

## UPDATE EMHWF 2018 BROCHURE - Final designed version to follow shortly

LMLMM logo

Our Weekly Activities

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.

Wednesday Morning Drop-in

We meet from 10.00am-11.00am at 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

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 400<sup>th</sup> 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

An introduction from our Patron, Dr Max Pemberton.

Welcome to Epsom Mental Health and Well-Being Festival 2018. We are now in our 11<sup>th</sup> 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.

Love Me-Love My Mind, the charity behind this week is a small, grassroots organisation based in Epsom, Surrey, that was started to promote better understanding of mental health and to support the wellbeing of everyone in the local community. It runs two weekly drop ins, Let's Talk Epsom as well as the Keeping Us In Mind project. They also hold bi-monthly planning meetings that are open to all.

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

There's 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.

## USEFUL INFORMATION

All events are free, open to everyone from anywhere, with free refreshments throughout the week.

Unless otherwise stated all events will be held at:

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

Car parking is available at:

St Barnabas Church

Court Recreation Ground (Restrictions apply before 10.00am)

Hook Road paying car park KT19 8TR.

Public transport:

Easy walking distance from Epsom Train Station.

Buses 418 and E5 from Epsom Market Place to Hook Road. Alight opposite Miles Road 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

email: [info@epsommentalhealthweek.org.uk](mailto:info@epsommentalhealthweek.org.uk)

or

telephone 01372 721518.

There is a map of all the venues on pageXXXX.

Saturday 6 October

## 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 Homlessness. With members of The Meeting Room and Hope in Action.

2.00pm-2.50pm Discover, Experience, Transform, Relax, sit comfortably, learn techniques to reduce stress, increase happiness, enhance focus, achieve calmness. Join Angela Rigby for this interactive self development session.

3.00pm-3.50pm A look at Improving Well-being by Living to our Values and finding Meaning. 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.

10.00am-1.00pm **Mental Health First Aid video \*At Metrobank, High Street, Epsom KT19 8DR and MHFA tips from trained advisors in the Market Place**

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 X and X. 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).

SUNDAY 7 OCTOBER

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 details

Entry date to be changed to Sunday 30 September

MONDAY 8 October

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 Alicia Drummond from teentips. **Why Every Teenager Needs a Parrot** - 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. It explains how teenagers can be helped to make good decisions, despite potential peer pressure, when faced with choices about alcohol, drugs, relationships, pornography and online activity. This talk gives parents and carers the confidence to arm teenagers with the knowledge to manage the increased responsibility that comes with the increased freedom of adolescence, and the tools to protect themselves and their reputations.

2.00pm-3.30pm Alexia Dempsey and Dr Catherine Eekelaar provide information about anxiety and self esteem, with the opportunity for discussion and questions.

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 Talk by Jeremy Harte on 'Sudden rare improvements: the intermittent history of scientifically improved treatment at the Epsom Cluster'.

\*At Queen Elizabeth 11 Park (Court Recreation Ground) Pound Lane, Epsom KT19 8SF

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

\*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.

TUESDAY 9<sup>th</sup> October

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.

1.00pm-1.30pm Lunchtime talk with Mandy McCann.

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

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

8.00pm-10.00pm Back by popular demand. 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.

WEDNESDAY 10<sup>th</sup> October

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 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 Nicola Morgan. The teenage brain, stress and learning, explained.

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

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

\*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. With CAMHS Youth Advisors.

Thursday 11<sup>th</sup> October

## CREATIVITY AND MENTAL HEALTH

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. 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 Jayne Ellis looks at compassion fatigue and how we can creatively carry on.

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

5.00pm-6.00pm [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:

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

Group cycle 11.15am-11.45am

Group Yoga (Studio 1) 12.30pm-1.30pm

[For more information or to book a place](#), please email [Katie.nixon@gll.org](mailto: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.

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

FRIDAY 12<sup>th</sup> OCTOBER

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 featuring Dr Lee David and Debbie Brewin.

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?' At 2.00pm there will be the presentation of the Daun Morris Memorial Prizes and the exchanging of artistic parrots between schools and colleges....Come and see!

2.30pm-3.30pm Charles Duncan Twigg shares his experience of making a recovery.

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 October

## 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 Epsom Explorer Scouts, who have developed an interesting route around the former Cluster Hospital sites, stopping off at the Epsom Well to mark its 400<sup>th</sup> 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.

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 Epsom Square, 48 High Street, Epsom KT19 8AG and Epsom Library, KT19 8AG

10.00am-4.30pm 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.

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

2.00pm-4.30pm The Great Mental Health Bake Off