

em
epsom mental health week
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Joys & Sorrows

Epsom Mental Health
and Well-Being Festival

5th-12th October 2019

Over 70 free events
All are Welcome

www.epsommentalhealthweek.org.uk

Love me
Love my mind

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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

Apart from the Festival, Love Me Love My Mind holds the following weekly events, all at St Barnabas Church, Temple Road, Epsom KT19 8HA.

The Monday Evening Drop-in

Mondays from 4.00pm-7.00pm Everyone is welcome to enjoy company or space, coffee and cake, a home cooked meal, and the opportunity to help choose the weekly programme of activities and outings.

The Wednesday Morning Drop-in

Wednesdays 10.00am-11.00am

Drop in for coffee, cake, talk and singing.

All welcome to come to this relaxed time of support and friendship.

Let's Talk Epsom

Wednesdays 7.30pm-9.00pm

A self-help group for anyone affected by depression or anxiety.

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 Joys and Sorrows and once again we are holding an any media art competition.

Any media
Art Competition **Joys & Sorrows**

Please visit page 9 for details on this year's competition.

About Love Me Love My Mind

We live in a world that is currently much affected by division and disagreement, where it may sometimes seem easier to point the finger of accusation rather than seek to change our own unhelpful behaviours. At Love Me Love My Mind we reflect the diversity of the wider world. We also hold a united desire to break down stigmas about mental distress; to build strong community; and to help make the Borough the best place for mental health and the best place for mental health care. We seek to change how things are; we make mistakes; we fall down; we get up; we carry on and on and on until the dream becomes a reality. We hope that this year's Festival will hold some good things for everyone who attends, and that in reflecting on the universal experience of Joy and Sorrow we may find ourselves a little more united, a little more looking forward to the future in hope.

Sue Bull

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



This year's theme is Joys and Sorrows. Life can be very difficult at times. Things don't go according to plan and people let us down. Bad things happen to good people for no apparent reason. Sometimes life can seem cruel and heartless and we can feel desperate and alone. A fundamental part of life is sorrow. We will all experience it at times. Sometimes our sorrow will be because of a major life event like a bereavement, while sometimes it might be a quieter, more introspective sorrow perhaps when we look back

on parts of our life that didn't turn out as we had wished. It is sometimes difficult to understand our sorrow as part of life's rich tapestry of experience. It hurts and aches and we wish we did not experience it. But running through our life, along with sorrow, is joy. Just as with sorrow, joy can be a result of big things, like a close relationship with someone that understands and supports us, or something small, like the joy we might experience when we feel the sun on our faces, or see a small child playing. Part of the challenge of life is coming to accept that sorrow, as well as joy, is inevitable, but also that they can exist together. The two run together through our life, like two parallel roads. While it can sometimes be difficult to see, the bitterness of our sorrow makes the joy all the sweeter. We need sorrow as much as we need joy. The contrast is what gives life depth and meaning. As Kahlil Gibran wrote in The Prophet:

Your joy is your sorrow unmasked.

And the selfsame well from which your laughter rises was oftentimes filled with your tears.

And how else can it be?

The deeper that sorrow carves into your being,
the more joy you can contain.

I hope that people who come to the Festival this year will find an opportunity to reflect on this idea. And of course, I hope everyone will find much joy in the programme that we have put together.

Kahlil Gibran The Prophet

<http://www.gutenberg.org/files/58585/58585-h/58585-h.htm>

Dr Max Pemberton www.maxpemberton.com

USEFUL INFORMATION

Epsom Mental Health and Well-Being Festival 2019.

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. (Free)

Court Recreation Ground, KT19 8SF (Restrictions apply before 10.00am).

Hook Road paying car park KT19 8TR.

Easy walking distance from Epsom Train Station, with direct trains from London, Dorking, Guildford and Horsham.

Oyster Cards, but not Freedom Passes, may be used at the Station.

Buses 418 & E5 from Market Place to Hook Rd.

Alight opposite Miles Road 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**

Saturday 5th Oct

STARTING THE WEEK

At St Barnabas.

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

10.00am-4.30pm Mental Health Resources and Art Competition Exhibits.
Refreshments available throughout the day.

11.00am-12.30pm Living with the pain of bereavement.
Alice Allen, Student Counsellor at Epsom College.

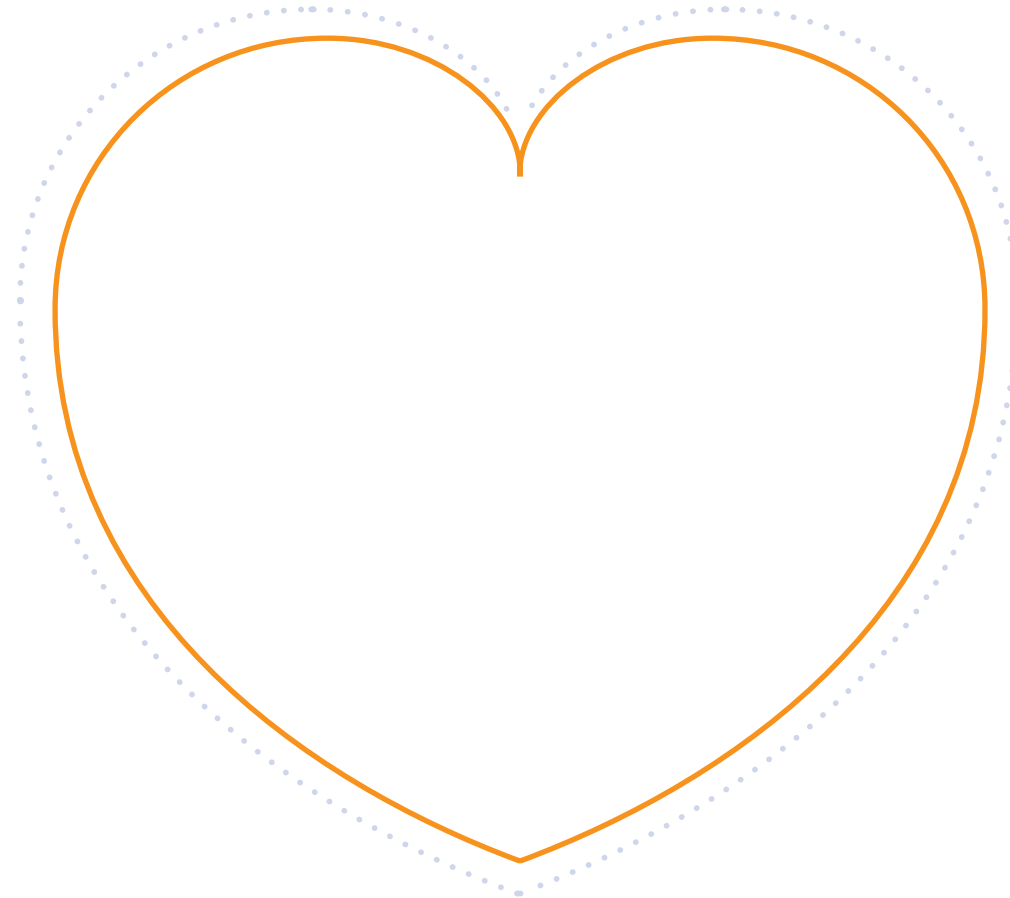
1.00pm LUNCH

2.00pm-3.30pm Striving for balance: well-being in schools, businesses, homes.... An interactive workshop with Helen Keevil, Assistant Head, Pupil Welfare at Epsom College.

7.30pm-9.00pm Come and sing event with Barisons Chamber Choir.
No experience necessary, a relaxing time.

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

11.00am-3.00m Big Draw Theme - Drawn to Life. Drawing activities in the Epsom Square and Epsom Library as part of the international Big Draw Festival.



We invite you to write down an experience of joy or sorrow and to then bring it to St Barnabas for a collage of hearts to be created during the Festival.

Saturday 5th Oct

STARTING THE WEEK

Sunday 6th Oct

JOYS AND SORROWS

At St Barnabas.

10.15am Church Service 'Surviving the joys and sorrows of life'. The Venerable Paul Davies, Archdeacon of Surrey.

12noon Welcome

12.20pm Laine Theatre Arts interpret joys and sorrows in song, dance, words and music.

1.00pm LUNCH (no charge) prepared by Eddie and James.

2.30pm-3.30pm An opportunity to ask the medical and mental health questions that have been on your mind... With Dr Sarah Jarvis of The One Show and chaired by Dr Max Pemberton, Patron of Love Me Love My Mind.

4.00pm-4.30pm Tea and planting of tree in memory of Ghodsie Hardwick.

Any media Art Competition



The theme this year is 'Joys & Sorrows'.

All entries must be submitted to:
"Joys & Sorrows"

St Barnabas Church, Temple Road, Epsom KT19 8HA.
By Sunday 29th September 2019.
Please include your address and phone number.

Age groups:

0-11 £100 prize
12-18 £100 prize
19+ £100 prize

The competition is open to everyone, and you can use paints, pottery, poetry, wood, pen and paper, DVD, whatever you like.

Entries are submitted at owner's risk - though of course we will do our best to take very good care of them.

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

Prizes to be presented by
The Rt Hon Chris Grayling MP.
Friday 11th October at 2.00pm

In memory of Daun Morris.

Monday 7th Oct

NEW WAYS FORWARD

At St Barnabas.

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

10.00am-12noon "Mental health drug discovery: A neglected area that is finally receiving some attention?" With Professor John Atack, Director, Medicines Discovery Institute at Cardiff University.

12.30pm-1.30pm LUNCH with a creative activity - drumming with Ray.

2.00pm-3.30pm Which one of the 33 gender types are you?
A discussion about identity facilitated by Cynthia Page from Outline.

4.00pm-7.00pm Weekly Drop-in
This week at 4.45pm - Nikki den Hollander explores how we can healthily enjoy food.

8.00pm-9.30pm Blazing a trail. The Rt. Revd. Dr Jo Bailey Wells, Bishop of Dorking is one of the first women Bishops in the Church of England. Come and hear her story and some of the joys and challenges of the journey.

Organisations available today....

At St Barnabas.

1.00pm-3.00pm Richmond Fellowship and The Old Moat Garden Centre

3.00pm-7.00pm Work Stress Solutions, including information about GROW course, mindfulness and Mental Health First Aid.

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

12noon-3.00pm 7th Epsom Mental Health Week Football Charity Shield 5-a-side competition and the Surrey Mental Health League. Spectators welcome.

12noon-1.00pm Circuit training session with Michael Powell from Mary Frances Trust. Michael will be in the Park running a 1 hour circuit training session which will involve various bodyweight exercises and some jogging. The training will be tailored for everyone of all fitness abilities and there will be plenty of breaks for people to catch their breath.

1.30pm-2.30pm Football related activities with John O'Malley from Mary Frances Trust, all welcome.

Monday 7th Oct

NEW WAYS FORWARD

Tuesday 8th Oct

TYPES OF MENTAL DISTRESS AND TIMES FOR CARERS

At St Barnabas.

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

10.00am-11.00am **Schizophrenia** with Dr Antonio Fiahlo.

11.30am-12.30pm **Discussing Bipolar Disorder** with Dr Catherine Huckle, Clinical Psychologist.

1.00pm-1.30pm **My story** with Mandy McCann

LUNCHTIME Creative activities - Creating a collage and/or writing for well-being with Mark and Heather Shakespeare.

2.00pm-3.00pm **Appleby Choir** - showing that you can have fun and live well with dementia.

3.00pm **Afternoon tea.**

4.00pm-5.00pm **The stress of juggling the different demands of life.** Presentation and discussion with Jeremy Taylor.

5.30pm-6.30pm **Trauma Informed Care** with Lizzy Goad.

7.30pm-9.00pm **A story of recovery** with Aloma Walker.

Organisations available today....

10.00am-3.30pm **Age Concern Epsom & Ewell** – including the Human Fruit Machine....

11.30am-4.30pm **Neck, shoulder and head clothed massages** with Meera Winder, Scientist and Therapist.

2.00pm-5.00pm **Surrey and Borders Partnership NHS Foundation Trust**

***At The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ**
9.00am-11.00am Carers' Coffee Morning.

***At White Stuff, The Ashley Centre, High Street, Epsom KT18 5DA**
White Stuff will be hosting an event to highlight mental health. Taking place to highlight the work that LMLMM does within the community specialising with new mums and mums to be. A fashion show and fun for the little ones throughout the day and including at
10.00am My Home-Start Journey from parenting to volunteering.

***At Longmead Centre, Sefton Road, Epsom KT19 9HG**
2.00pm-3.30pm **Carers support and tea, including 'encouraging good mental health':** a talk by Dawn Coller, Home Visitor at Age Concern Epsom & Ewell.

***At Epsom College, College Road, Epsom KT17 4JQ**
4.00pm-6.00pm **Connecting with nature: non-tech fun.** Please go to Lower School Reception to sign in.

***At The Cricketers, 1 Stamford Green Road, Epsom KT18 7SR**
7.30pm-9.00pm **Is it possible to lead a happy life?** With Mark Williamson, Director at Action for Happiness.

***At Blenheim School, Longmead Road, Epsom KT19 9BH**
7.30pm-8.30pm **Managing Anxiety with CBT** with members of Surrey and Borders Partnership NHS Foundation Trust.

Tuesday 8th Oct

TYPES OF MENTAL DISTRESS
AND TIMES FOR CARERS

Wednesday 9th Oct

SOME OF LIFE'S CHALLENGES...

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

8.00am-9.00am Reflections on tragedy and trauma with Jo Sherring, a member of the Epsom Refuge Network. Breakfast included.

At St Barnabas

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

10.00am-11.30am Domestic and sexual violence. Session facilitated by members of the Rape and Sexual Abuse Support Centre and North Surrey Domestic Abuse Services.

10.00am-11.30am How kind is your mind? An experiential session on Self-Compassion with Kathryn Lovewell – Certified Mindful Self-Compassion teacher and author of The Little Book of Self-Compassion.

12noon-1.00pm My journey through mental health with Jackie.

1.00pm-2.00pm LUNCHTIME creative activity - Flower arranging with Betty Forbes and Ruth Mey

2.00pm-3.00pm Autism and ADHD with Dr Jeremy Mudunkotuwe.

3.30pm-4.30pm Pets as Therapy.

5.00pm-6.30pm Body & Brain and QiGong Taster Class with Sam Lee.

7.30pm-9.00pm Let's Talk Epsom. This week - discussion about sleep with Arti Mehan-Patel from the Centre for Psychology.

8.00pm-9.00pm A journey of recovery - an inside story with Caroline Wright, Graphic Designer for Love Me Love My Mind.

Wednesday 9th Oct (Continued on page 19)

TIMETABLE

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

Saturday 5th October	8.00am-8.30am 10.00am-4.30pm 11.00am-12.30 1.00pm 2.00pm-3.30pm 7.30pm-9.00pm 11.00am-3.00pm	At St Barnabas. A time of stillness at the beginning of the day. Mental Health Resources and Art Competition Exhibits. Living with the pain of bereavement. LUNCH Striving for balance: well-being in schools, businesses, homes.... Come and sing event with Barisons Chamber Choir. *At Epsom Square and Epsom Library Big Draw Theme - Drawn to Life.
Sunday 6th October	10.15am 12noon 12.20pm 1.00pm 2.30pm-3.30pm 4.00pm-4.30pm	At St Barnabas. Church Service 'Surviving the joys and sorrows of life'. Welcome. Laine Theatre Arts. LUNCH. An opportunity to ask the medical and mental health questions that have been on your mind... Tea and planting of tree.
Monday 7th October	8.00am-8.30am 10.00am-12 noon 12.30pm-1.30pm 2.00pm-3.30pm 4.00pm-7.00pm 8.00pm-9.30pm 1.00pm-3.00pm 3.00pm-7.00pm 12noon-3.00pm 12noon-1.00pm 1.30pm-2.30pm	At St Barnabas. A time of stillness at the beginning of the day. Mental health drug discovery: A neglected area that is finally receiving some attention? LUNCH with a creative activity. Which one of the 33 gender types are you? Weekly Drop-in. Blazing a trail. Organisations available today.... Richmond Fellowship and The Old Moat Garden Centre. Work Stress Solutions. *At Queen Elizabeth II Park (Court Recreation Ground). 7th Epsom Mental Health Week Football Charity Shield 5-a-side competition and the Surrey Mental Health League. Circuit training session. Football related activities.

TIMETABLE

Pull out centre pages.

Tuesday 8th October	8.00am-8.30am	At St Barnabas. A time of stillness at the beginning of the day.
	10.00am-11.00am	Schizophrenia.
	11.30am-12.30pm	Discussing Bipolar Disorder.
	1.00pm-1.30pm	My story with Mandy McCann. LUNCHTIME Creative activities.
	2.00pm-3.00pm	Appleby Choir.
	3.00pm	Afternoon tea.
	4.00pm-5.00pm	The stress of juggling the different demands of life.
	5.30pm-6.30pm	Trauma Informed Care.
	7.30pm-9.00pm	A story of recovery with Aloma Walker. Organisations available today....
	10.00am-3.30pm	Age Concern Epsom & Ewell.
11.30am-4.30pm	Neck, shoulder and head clothed massages.	
2.00pm-5.00pm	Surrey & Borders Partnership NHS Foundation Trust. *At The Old Moat Garden Centre.	
9.00am-11.00am	Carers' Coffee Morning. *At White Stuff.	
10.00am	My Home-Start Journey from parenting to volunteering. *At Longmead Centre.	
2.00pm-3.30pm	Carers support and tea, including 'encouraging good mental health': a talk. *At Epsom College.	
4.00pm-6.00pm	Connecting with nature: non-tech fun. *At The Cricketers.	
7.30pm-9.00pm	Is it possible to lead a happy life? *At Blenheim School.	
7.30pm-8.30pm	Managing Anxiety with CBT.	
Wednesday 9th October	8.00am-9.00am	*At Epsom College. Reflections on tragedy and trauma. At St Barnabas.
	8.00am-8.30am	A time of stillness at the beginning of the day.
	10.00am-11.30am	Domestic and sexual violence.
	10.00am-11.30am	How kind is your mind?
	12noon-1.00pm	My journey through mental health.
	1.00pm-2.00pm	LUNCHTIME creative activity.
	2.00pm-3.00pm	Autism and ADHD.
	3.30pm-4.30pm	Pets as Therapy.
	5.00pm-6.30pm	Body & Brain and QiGong Taster Class.
	7.30pm-9.00pm	Let's Talk Epsom.
8.00pm-9.00pm	A journey of recovery - an inside story. Organisations available today....	
9.30am-12noon	Home Start.	
10.00am-3.00pm	Rape and Sexual Abuse Support Centre. *At UCA Epsom.	
10.00am-4.00pm	Time for another graffiti wall.	

Thursday 10th October	8.00am-8.30am	At St Barnabas A time of stillness at the beginning of the day.
	8.30am-9.45am	Living well in a stressful environment.
	10.00am-11.00am	Bread making.
	10.00am-11.00am	Yoga for adults.
	10.00am-11.30am	Presentation about and demonstration of Pyrography.
	10.00am-12noon	Wire sculpture.
	11.00am-12.30pm	Knit and natter.
	12.45pm-1.15pm	Living with the joys and sorrows of life. LUNCHTIME talk.
	1.30pm-2.30pm	Decorating cupcakes.
	2.00pm-4.00pm	Creative workshop.
3.00pm-5.00pm	Easy still life painting.	
3.00pm-4.30pm	Living with the joys and sorrows of relationships.	
5.00pm-6.00pm	Poetry workshop, sharing poems.	
7.00pm-8.00pm	Joy + sorrow = ? Organisations available today....	
10.00am-1.00pm	Action for Carers.	
1.00pm-4.00pm	Mary Frances Trust, including arts and crafts.	
4.00pm-7.00pm	The Sunnybank Trust. *At Ashley Centre.	
10.00am-3.00pm	Problem solving booths. *At Rainbow Leisure Centre.	
10.45am-11.30am	Spin Cycle Class.	
12noon-1.00pm	Yoga.	
2.30pm-3.30pm	Body Balance. *At Epsom College.	
4.00pm-6.00pm	Connecting with nature: non-tech fun. *At Residential and Nursing Homes in Epsom.	
8.00pm-10.00pm	Glyn School boys are providing music, cake and company. *At Epsom & Ewell Islamic Society. Scriptural Reasoning (SR).	
Friday 11th October	8.00am-8.30am	At St Barnabas. A time of stillness at the beginning of the day.
	10.00am-11.00am	Ancient secrets for modern day living.
	12noon-2.00pm	LUNCH followed by a discussion with local MP The Rt. Hon Chris Grayling.
	2.00pm	Presentation of the Daun Morris Memorial Prizes. Shawley Community Primary School Choir Tadworth Primary School Choir singing some favourite songs.
	3.00pm-4.30pm	How to Sing in the Rain.
6.00pm	DINNER	
7.00pm	Film: The Drummer And The Keeper.	

TIMETABLE

Pull out centre pages.

Friday 11th October		Organisations available today....
	11.00am-3.00pm	Pranic healing.
	12.00noon-3.00pm	CYP Safe Haven.
	3.00pm-5.30pm	Relax Kids.
<i>Continued</i>	10.00am-7.00pm	*At The Old Moat Garden Centre Cafe. Exhibition of Art and Photography.
	5.30pm-7.00pm	*At Appleby House. Dementia Friends information session.
	6.00pm-8.00pm	*At McDonalds. Drop in for young people.
	6.45-8.30pm	*At Epsom Methodist Church. Mental Health for girls.
Saturday 12th October		At St Barnabas.
	8.00am-8.30am	A time of stillness at the beginning of the day.
	9.00am	WALKING IN HISTORY.
	10.00am-11.00am	At St Barnabas. Dancing mindfulness
	1.00pm	LUNCH
	2.00pm-3.15pm	Communicate: "I should have mentioned it before, my Mum, she, last year, she passed".

VENUES

- 1 **St Barnabas Church**, Temple Road, Epsom KT19 8HA.
- 2 **Appleby House**, Longmead Road, Epsom KT19 9RX.
- 3 **Blenheim School**, Longmead Road, Epsom KT19 9BH.
- 4 **Epsom & Ewell Islamic Society**, Hook Road, Epsom KT19 8TU.
- 5 **Epsom Baptist Church**, 6 Church Street, Epsom KT17 4NY.
- 6 **Epsom College**, College Road, Epsom KT17 4JQ.
- 7 **Epsom Market Place**, High Street, Epsom KT18 5DA.
- 8 **Epsom Methodist Church**, Ashley Road, Epsom KT18 5AQ.
- 9 **Epsom Square**, 48 High Street, Epsom KT19 8AG.
- 10 **Epsom Library**, 6 Epsom Square, Epsom KT19 8AG.
- 11 **Longmead Centre**, Sefton Road, Epsom KT19 8HG.
- 12 **McDonalds**, 36-40 High Street, Epsom KT19 8AH.
- 13 **White Stuff**, Ashley Centre, High Street, Epsom KT18 5DA.
- 14 **Queen Elizabeth II Park**, (Court Recreation Ground), Pound Lane, Epsom KT19 8SF.
- 15 **Rainbow Leisure Centre**, East Street, Epsom KT17 1BN.
- 16 **Roots Coffee Shop**, Epsom Methodist Church, Ashley Road, Epsom KT18 5AQ.
- 17 **The Ashley Centre**, High Street, Epsom KT18 5AB.
- 18 **The Cricketers**, Stamford Green Road, Epsom KT18 7SR.
- 19 **The Old Moat Garden Centre**, Horton Lane, Epsom KT19 8PQ.
- 20 **UCA Epsom**, Ashley Road, Epsom KT18 5BE.



Wednesday 9th Oct (Continued)

Organisations available today...

9.30am-12noon Home Start

10.00am-3.00pm Rape and Sexual Abuse Support Centre

***At UCA Epsom, Ashley Road, Epsom KT18 5BE**

10.00am-4.00pm Time for another graffiti wall at the University of Creative Arts. Come and express your joys and sorrows.

Wednesday 9th Oct

SOME OF LIFE'S CHALLENGES..



Thursday 10th Oct

WORLD MENTAL HEALTH DAY THEME FOR THIS YEAR 'SUICIDE PREVENTION' LIVING CREATIVELY

At St Barnabas

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

8.30am-9.45am Living well in a stressful environment with David Waddell, mental health first aider and senior producer, BBC News. **BREAKFAST** included.

10.00am-11.00am Bread making with John and Isabel.

10.00am-11.00am Yoga for adults with Isabel Ferreira.

10.00am-11.30am Presentation about and demonstration of Pyrography with Ruth Grint.

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

11.00am-12.30pm Knit and natter with Helen and Kathy. Bring your own project or start something new.

12.45pm-1.15pm Living with the joys and sorrows of life. **LUNCHTIME** talk with Alan.

1.30pm-2.30pm Decorating cupcakes with Helen.

2.00pm-4.00pm Creative workshop with Rachel Durrant.

3.00pm-5.00pm Easy still life painting with Charles Duncan Twigg.

3.00pm-4.30pm Living with the joys and sorrows of relationships with Sofi from Relate.

5.00pm-6.00pm Poetry workshop, sharing poems written by ourselves or others. Facilitated by Anne Sturton.

7.00pm-8.00pm Joy + sorrow = ? performed by members of The Sunnybank Trust.

Organisations available today....

10.00am-1.00pm Action for Carers

1.00pm-4.00pm Mary Frances Trust, including arts and crafts

4.00pm-7.00pm The Sunnybank Trust

*At Ashley Centre, High Street, Epsom KT18 5AB

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

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

Evidence shows there is a link between good mental wellbeing and being physically active. The Rainbow Leisure Centre is offering three free sessions today:

10.45am-11.30am Spin Cycle Class

12noon-1.00pm Yoga

2.30pm-3.30pm Body balance

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

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

4.00pm-6.00pm Connecting with nature: non-tech fun. Please go to Lower School Reception to sign in.

***At Residential and Nursing Homes in Epsom.** Glyn School boys are providing music, cake and company.

*At Epsom & Ewell Islamic Society, Hook Road, Epsom KT19 8TU

8.00pm-10.00pm Scriptural Reasoning (SR) is a tool for inter-faith dialogue whereby people of different faiths come together to read and reflect on their scriptures. SR is not about seeking agreement but rather exploring the texts and their possible interpretations across faith boundaries, and learning to 'disagree better'. The result is often a deeper understanding of others' and one's own scriptures, as well as the development of strong bonds across faith communities. With Imam Joynal Ahmed, Rabbi Danny Rich and Bishop Andrew Watson.

Friday 11th Oct

THE POWER OF ART

At St Barnabas.

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

10.00am-11.00am **Ancient secrets for modern day living.** Revealing how timeless wisdom can transform the way we think about ourselves, others and the world around us. Improve physical conditions using specific techniques, remove stress, calm your emotions, have peace of mind and gain clarity. Discover how energy affects you physically, emotionally and mentally. Learn how Pranic Healing can empower your life and the lives of others, with Angela Rigby.

12noon-2.00pm **LUNCH**

Followed by **local MP The Rt. Hon Chris Grayling** discussing how to keep mentally healthy in changing times.

2.00pm **Presentation of the Daun Morris Memorial Prizes.**

Followed by **Shawley Community Primary School Choir** and **Tadworth Primary School Choir** singing some favourite songs.

3.00pm-4.30pm **How to Sing in the Rain:** an interactive workshop of evidence-based wellbeing exercises for body and mind for everyone to try. Led by Rachel Kelly, author of the Amazon bestseller 'Singing in the Rain: An inspirational workbook'. Rachel is an ambassador for Rethink Mental Illness and SANE.

6.00pm **DINNER** With Nick Kelly, producer of The Drummer And The Keeper.

7.00pm **Film: The Drummer And The Keeper.** Nick Kelly's film details the friendship between a rock musician with bipolar and a teenager with Asperger syndrome. Shown by kind permission of Filmbank. Followed by a discussion about the film with Nick Kelly.

Organisations available today....

11.00am-3.00pm Pranic healing

12.00noon-3.00pm CYP Safe Haven

3.00pm-5.30pm Relax Kids

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

10.00am-7.00pm **Exhibition of Art and Photography** by people supported by Richmond Fellowship.

***At Appleby House, Longmead Road, Epsom KT19 9RX**

5.30pm-7.00pm **Dementia Friends information session** with Danielle Grufferty and Kate Chinn.

*** At McDonalds, 36-40 High Street, Epsom KT19 8AH**

6.00pm-8.00pm **Drop in for young people** with Ed Clements and team.

***At Epsom Methodist Church, Ashley Road, Epsom KT18 5AQ**

6.45-8.30pm **Mental Health for girls** with Ben Blackman from CYP Haven. Open to the Guide Group.

Friday 11th Oct

THE POWER OF ART

Saturday 12th Oct

THE NEXT STEP ON THE JOURNEY

At St Barnabas.

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

9.00am *WALKING IN HISTORY. Catch the **E5 9.27am BUS** from Epsom railway station (or 9.31am from Epsom Hospital) and alight at Harding Rd, Langley Vale. From there it is about a ten minute walk to the Langley Vale Wood, where the Love Me Love My Mind Tree in memory of all whose minds were destroyed by war is planted. The walk, led by Jim Rice from The Woodland Trust, will in parts be on mud and grass so please wear appropriate footwear.

The return bus leaves Langley Vale at 11.50am. Car Parking may be available at the site (Please check during the festival) or park at any of the Downs car parks and walk into the site that way. Return to St Barnabas for **1.00pm LUNCH.**

At St Barnabas.

10.00am-11.00am **Dancing mindfulness** with Vicky Cruz.

1.00pm LUNCH

2.00pm-3.15pm **Communicate: "I should have mentioned it before, my Mum, she, last year, she passed"**.

James is suffocated by his past. Based on true events, this is one couple's journey through bereavement, love, superheroes and enforced pen maintenance. A story about opening up and not letting your past determine your future. A play by Jeremy Fletcher, followed by a post-show discussion.

Other organisations represented through the week:

- Exploring anxiety
- Home Instead
- My Time For Young Carers
- Samaritans
- Workers' Educational Association



JOY

With very grateful thanks to all who support us, including:

- Caroline Wright (Graphic Designer)
- Epsom Quakers
- GeorgeBullPhotography
- Many individuals who have given so generously of time and money
- Marks and Spencer Epsom (Charity of the year)
- MP Chris Grayling's Charity of the year (Charity of the year)
- Sainsburys Local Stoneleigh
- St Barnabas Church
- St Martin's Church
- Surrey and Borders Partnership NHS Foundation Trust
- The Ewell Parochial Trusts
- Timpson
- White Stuff

If you would like to support us in any way.....

And very grateful thanks to all who provide accommodation and refreshments during the Festival and beyond:

- St Barnabas Church, Temple Road, Epsom KT19 8HA
- Appleby House, Longmead Road, Epsom KT19 9RX
- Blenheim School, Longmead Road, Epsom KT19 9BH
- Epsom & Ewell Islamic Society, Hook Road, Epsom KT19 8TU
- Epsom Baptist Church, 6 Church Street, Epsom KT17 4NY
- Epsom College, College Road, Epsom KT17 4JQ
- Epsom Market Place, High Street, Epsom KY18 5DA
- Epsom Methodist Church, Ashley Road, Epsom KT18 5AQ
- Epsom Square, 48 High Street, Epsom KT19 8AG
- Epsom Library, 6 Epsom Square, Epsom KT19 8AG
- Longmead Centre, Sefton Road, Epsom KT19 8HG
- McDonalds, 36-40 High Street, Epsom KT19 8AH
- Queen Elizabeth II Park, (Court Recreation Ground), Pound Lane, Epsom KT19 8SF
- Rainbow Leisure Centre, East Street, Epsom KT17 IBN
- Roots Coffee Shop, Epsom Methodist Church, Ashley Road, Epsom KT18 5AQ
- The Ashley Centre, High Street, Epsom KT18 5AB
- The Cricketers, Stamford Green Road, Epsom KT18 7SR
- The Old Moat Garden Centre, Horton Lane, Epsom KT19 8PQ
- UCA Epsom, Ashley Road, Epsom KT18 5BE
- White Stuff, Ashley Centre, High Street, Epsom KT18 5DA

EVENTS BEFORE THE WEEK

***At Epsom Library, 6 Epsom Square, Epsom KT19 8AG**
From 28th September – 12th October

An opportunity to visit the Mental Health Information Stand

At St Barnabas

Charles Duncan Twigg will be our artist in residence.

3.00pm-4.00pm Monday to Friday.

An opportunity to make a wire sculpture through the Week.

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

Games, jigsaw puzzles and books

Book and card stalls

Free Christmas cards by Jackie to colour in

EVENTS THROUGH THE YEAR

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

Sunday 20th October

10.00am-1.00pm Get moving – give it a whirl. For people of all abilities. Use the wonderful facilities to try out a sport, Zumba, run, swim and improve fitness and well-being.

***At Epsom Baptist Church, 6 Church Street, Epsom KT17 4NY**

Saturday 16th November

10.00am-12noon Mental Health First Aid tips with Mary Frances Trust and Work Stress Solutions.

***At Roots Coffee Shop, Epsom Methodist Church, Ashley Road, KT18 5AQ**

Saturday 7th December

10.00am-12noon Coffee, mince pies and chat.

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

Saturday 18th January 2020

10.00am-12noon Dementia Workshop with Jill Tame from Home Instead Senior Care.

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

Saturday 15th February 2020

10.00am-12noon Meditation through mindfulness with Mary Frances Trust.

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

Saturday 21st March 2020

Healthy eating with Nikki den Hollander.

Leaving from St Barnabas Church, Temple Road, Epsom KT19 8HA

Saturday 25th April 2020

10.00am-12noon Spring walk, stopping at The Cricketers, Stamford Green Road, Epsom KT18 7SR for free tea, coffee and biscuits provided by The Cricketers.

***At The Ashley Centre, High Street, Epsom KT18 5AB**

Saturday 9th May 2020

10.00am-12noon Problem solving booths.

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

Saturday 20th June 2020

10.00am-12noon Drumming with Ray.

***At Epsom Baptist Church, 6 Church Street, Epsom KT17 4NY**

Saturday 11th July 2020

10.00am-12noon Stress and anxiety with Alex Gibson.

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

Saturday 15th August 2020

10.00am-12noon Summer arts and crafts.

***At The Market Place, High Street, Epsom KT18 5DA**

Saturday 12th September 2020

10.00am-12noon Brochure distribution for 2020 Festival.

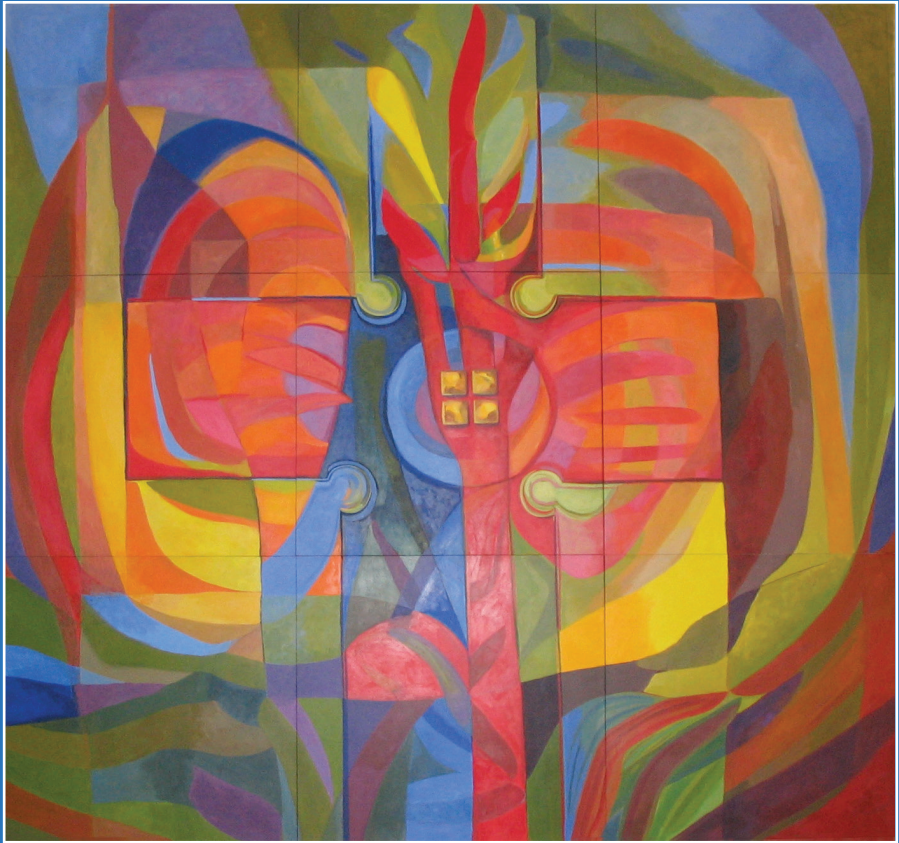
SATURDAY 3RD-SATURDAY 10TH OCTOBER 2020

EPSOM MENTAL HEALTH AND WELL-BEING FESTIVAL

VENUES

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- 3 **Blenheim School**, Longmead Road, Epsom KT19 9BH.
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NOTES



'Growth'
by Marianne Hellwig John



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