenagers with anxiety and low self-esteem? Weekly Drop-in. Sudden rare improvements. *At Queen Elizabeth II Park (Court Recreation Ground) 6th Epsom Mental Health Week Football Charity Shield 5-a-side. *At The Old Moat Garden Centre Elementary gardening for good mental health.
Tuesday 9th October	8.00am-9.00am 8.00am-8.30am 10.00am-11.00am 11.30am-12.30pm 1.00pm-1.30pm 2.00pm-3.00pm 3.30pm-4.30pm 4.45pm-5.45pm 6.00pm-7.15pm 8.00pm-10.00pm 8.00pm-9.00pm 9.00pm-10.00pm	*At Epsom College David Waddell, the challenges and stresses of working life. At St Barnabas A time of stillness at the beginning of the day. Michael Roper explores how sexual identity and mental health can be intertwined. Treat me well. Lunchtime talk.. The Mental Health and Employment Quiz. Living with Adult ADHD. Practical support for people living with dementia. Tricia Rutter. Pupil Welfare at Epsom College. If God were on twitter..... Social media and a focus on SUICIDE.
Wednesday 10th October	8.00am-8.30am 10.00am-12noon 12.30pm-1.00pm	At St Barnabas A time of stillness at the beginning of the day. Suicide is the leading cause of death between aged 20-34. The new CYP Epsom Haven team.

<i>Continued</i>	1.30pm-3.00pm 4.00-5.00pm	Bereaved by Suicide. Mindfulness session.
Wednesday 10th October	6.00pm-7.15pm 7.30pm-9.00pm 7.30pm-8.15pm 10.00am-12noon 1.00-2.00pm 4.00pm-6.00pm 7.00pm-8.30pm 1.10pm-2.00pm	Creative writing. Let's Talk Epsom. Making sense of life through art. *At The Old Moat Garden Centre Elementary gardening for good mental health. *At Atkins Global A day of talks and presentations on mental health topics. *At Epsom College The teenage brain, stress and learning, explained. For young people. The teenage brain, stress and learning. The teenage brain, stress and learning, explained. *At Rosebery School When your friend is self-harming or in mental distress.
Thursday 11th October	8.00am-8.30am 9.00am-10.00am 9.00am-10.00am 10.00am-11.00am 10.00am-12noon 11.00am-12noon 11.00am-12.30pm 1.30pm-2.30pm 1.30pm-2.30pm 3.00pm-5.00pm 3.00pm-4.00pm 4.00pm-5.00pm 5.00pm-6.00pm 6.30pm 8.00pm-10.00pm 10.00am-11.00am 11.15am-11.45am 12.30pm-1.30pm 10.00am-7.00pm 7.00pm-8.00pm	At St Barnabas A time of stillness at the beginning of the day. Starting the day with a nutritious breakfast. Small group creative workshop. Bread making. Wire Sculpture. Flower arranging. Knit and natter, crochet and chat. Decorating cupcakes, just in time for tea! Safeguarding ourselves and others. Quick small still life. Compassion fatigue and how we can creatively carry on. Self-compassion creativity, including mindful colouring. Poetry workshop. DINNER. Film: Goodbye Christopher Robin. *At Rainbow Leisure Centre Swim (for those confident in the water). Group cycle. Group Yoga (Studio 1). *At The Old Moat Garden Centre Display of art and photography. *At White Stuff Living with the pain of childlessness and IVF.
Friday 12th October	8.00am-8.30am 9.00am-9.50am 10.00am-11.15am 12noon-2.00pm 2.00pm 2.30pm-3.30pm 4.00pm-5.00pm 6.15pm-7.30pm	At St Barnabas A time of stillness at the beginning of the day. GROW: Encouraging young people to thrive. Exploring new beginnings through drama. LUNCH, followed by 'How do we go forward with the NHS?' Presentation of the Daun Morris Memorial Prizes and the exchanging of artistic parrots. Making a recovery. Motivations for club drug use. *At Epsom College EAT ME.
Saturday 13th October	8.00am-8.30am 9.00am 9.30am-10.00am 10.30am-11.30am 1.00pm 2.00pm-4.30pm 10.00am-4.00pm	At St Barnabas A time of stillness at the beginning of the day. Walk. Young people's yoga group. Dementia friend information session. LUNCH. *At The Old Moat Garden Centre The Great Mental Health Bake Off. *At Epsom Square The Big Draw Epsom.

Wednesday 10th Oct (Continued)

***At Epsom College, College Road, Epsom KT17 4JQ.**

4.00pm-6.00pm For young people. **The teenage brain, stress and learning, explained.** With Nicola Morgan.

7.00pm-8.30pm **The teenage brain, stress and learning, explained.** With Nicola Morgan.

***At Rosebery School, White Horse Drive, Epsom KT18 7NQ.**

1.10pm-2.00pm **How to react as a friend when your friend is self-harming or in mental distress.** The Rights and participation team with CYA.



WAITING FOR OUR WALK

Thursday 11th Oct

CREATIVITY AND MENTAL HEALTH

Come along to all, some, or one of these creative opportunities. Something for everyone! No previous experience necessary.

At St Barnabas

8.00am-8.30am A time of stillness at the beginning of the day.

9.00am-10.00am Starting the day with a nutritious breakfast. How to eat well for physical and mental well-being. Taster session. With Nikki den Hollander.

9.00am-10.00am Small group creative workshop with Rachel Durrant, an integrative counsellor working with adults and adolescents.

10.00am-11.00am Bread making with John.

10.00am-12noon Wire Sculpture with Charles Duncan Twigg.

11.00am-12noon Flower arranging with Ruth Mey and Betty Forbes.

11.00am-12.30pm Knit and natter, crochet and chat. All welcome to come and join in this creative opportunity which can help our mental health. With Kathy and Helen.

1.30pm-2.30pm Decorating cupcakes, just in time for tea! With Helen Dyke.

1.30pm-2.30pm Safeguarding ourselves and others. With Christine from The Mary Frances Trust.

3.00pm-5.00pm Quick small still life with Charles Duncan Twigg.

3.00pm-4.00pm Compassion fatigue and how we can creatively carry on. With Jayne Ellis.

4.00pm-5.00pm Self-compassion creativity, including mindful colouring. With Kathryn Lovewell.

5.00pm-6.00pm Poetry workshop. An opportunity to share poems, written by ourselves or others.

6.30pm DINNER.

8.00pm-10.00pm Film: **Goodbye Christopher Robin.** Certificate PG By kind permission of Troy Film Agency.

*At Rainbow Leisure Centre, East Street, Epsom KT17 1BN.

Join us at Rainbow Leisure Centre as we support Epsom Mental Health and Well-Being Festival and Love Me Love My Mind. We are offering three sessions that are FREE to attend:

10.00am-11.00am Swim (for those confident in the water).

11.15am-11.45am Group cycle.

12.30pm-1.30pm Group Yoga (Studio 1).

For more information or to book a place, please email: Katie.nixon@gll.org

*At The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ.

10.00am-7.00pm Display of art and photography.

*At White Stuff, Ashley Centre, High Street, Epsom KT18 5DA.

7.00pm-8.00pm Living with the pain of childlessness and IVF with Natalie.

Friday 12th Oct

THE FUTURE OF MENTAL HEALTH

At St Barnabas.

8.00am-8.30am A time of stillness at the beginning of the day.

9.00am-9.50am **GROW: Encouraging young people to thrive.** A video presentation and discussion facilitated by Work Stress Solutions.

10.00am-11.15am **Exploring new beginnings through drama.** Workshop facilitated Sue Curtis. No previous acting experience necessary.

12noon-2.00pm **LUNCH** followed by local MP The Rt Hon Chris Grayling discussing 'How do we go forward with the NHS?'.

2.00pm **Presentation of the Daun Morris Memorial Prizes** and the **exchanging of artistic parrots** between schools and colleges....Come and see!

2.30pm-3.30pm **Making a recovery.** Charles Duncan Twigg shares his experience.

4.00pm-5.00pm **Motivations for club drug use** with Dr Gurjeet Bansal.

***At Epsom College, College Road, Epsom KT17 4JQ.**

6.15pm-7.30pm **EAT ME.** A Play about anorexia by Suzanna Walters.

Saturday 13th Oct

MOVING FORWARD

At St Barnabas.

8.00am-8.30am A time of stillness at the beginning of the day.

9.00am **This year our walk** is being organised and led by some of the 7th Epsom Explorer Scouts, who have developed an interesting route around the former Cluster Hospital sites, stopping off at the Epsom Well to mark its 400th anniversary and The Old Moat Garden Centre for mid-walk refreshments. Returning to St Barnabas for lunch.

9.30am-10.00am **Young people's yoga group** with Becky from Yoga Bambinos and Lorna from Yogi Buds.

10.30am-11.30am **Dementia friend information session.** A dementia friend learns more about dementia and turns that understanding into action...from visiting someone living with dementia to telling someone about dementia friends. You can become a dementia friend by taking part in this session.

1.00pm **LUNCH.** Followed by Alan sharing 'What it is like to work when you have a mental health issue.'

***At The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ.**

2.00pm-4.30pm **The Great Mental Health Bake Off.**

***At Epsom Square, 48 High Street, Epsom KT19 8AG and Epsom Library, 6 Epsom Square, Epsom KT19 8AG**

10.00am-4.00pm **The Big Draw Epsom.** An opportunity to take part in The Big Draw Festival, an international event encouraging communities to come together and create a large-scale group drawing. For all ages and all inclusive.

Stalls

MENTAL HEALTH MARKETPLACE

Available throughout the week

Action for Carers

We are here to support carers of all ages, right across Surrey, with information, support and advice.



We can support you by phone, through face-to-face meetings, support groups and workshops. We can help with benefits advice, advocacy, give practical guidance on moving and handling, and provide a wealth of information and free resources. We can also sign post you, and the person you care for, on to relevant further sources of support.

We also help carers have their say on caring matters in Surrey, and nationally, working with the NHS, Surrey County Council, and influencing government.

We have specialist support too. If you're a young carer (aged under 18), our Surrey Young Carers Team offers free information and support, plus workshops, activities and groups, to give young carers time out from caring and help you achieve as much as you can in life. Our Young Adult Carers Team (for 18-25s) similarly helps younger adults as they finish school, start work or college and think about leaving home. We also have tailored support for people connected to the armed forces.

For more information visit:

www.actionforcarers.org.uk
www.surrey-youngcarers.org.uk

Age Concern

Age Concern empower older people to live the most fulfilling lives they can in the Borough of Epsom & Ewell. We provide a free and confidential Information and Advice Service and further services including Home Visiting, Toe Nail Cutting, Medical Transport Scheme, Befriending, Community Companions, DIY, Hearing Aid Clinics, IT Support, and Social Events.



For more information please contact:

Email: info@ageconcernepsom.org.uk
Tel: 01372 732 456
www.ageconcernepsom.org.uk

Charles Twigg

Charles is a working artist, who uses art as a communication tool as a volunteer with Mind and other organisations.

For more information please contact:

Email: charlesduncantwigg@gmail.com

Citizens Advice Epsom & Ewell

Citizens Advice Epsom and Ewell is a longstanding independent charity providing free, independent, confidential and impartial advice to everyone on their rights and responsibilities. It values diversity, promotes equality and challenges discrimination.



We have a dedicated team of specialist Mental Health Caseworkers who operate an outreach service across Surrey. We reach out to the most vulnerable in the community, empowering them to help themselves.

For more information please contact:

Email: manager@epsomcab.cabnet.org.uk

Combat Stress

The UK's leading charity for veterans' mental health. For almost a century, we've helped former servicemen and women deal with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder (PTSD).



Today, we provide support to veterans from every service and every conflict. On the phone and online. In the community and at our specialist centres.

We're on a mission to raise awareness that invisible injuries can be just as hard to cope with as physical ones. So when a veteran is having a tough time, we're there to help them tackle the past and take on the future.

For more information please contact:

Email: contactus@combatstress.org.uk
www.combatstress.org.uk
Combat Stress, Tyrwhitt House, Oaklawn Road,
Leatherhead, Surrey, KT22 0BX

CYP Epsom Haven

Come and meet the new CYP Epsom Haven team (based at the Focus Centre, Depot Road) who provide a drop in service for young people in a mental health crises, and need attentive emotional support.

What is CYP Haven? The CYP Haven is a safe place to go where young people are able to talk about their worries and mental health in a warm, friendly, confidential and supportive environment.

For more information please contact:

www.cyphaven.net



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



The Good Care Group

Award winning live in care provider, rated outstanding by CQC. Specialists care of conditions – Dementia, Parkinson's, MS, Stroke rehabilitation, Cancer and Palliative Care. We care for our carers which means you get continuity. Unrivalled local management with 24/7 service support.

For more information please contact:

Email: surreyenquiries@thegoodcaregroup.com

Tel: 0808 223 0700



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



The 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



MCKS Charitable Foundation UK

The mission of the MCKS Charitable Foundation UK is to help alleviate suffering by empowering people with self development tools through support, educational programs and charitable services to create healthy and resilient communities.

Our aim is to provide caring and compassionate services to all regardless of cultural or religious backgrounds, utilising universal spiritual principles, Pranic Healing Teachings and practices to achieve physical, emotional and mental well-being.

For more information please contact:

Email: charity@ukpranichealing.co.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.

For more information please contact:

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:

Tel: 01372-721518



Surrey and Borders Partnership NHS Foundation Trust

Leading providers of mental health, drug and alcohol and learning disability services for people of all ages throughout Surrey and NE Hampshire.

For more information please contact:

Email: engage@sabp.nhs.uk
Tel: 01372 216158
SMS: 07786 202545
www.sabp.nhs.uk



Workers' Educational Association

The WEA offers community based Adult Learning opportunities in a range of subjects including: Confidence Building, Health and Fitness classes, Arts and Crafts, History and Computing. Many short courses are free of charge, and other courses range from £3- £5 per hour. If you are receiving Income Related Benefits you may be entitled to the courses free of charge. We organise courses for the General Public, but also for different types of groups such as Mental Health groups, Parenting Groups, Churches, Charities, Older Adults, Carers, and Job Seekers. We offer a range of training for volunteers too some of which is free of charge.

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.

For more information please contact:

www.workstressolutions.co.uk

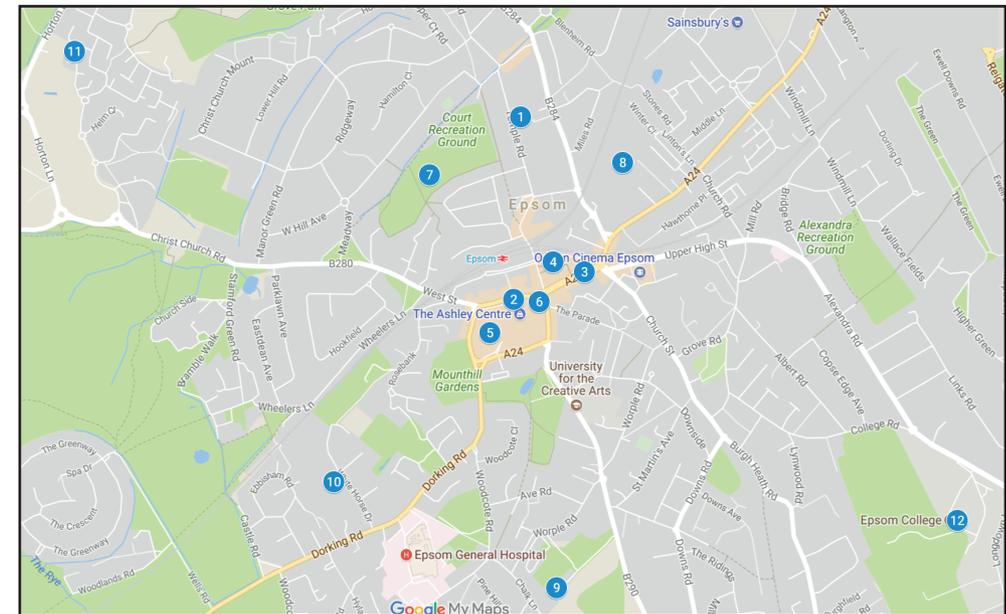


With grateful thanks to all who support us, including:

Awards for All
Baha'i Community
Barisons choir
Caroline Wright (Graphic Designer)
CFS
Clare Knight's Cornish Walk
Co-op
Epsom & Ewell Borough Council
Epsom and Ewell High School (Charity of the year)
7th Epsom Explorer Scouts (Charity of the year)
Many individuals who have given so generously of money and time
Marks and Spencer Epsom (Charity of the year)
MP Chris Grayling's Charity of the year (Charity of the year)
NCS The Challenge
Pexels
Rotary Club
Sainsburys Local Stoneleigh
St Barnabas Church
St Martin's Church
Surrey and Borders Partnership NHS Foundation Trust
Tesco
White Stuff

Venues:

- 1** **St Barnabas Church.** Temple Road, Epsom. KT19 8HA.
- 2** **Epsom Market Place.** High Street, Epsom.
- 3** **Epsom Square.** 48 High Street, Epsom KT19 8AG.
- 4** **Epsom Library.** 6 Epsom Square, Epsom KT19 8AG.
- 5** **White Stuff.** Ashley Centre, High Street, Epsom KT18 5DA.
- 6** **Metrobank.** High Street, Epsom KT19 8DR.
- 7** **Queen Elizabeth II Park.** (Court Recreation Ground)
Pound Lane, Epsom KT19 8SF.
- 8** **Rainbow Leisure Centre.** East Street, Epsom KT17 1BN.
- 9** **Atkins Global.** Ashley Road, Epsom KT18 5BW.
- 10** **Rosebery School.** White Horse Drive, Epsom KT18 7NQ.
- 11** **The Old Moat Garden Centre.** Horton Lane, Epsom KT19 8PQ.
- 12** **Epsom College.** College Road, Epsom KT17 4JQ.



You can view the map online here, it can also be viewed on our website and Facebook page:
<https://www.google.com/maps/d/viewer?mid=1Zuk1gxvqayJQ0N1Hn4uffry1ev7EbRve&usp=sharing>



'Growth'
by Marianne Hellwig John



Design by Caroline Wright
www.CWGraphicDesign.uk
Email: Caroline@CWGraphicDesign.uk