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	<p><b>Simon Bailey</b> Simon became National Chaplain to Horse Racing in the U.K. in August 2014, continuing the work and partnership between Racing Welfare and Sports Chaplaincy UK. Before taking on the chaplaincy role, Simon was Pastor at Kilburn Christian Fellowship in North London, having previously filled pastoral and youth work posts in Arbroath, Scotland.</p> <p>Mental health in elite sport has been highlighted in recent years and especially in horse racing the demands of the sport can be pressurised throughout the year.</p> <p>Simon is married to Lesley and is the dad of two daughters, Sarah and Laura.</p>
	<p><b>Emma from Epsom Laughter Club</b> Hi, my name is Emma. My first encounter with Laughter Yoga was when it was featured in an episode of BBC's "Trust me, I'm a Doctor". I was immediately intrigued by the positive effects of laughter. I loved the way laughter made me happy and lifted my moods - and the effect lasted for hours afterwards. I went on to train with a Laughter Yoga Ambassador - which was an euphoric experience - and am excited to bring Laughter Yoga to Epsom and the surrounding areas.</p> <p>I have a Doctorate in Chemistry from University of Oxford and previously worked in the biotechnology industry.</p>
	<p><b>The Meeting Room</b> Jo Sherring is a Trustee and Volunteer for The Meeting Room, a charity that runs drop in centres around Epsom &amp; Ewell and Mole Valley. The centres offer support to homeless, socially isolated and vulnerable people living in our community offering a welcome and hot meal to all. They also offer Emotional Wellbeing Workshops, access to a Counsellor, activities and support to help people get through a difficult time or to support those living with long term issues who may need support in day to day life. Jo has been involved with the charity for three years, getting involved after meeting and being inspired by Graham Peddie MBE who has supported vulnerable people in our area for over 25 years.</p>



		<p><b>Angela Rigby, Pranic Healing</b></p> <p>Angela helps people with physical problems from aches and pains through to more chronic ailments, also with emotional conditions such as stress and anxiety through to addictions. Helping people to relax, gain peace of mind and enhanced mental clarity. Clients can have treatments to help resolve their issues or learn for themselves. Angela uses a tried and tested system called Pranic Healing, she began her training in 2009 and has been practicing ever since. Angela is a Surrey based Pranic Healing Therapist, presents personal development seminars and facilitates weekly community relaxation sessions. Angela can be contacted via <a href="http://www.ukpranichealing.co.uk/angela-rigby">www.ukpranichealing.co.uk/angela-rigby</a></p>
		<p><b>Alex Gibson, Combat Stress</b></p> <p>Manager of Psychological Therapies, Combat Stress, Leatherhead has largely worked in military health since 1999, for a time serving in the Royal Navy, including the specialist Alcohol Treatment Unit and in tri service roles as a civilian practitioner in general mental health. He has subsequently worked in a specialist IAPT service for Veterans on Catterick Garrison, and been the Service Manager for Therapies, for Surrey NHS IAPT, and at The Priory. He has treated a wide range of presentations in military and veterans' health, in particular trauma related presentations including PTSD.</p>
		<p><b>Dr Lynne Scholefield</b></p> <p>Lynne has finally fully retired from St Mary's University where she lectured in theology and religious studies. She is an active member of St Martin's Church in Epsom and secretary to the Epsom and Ewell Inter Faith Forum. She has been engaged in dialogue for nearly thirty years, and wrote in, and edited Women's Voices: New Perspectives for the Jewish Christian Dialogue. Lynne is a spiritual director, and particularly interested in contemplative spirituality and elder wisdom. She studied with Richard Rohr, Cynthia Bourgeault and James Finley as part of the Living School, based in New Mexico. She blogs from time to time at <a href="http://www.alivewise.com">http://www.alivewise.com</a> which also gives details of courses she runs with Clare.</p>





		<p><b>Dr Max Pemberton</b> Max Pemberton is a doctor, journalist and writer. He is based in London and works in mental health. He is a columnist for The Daily Mail, writing weekly on news events concerning culture, social and ethical issues, the politics of health care and the NHS. He is also a columnist for Reader's Digest and a contributor to The Spectator. Before moving to the Daily Mail three years ago, he was a columnist at the Daily Telegraph for 12 years. He has also written four books. His first, Trust Me I'm A (junior) Doctor was serialised on Radio 4 Book of the Week and charted his first year of life as a doctor on the NHS wards. He has also written a self-help book using CBT to help people stop smoking</p>
		<p>Laine Theatre Arts, commonly known as Laine's, is a performing arts college, based in Epsom in Surrey, England. The college was founded in 1974 by former professional dancer and dance teacher Betty Laine, and the college is simply one of the best international training colleges for performing arts.</p>
		<p>Abbevilles Restaurant, part of First Step Trust, is based in Clapham and offers work placements to Lambeth residents with mental health conditions and other disadvantages who want to build up their confidence and experience in order to get back into work.</p>
		<p><b>Neil Dallen</b> - Mayor of the Borough of Epsom &amp; Ewell 2018/19</p> <p>A resident of the borough for over 50 years, Neil was born in Bournemouth and spent his formative years growing up in a council estate in Hayes, Middlesex (North London). The family moved to Epsom when Neil was 13. Neil joined the scouts and was a student at Glyn School in Ewell, where, he says, chess was probably more important to him than his studies! Leaving school at 18, Neil's first full time job was at WH Smith in Epsom. After a year he was promoted to a trainee computer programmer, in the days when computers were large and the industry young. Working for different companies, he gradually progressed into senior management. His career path included giving a four week intensive software course in Iraq and lecturing at a local prison. Neil has been made redundant twice. This led, in 1993, to him starting up his own computer services consultancy and project management business. One of the highpoints of the business was the contract to provide hardware, software and networks to the whole of the MoD. Neil retired in 2017.</p>




	<p>Neil married Ann in 1983 and the couple have six grown up children and four grandsons.</p> <p>Scouting has been a large part of his life and many highlights include running a group of 250 plus scouts, taking groups to Sweden and Uganda, leading a contingent at the 21st World Jamboree, producing local gang shows at the Epsom Playhouse, overseeing Epsom Fireworks display and the Community Christmas Post scheme. In 2017, after over 50 years of Scouting, he decided to take a break.</p> <p>Neil first got heavily involved in local politics when he joined the Town Ward Residents Association in the early 1990s, becoming chairman in 1998. Neil stood as candidate in the 1999 elections and on the fourth attempt in 2007 became a Councillor with a majority of just two!</p> <p>He has served on most borough council and joint Surrey County Council committees and working groups. From 2011 to 2016 he was chair of Strategy and Resources committee.</p> <p>Neil is promoting the theme of 'youth and disadvantaged' during his tenure as Mayor.</p> <p>The Mayor has selected three local organisations to help as his chosen charities:</p> <ul style="list-style-type: none"> <li>• <b>Girlguiding UK,</b></li> <li>• <b>Talking Newspaper</b></li> <li>• <b>Work Stress Solutions.</b></li> </ul> <p>Neil hopes that residents will support his charity committee and the many events they will be organising ranging from raffles to a 'black tie' ball.</p>
	<p><b>Kauser Akhtar</b></p> <p>Kauser has done a BA in Accounting and Finance in 2007 alongside Religious Studies both in UK and abroad. She has worked as a Development Officer for a Charity organisation in Lancashire where she delivered a project focusing on BME girls aged between 9 - 18 years. She has voluntarily taught Religious Studies for more than 13 years and continues to do so while currently residing at Shah Jahan Mosque, Woking</p> <p>Her husband is the Imam of Shah Jahan Mosque and they have three son's aged 8, 5 and 2. They have lived in Woking for 9 years.</p> <p>Kauser works for the Diocese of Guildford, Church of England as Faith Links Adviser. She is passionate about building positive relationships between people of all faiths and none and has been actively involved in social events particularly in the area of interfaith for the past 10 years.</p>







	<p>Rev. Sue Curtis</p> <p>I have lived in Epsom for over 45 years and for 30 of those years was Head of Drama in two local comprehensives, teaching drama to GCSE and A level and producing and directing shows and plays.</p> <p>It has been a delight to see students' creativity, empathy, confidence, knowledge, team work and organisational skills develop as they take part in drama activities as technicians, critics, actors and audience members.</p> <p>Drama can give us both an insight into our own personality and an escape from it. My particular passion is exploring how drama can comment on society with power and subtlety, hopefully being a catalyst to change.</p> <p>I am currently an Associate Minister at Christ Church, Epsom.</p> <p>In my spare time I enjoy socialising, holidays, walking, swimming, the theatre, reading and playing with my grandchildren. I have 8 grandsons, aged 2 to 12 years; living in Patcham, Reigate and New Zealand. If I judge it right, I can child-mind in the best hemisphere, according to season; one of the pleasures of retiring from teaching in school!</p>
	<p>Philip Goldenberg</p> <p>Philip Goldenberg has been a top City lawyer; chaired a quoted company; been a non-executive director of the CBI; been a Treasurer and Trustee of The Royal Society of Arts; chaired a national charity; has been an active Liberal Democrat locally and nationally, contesting seven Parliamentary elections and serving as a Woking Borough Councillor for 13 years (he also advised the Liberal Party when it merged with the SDP and co-authored the original Constitution of the Liberal Democrats, and drafted what became the 2010/5 Coalition's Machinery of Government Agreement); and is Deputy Chair of Woking People of Faith, and Burials Officer of Guildford Synagogue.</p>
	<p>Dr Nabil Mustapha, physician, author, founder and formerly chairman of the Elmbridge Inter Faith Forum for many years - Baha'i</p>
	<p>Trevor Finch</p> <p>Trevor has lived in Epsom and Ewell since 1998 with his wife Shiva and their two daughters. Both Trevor and his wife have been involved in local activities such as the Epsom Mental Health Week. They also currently serve as members of the Spiritual Assembly of the Baha'is of Epsom and Ewell.</p>

	<p><b>Professor John Attack</b></p> <p>John is a Ser Cymru Professor in Translational Drug Discovery and is a Director of the newly-formed (2017) Medicines Discovery Institute at Cardiff University having previously spent 5 years as a Professor of Molecular Pharmacology and Director of the Sussex Drug Discovery Centre at the University of Sussex. Previous to this, he conducted drug discovery research for mental health and neurodegenerative disorders within the pharmaceutical industry (Merck and Co. and Janssen Pharmaceuticals). He started his scientific career studying the chemical changes that occur in the brain in Alzheimer's disease, initially obtaining a PhD obtained while working at Newcastle General Hospital and thereafter a 5-year period at the US National Institutes of Health."</p>
	<p>Sharn Dev is the owner of Horton Pharmacy based in the Horton area of Epsom. Sharn received his Masters in Pharmacy from the University of Manchester in 2002. He opened Horton Pharmacy, alongside his wife Parminder Dev (who is also a pharmacist) in 2012. In 2013, he set up Horton Travel Clinic inside Horton Pharmacy and retains a keen interest in travel medicine. At Horton Pharmacy he has mentored three pre-registration trainees who have all gone on to qualify as pharmacists, working in a range of different disciplines.</p>
	<p><b>Alicia Drummond</b></p> <p><b>Alexia Dempsey RD</b></p> <p>Alexia is an Eating Disorder Specialist Dietitian. She has worked in Mental health services for 15 years and currently works at the Roehampton Priory Hospital as the lead Dietitian on the child and Adolescent Eating Disorder Unit as well as at her private practice in London and Guildford. Alexia is passionate about preventative work in child and adolescent mental health and has spoken at conferences and education days around the topic.</p> <p>Alexia is a co-founder of <a href="http://Letsstartwith.com">Letsstartwith.com</a> a virtual clinic of professionals who work with people to reconnect with their values and improve mental health. Alexia is also in her final year of her Cognitive Behavioural Therapy training.</p>

	<p><b>Dr Catherine Eekelaar</b> Catherine is a chartered clinical psychologist who provides psychological assessment, therapy, and consultation working with a range of emotional difficulties and specialising in issues around eating including eating disorders. She predominantly works with young people but also works with adults. Catherine enjoys supporting people to move towards their desired goals and objectives. She takes a non-judgemental stance and aims to help people discover their own strengths and resilience from within to help them move forward in their lives. Catherine uses a range of evidence-based therapeutic modalities to inform understanding of difficulties and intervention, including cognitive behaviour therapy, acceptance and commitment therapy, mentalisation-based therapy, interpersonal psychotherapy, and schema-focused therapy.</p> <p>Catherine currently works within Surrey and Borders NHS Foundation Trust and also works privately in Surrey, including within the new Let's Start With practice. Catherine is a chartered member of the British Psychological Society and is a Registered Clinical Psychologist with the Health &amp; Care Professions Council (HCPC).</p>
	<p><b>Surrey Police</b></p>
	<p><b>Jeremy Harte</b> Jeremy Harte is a local historian and curator of the Bourne Hall Museum in Ewell. He has been involved for many years in recording stories from the Horton cluster of mental hospitals - Epsom's other cities</p>
	<p>The Old Moat Garden Centre in Epsom is not just a garden centre. We are part of Richmond Fellowship, a national mental health charity, and reinvest all our profits into supporting the recovery of local people living with mental ill health. Our goal is to help them gain confidence, skills and qualifications working alongside our staff and volunteers in a safe, supportive environment that encourages them to overcome challenges and obstacles. Our work impacts directly on about 150 people with mental ill health each year, but the ripple effect touches hundreds more as their families and friends gain peace of mind, waiting lists in doctors' surgeries and</p>

	hospitals are reduced, employers gain qualified confident staff, and the community is enriched by the increased participation of those whom we support.”
	<p>David Waddell is a senior producer for BBC News, primarily focused on international breaking news content. He is a mental health first aider in his workplace and a Trauma Risk (TRiM) assessor working with colleagues who have been through difficult incidents while on duty. He grew up in Northern Ireland and has lived in Epsom since 2011. He enjoys sailing, motorcycling and photography - and blends an active schedule with a quiet pint of Guinness to stay sane! He is a member of Epsom Baptist Church. David is married to Vanessa, a therapeutic counsellor - together they have two young children, Caleb &amp; Chloe.</p>
	<p><b>Rev Michael Roper</b>  Michael came to Britain from the USA in 1996. He worked as a full-time volunteer for LGCM during its 25th anniversary year. Thanks to the encouragement he received, he pursued his vocation in the Church of England. He trained for ordination at the College of the Resurrection and was ordained in 2003. He was curate in the Mortlake with East Sheen Team Ministry and then Priest-in-Charge of St. Paul's, Egham Hythe. He is currently the Interim Minister at St. Barnabas. A trustee of OneBodyOneFaith and Inclusive Church, Michael is passionate about sharing the Gospel with the marginalised and excluded.</p>
	<p>Ciara Lawrence has a learning disability and has worked for UK Learning Disability Charity, Mencap for 16 years. She currently works full time in the Campaigns and Activism team as a Campaigns Support-Officer.</p> <p>Ciara is passionate about helping people with a learning disability to live the life they want. She has been involved with many high-profile campaigns over the years, including Mencap's General Election campaign, Hear My Voice and more recently Mencap's Treat Me Well campaign, which aims to change the way the NHS treats people with a learning disability.</p> <p>Ciara is also a Trustee board member for Sunnybank Trust, a Surrey-based charity that supports people with learning disabilities. In her spare time, Ciara enjoys singing and going to the theatre.</p>



	<p>Mike Le-Surf is Mencap's Campaigns Officer for the south of England and is currently working on Mencap's new, three year, Treat me well health campaigning across the region. Mike has worked with people with learning disabilities for the past 26 years and has a background in advocacy support. He began working at Mencap in 2010 as the Changing Places Development Officer before moving on to his current role at the end of 2016.</p>
	<p>Mandy Mcann I am the longest volunteer at Kites club and I am an ambassador as well. I also go to Epsom Mental Health Week to help out and I have done lots of speeches. I have a mental health issue myself.</p>
	<p>Richmond Fellowship Employment Services - West Surrey</p> <p>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 jobsearch - 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.</p> <p>Our service is tailor made to each client with regular meetings and support. If you feel this is the service for you then contact our office ; Fountain House, Cleeve Road, Leatherhead, KT22 7LX. 01372 363 934</p>
	<p>Patricia Clark I'm 64, and was diagnosed with ADHD earlier this year. In February 2017 I read this article, <a href="https://www.theguardian.com/lifeandstyle/2017/feb/17/left-home-divorce-proceedings-wife-separated-struggling-marriage">https://www.theguardian.com/lifeandstyle/2017/feb/17/left-home-divorce-proceedings-wife-separated-struggling-marriage</a>, in the Guardian by Tim Lott . I clicked through the links in the article and it was if my life was being described - and so I investigated and began my journey towards diagnosis and understanding ADHD</p>



Jill Tame, Home Instead

My husband Paul and I started our Home Instead business 9 years ago as we wanted to do something that really makes a difference to people's lives in our community. Every day we are providing high quality care to our clients which helps them to remain at home and independent. I work as the Office Manager, Financial Officer and dementia trainer for our CAREGivers. I also run regular dementia workshops for family members and anyone in our community who would like to know more about dementia as it is a subject that I love and feel that the more people who understand it and have a little knowledge the better.

I have 3 children, all growing up fast, and a dog called Monty who I love to go on long walks with and he comes to the office everyday and brightens the place up and keeps everyone happy.






Tricia Rutter




I am a Christian. I am a Worship leader and Occasional Preacher at my church in Epsom Downs. I have been a teacher, Christian coffee shop manager and now I work in retail. I am married with a son and step family. I love challenges: I do long walks raising money for charity; I learnt to tap dance in 10 weeks to play Maxine in the play Stepping Out; I am learning British Sign Language, I am now on level 3; I am a trustee for the Lantern Arts Centre, a Christian arts centre in Rayners Park. In my spare time I do amateur theatre





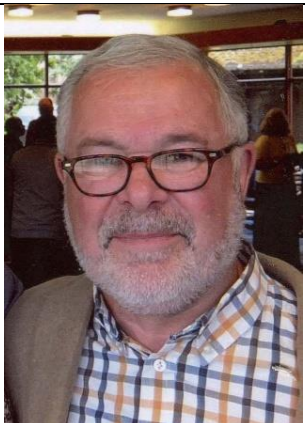
Helen Keevil, Epsom College



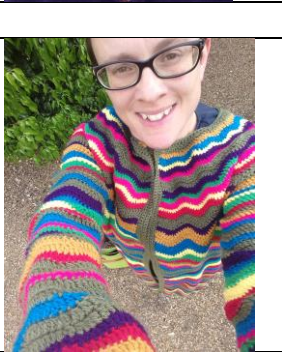

Helen Keevil is the Assistant Head in charge of Pupil Welfare at Epsom College with a particular focus on e-safety & wellbeing. As a multi-linguist she uses IT in the classroom to deliver interactive lessons in French, German & Spanish whilst promoting independent as well as collaborative styles of learning. She trains senior student cybermentors, peer mentors of various ages and delivers regular INSET to teachers, gap students, parents & matrons on pastoral issues, safeguarding & e-safety updates. She tutors pastoral leaders for the Boarding Schools Association, sitting on their Gender Agenda working party and enjoys raising awareness of positive mental health issues through local charity work.

	<p>Verity Bramwell The OLLIE Foundation</p> <p>I was first exposed to suicide when I was 7 years when my half brother tried to take his own life several times. As a result of this from an early age I considered it as an option within my frame of reference. This has led to a number of suicide attempts in the past. Having addressed my issues, I want to ensure that no young person feels like suicide is their only option and that they have the support to speak out. The OLLIE Foundation does critical work raising awareness of suicide, breaking the stigma surrounding it; but most importantly providing specific training to give people the skills to have difficult conversations and keep young people safe and it's a privilege to be part of it</p> <p>The OLLIE Foundation (One Life Lost is Enough) is a registered charity funding suicide prevention skills training for any individual or community that wants it, especially those interacting with young people, or young people themselves.</p>
	<p>Suzette Jones</p> <p>Suzette Jones is a Registered Nurse and holds a Masters of Science Degree in Mental Health, Kings College University London</p> <p>As the Health &amp; Wellbeing Adviser, Communities Engagement Team, Diocese of Guildford (The Church of England), she delivers and facilitates training, talks and supports groups on a range of health and social issues including mental health, disability, Modern Day Slavery, Mindfulness and wellbeing to the faith, voluntary and statutory sectors.</p> <p>A lifelong Christian meditator she has been teaching Mindfulness for over six years offering introductory, drop in and courses which are open to all regardless of faith or none.</p>
	<p>Heather Shakespeare</p> <p>Heather lives and works in Surrey. Having taught for many years in colleges and prisons, she now facilitates creative writing workshops in the local community. These focus on the writing process and its potential for enhancing wellbeing and promoting self-development.</p>

	<p><b>Mark Shakespeare</b>  Mark Shakespeare is a freelance art therapist living and working in Surrey. Throughout his career in the NHS he has worked predominantly in the field of mental health and learning disabilities. He believes in the healing power of art and is committed to encouraging people of all abilities to participate in creativity as an aid to recovery and increased wellbeing.</p>
	<p><b>Rights and Participation Team (RAP) Rosebery School</b>  The RAP Team— support children and young people who access or have accessed emotional well-being and mental health services, and/or SEND services, to shape and influence services and practise. To ensure children and young people have an integrated voice in the services that affect them, and at all levels of those services, including initiating and developing change.</p> <p>To support children and young people to facilitate service user led projects that ultimately improves the user experience (e.g. anti-stigma, mental health awareness etc.)</p> <p><b>CAMHS Youth Advisors</b> — There are approx. 300 young people involved with the team on a regular basis, and 6 groups facilitated across the county. The groups are user led and meet either weekly or fortnightly, and enables young people to take part in a range of consultation, participation projects, peer mentoring support and personal development.</p>
	<p><b>Nicola Morgan</b>  Nicola Morgan is a multi-award-winning author and international expert on teenage brains and mental health, how stress impacts wellbeing and performance, effects of screens and social media and the science of reading for pleasure. A former teacher and dyslexia specialist, Nicola was a prize-winning novelist whose career changed after the success of her best-selling examination of the teenage brain, Blame My Brain, short-listed for the Aventis Prize, and The Teenage Guide to Stress, winner of the School Library Association award in both readers' and judges' categories. The Teenage Guide to Friends, her popular teaching resources, and new titles, Positively Teenage and The Teenage Guide to Life Online, have established Nicola as the go-to expert in her field.</p>



	<p>Nikki den Hollander</p> <p>Since EMHW was launched in 2008, Nikki has been one of our speakers as well as giving talks on healthy eating at our Monday Drop-Ins. She is passionate about helping you understand what you eat and drink has an important part to play in how you feel - mentally, emotionally and physically.</p> <p>Nikki is a therapist in Weight management and Nutritional Interventions for eating disorders. She specializes in Health and Nutrition, body image, self esteem building, relaxation and stress management. Understanding the link between good nutrition and optimum health will help you make the best choices for you and your family in a positive and manageable way!</p>
	<p>Rachel Durrant</p> <p>My name is Rachel Durrant and I work as a counsellor supporting adults, adolescents and children in Ewell. People are unique individuals with different ways of coping with living in the world and I find that by working integratively I am able to adapt my work to suit individual needs.</p> <p>I work 1:1 and also run small (max. 6) creative therapeutic groups where participants are able to use art and crafts to manage low moods, anxiety and low self esteem in a fun and supportive environment. <b>Live.Create.Feel Happy</b> is all about using creativity to find ways to live life better and to feel happy more often. I am currently running a group for adolescents on Thursday afternoons and will be starting a NEW group in October for women on Thursday mornings.</p> <p>I would love to welcome you to my FREE creative group during Epsom Mental Health Week where we can get creative and learn ways to support each other together. See you there!</p>
	<p>John</p> <p>Charles Twigg</p> <p>Charles is an artist living and working in the Woking area with his wife Liz. He is passionate about mental health care, working in the field as a communication artist, with Mind and several other organisations. He has a wide experience of mental health care, including personal experience, the forces, prisons, industry, community and hospitals. As an artist he has travelled widely, his principal media is ink and he is currently working full time on a projects about trees.</p>

		<p>Ruth Mey</p> <p><b>Ruth was born in Ireland and emigrated to South Africa in her 20's where she worked as a PA. She has always had a keen interest in flowers and took a diploma course in floral arrangements whilst in South Africa. She returned to the UK in 1990 and joined St Barnabas Church shortly afterwards where she is a member of the flower arranging team</b></p>
		<p>Betty Forbes</p> <p><b>Betty Forbes has lived all her life in Epsom and worked as a secretary in the property market. She met her husband at a dance held in the old church hall at St Barnabas. She and her husband moved to Temple Road in 1964 and both daughters were christened at St Barnabas. She became a member of the flower guild, the wives group, a Brownie Guider and the PCC</b></p>
		<p>Kathy</p> <p>Helen Dyke</p> <p>Helen is married with two children and has been a speech and language therapist for nearly 20 years. She is facilitating two craft events: a cupcake decorating workshop, as well as a "knit and natter" session. Helen learned to bake and crochet as a teenager and greatly values the benefits regular crafting brings to her</p>
		<p>Christine, Mary Frances Trust</p> <p>Christine is the Programme Manager for Mary Frances Trust, where she has worked for the past 5 years. Before working for MFT she worked as a trainer in the Care Industry and has continued to offer Safeguarding and Equality &amp; Diversity training to staff across various organisations in Surrey. In her role at MFT she works with a team of co-ordinators to run courses activities and groups that are designed to help people to work towards recovery.</p>



Jayne Ellis

For the past 30 years, Jayne has worked as a nurse in hospitals, hospice and community settings, and as a lecturer in health at a London University.

She founded EF training 11 years ago to provide health and social care training in a variety of settings across the acute and community sectors. She has trained with the International Association of Trauma Professionals to become a certified compassion fatigue facilitator and has developed a unique course in the UK addressing the issue of compassion fatigue amongst care staff. She delivers these courses nationally and regularly speaks on the topic of compassion fatigue and caregiver stress at events and conferences.



Kathryn Lovewell

Kathryn Lovewell is a profoundly passionate Certified Mindful Self-Compassion teacher. She first experienced MSC in 2015 after a long and deep search for self-love, self-acceptance and peace with her body. MSC was the key she had been looking for. Since that day, every challenge, every moment of pain, every sadness has been an opportunity to practice MSC and come home to kindness.

Kathryn is an award-winning emotional health and wellbeing specialist. For over a decade she has combined meditation, mindful awareness, therapeutic practices and positive psychology to create personal and professional development programmes in the UK, USA & Australia. She is the author of the bestselling book *Every Teacher Matters*; *Inspiring Wellbeing through Mindfulness* and co-author of *The Positive Edge* Journal. Her mission is to inspire tender self-care and loving self-kindness across the globe.

**BETTER**  
the feel good place



Rainbow Centre, Epsom

Located in the heart of Epsom, Rainbow Leisure Centre offers a stylish 165 station gym, over 65 fitness classes per week, a dedicated 50+ fitness zone and qualified fitness staff on hand to assist you reach your health and fitness goals.




**White Stuff®**


White Stuff

We work with and fundraise for over 132 small local charities throughout the year and in Epsom we support Love Me Love My Mind. We have donated over £3 million to our charities since 2010.

	<p><b>Debbie Brewin</b> Debbie is an Occupational Therapist, Accredited Cognitive Behaviour Therapist and EMDR Therapist. She has worked in Mental Health Services for over 30 years in the NHS and Private Practice and has a particular interest in Mindfulness and Acceptance and Commitment Therapy. She has a belief that we are all born for a purpose and likes to help people find a personal values-based way of living. She is also one of the founding Trustees of Work Stress Solutions, a charity which supports people in to paid or voluntary work or further education.</p>
	<p><b>MP The Rt Hon Chris Grayling</b></p> <p>Chris has been MP for Epsom and Ewell since the 2001 General Election and has been an active local MP, involved in several important campaigns including the battle to secure the future of Epsom Hospital. He and his family live in the constituency.</p> <p>Between 2003 and 2009, Chris held a number of Shadow frontbench posts including Shadow Higher and Further Education Minister, Shadow Leader of the House, Shadow Secretary of State for Transport, Shadow Secretary of State for Work and Pensions and Shadow Home Secretary. Following the formation of the coalition government in May 2010, he was appointed Minister of State at the Department for Work and Pensions. September 2012 Lord Chancellor – Secretary of State for Justice. In May 2015 he was appointed Leader of the House of Commons and Lord President of the Council. July 2016 he was appointed Secretary of State for Transport.</p> <p>Born in 1962, Chris grew up in Buckinghamshire. He was educated at the Royal Grammar School, High Wycombe before going to Sidney Sussex College, Cambridge, to read history. After university, he joined the BBC’s News Training Scheme, and worked as a producer on BBC News and Channel Four’s programme Business Daily.</p> <p>After a few years in television production, he decided to move to the business side of the media industry, and ran a number of small and medium-sized production businesses before moving to become European Marketing Director at a leading communications agency. Chris has written several books, including a history of the Bridgwater Canal, Anglo-American relations, and life in England after the First World War. For relaxation, he enjoys travel, walking and watching football.</p>



	<p><b>Dr Gurjeet Bansai</b>  Dr Gurjeet Bansal is a trained and accredited HCPC Counselling Psychologist. She currently works as a Lead Counselling Psychologist at the Centre for Psychology. For over 10 years she has worked professionally in a wide range of applied settings giving her insight into the breadth of psychological distress and significantly how it can be alleviated and managed. Within the British Psychological Society she is an active member of the Faculty of Addictions and has published research in this specialist area.</p>
	<p><b>Suzanne Walters</b>  Suzanna has been a professional actress on stage and screen since 2001. She has had a passion for creative writing since childhood, composing many stories for children. More recently, she has written short plays for youth theatre productions. 'Eat Me' is her first full length play. It was a natural progression, as she herself has suffered from severe anorexia; her chief aim in writing the play is to help others gain an understanding of the way this illness takes control of a sufferers mind, body and soul, whilst bringing a message of hope. Everything that happens in the play to either Libby, Kate or Jonathan happened to Suzanna or to someone she knows. The stories are real.</p>
	<p>The 7th Epsom Explorers are a group of 14 to 18 year olds who are part of the Scout movement. We are based at Epsom Methodist Church. Each year we fundraise for a charity of our choice, and this year have chosen Love Me Love My Mind. We are looking forward to supporting the charity through a number of initiatives.</p>
	<p><b>Becky, Yoga Bambinos</b></p> <p>I'm Becky. I'm Mummy to two girls and I run Yoga Bambinos which is Children's Yoga &amp; Mindfulness classes with Craft and Baby Yoga Classes.</p> <p>I am a Registered Children's Yoga Teacher who's background is in Early Years having trained as a Hospital Play Specialist, Montessori Teacher and a degree in Early Years.</p> <p>My passion is Providing young children with self-belief and confidence boosting activities through the power of Yoga, mindfulness, relaxation and a craft through play. We do dance, go on adventures, do breathing games and have relaxation time all age appropriate.</p>

	I finish my children's classes with a craft as this adds to the mindfulness and relaxation for children and it's a time where parents can enjoy a hot drink.
	<p>I'm Lorna the founder of Yogi Buds, which I launched in September 2015 with just a small toddler yoga class. We now have 3 classes running at nearly full capacity for children from 4 years up to adults, and a diary full of 1:1 sessions too with plans to launch more classes in the near future.</p> <p>At our classes we encourage children to learn yoga through story, games, dance and adventure. Our themed classes are energetic and full of fun whilst also providing a chance for relaxation.</p> <p>With so much pressure and stress in today's modern world children, more than ever, need the chance to switch off and just be. Teaching children yoga postures and breathing techniques is a great outlet for stress and helps them to deal with their own emotions. As well as being renowned for its calming effects, yoga is also a great form of exercise, where children can maintain a healthy body and mind in a non-competitive and supportive environment.</p> <p>Our aim is to bring the benefits of yoga to children with all different needs and abilities, giving them the chance to stretch, strengthen and relax, whilst providing them with stress management tools to set them up for the future</p>
	Alan Marrero-Sosa
	<p>The Big Draw</p> <p>Come with friends and family to join in free drawing workshops and events in Epsom Square and Epsom Library. The event is part of the international Big Draw Festival which takes place every October.</p>