



em
epsom mental health week
hw

Celebrating
10
Years



Epsom Mental Health and Well-Being

FESTIVAL

7th-15th October 2017

Over 80 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 time for Drop-in at St Barnabas Church. Everyone is welcome, especially those isolated by mental health difficulties. Visitors will always find a warm welcome, coffee, cake and a home-cooked meal. There is also a varied programme of activities and outings chosen by Drop-in members. The Drop-in is eleven years old and some 30+ people attend each week. Drop-in members decide the programme of activities and have a strong sense of belonging and ownership.

Let's Talk Epsom

Wednesdays 7.30pm-9.00pm

St Barnabas Church Temple Road Epsom KT19 8HA

A self help group where people who are affected by any kind of depression can meet to share experiences and coping strategies with others in similar situations.

Further details contact: Allen.

Tel: 07592 542530

What happiness means to me

Entries in any media - art, word, film, textile... must be submitted by 29th September to St Barnabas, with your contact details. £150 prize. In memory of Daun Morris.

How it all began....

In 2004 a interfaith group in Epsom discussed how local mental health care could be improved by bringing together those who use mental health services, carers, relatives, friends, professionals, the wider community.

Taking the title 'Love Me Love My Mind,' a conference day was held on 14 February 2007 entitled 'I hear the voice of God. Is this mental delusion or religious fervour?' The title was chosen because of the importance of faith and spirituality to many people experiencing mental distress. After the success of a second conference in October 2007 the idea of a Mental Health Week developed.

In August 2008 Love Me Love My Mind was registered as a charity and the first Epsom Mental Health Week took place in October 2008. Each year more and more people have taken part in the Week as speakers, participants and volunteers. Last year there were over 70 activities and in this 10th anniversary Festival year we hope to enable the communities of Epsom and Ewell and beyond to come together to help make the Borough the best place for mental health care.

Sue Bull

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



USEFUL INFORMATION

Welcome to Epsom Mental Health and Well-Being Festival 2017. This year is particularly special because it is our 10th anniversary. The event continues to grow and blossom and much of this is down to the tireless dedication of the programme organisers who have worked hard to put together an interesting and diverse mix of events so everyone should find something for them. There are events for young people, employers and employees, a creative day as well as talks by many including Barbara Taylor (The Last Asylum) and Jeremy Thomas. There is also space to be still, to rest and to think and relax. There is always someone to listen and an opportunity for you to share your stories. We would also like to welcome back our friends at Laine Theatre Arts.

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.

It's a stimulating and varied programme and I very much hope that there is something for everyone. I look forward to seeing you there.

Dr Max Pemberton www.maxpemberton.com

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 back of brochure

Saturday 7th Oct

MENTAL HEALTH MARKETPLACE

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

MENTAL HEALTH MARKETPLACE

10.00am-4.30pm

Stalls, from charities and other organisations, to help and support, and talks to encourage and inspire.

10.30am-11.30am Rev Michael Roper: My life as a gay priest. Paying the price: living out a vocation to ministry in an institutionally homophobic church and the impact it has on mental and spiritual wellbeing. Why would anyone do that?

12 noon-12.45pm Suzette Jones: Mindfulness. 'Mindfulness simply means paying attention to our experience in the present moment, on purpose and with an attitude of kindly acceptance. What, why and who is it for? This introduction to Mindfulness will invite you to 'dip into the present moment' with simple exercises to focus and gain your attention and useful techniques for using Mindfulness in everyday life'.

14.00pm-15.00pm Understanding reactions to trauma with Alex Gibson.

15.00pm-16.15pm Power Brain Education with Samantha Lee.
An interactive session to help develop the full potential of the human brain and promote health, peace and happiness.

***At Epsom Market Place, High Street, Epsom.**

10.00am-3.00pm

Join us in the Market Place, Epsom and have a conversation about mental health, how it affects us all, how is mental health connected to our physical health. Help us to begin a conversation about being honest and open about mental health.

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

10.00am-3.00pm SoMe.

SoMe at Epsom Mental Health and Well-Being Festival brings together a community through a series of 1 on 1 conversations around mental health. At the heart we have a group of volunteers eager to share their experiences with the public. Come together, view profiles, choose your conversation, talk and listen.

Please see information about stalls available throughout the week on pages 25 to 31.

Saturday 7th Oct

MENTAL HEALTH MARKETPLACE

Sunday 8th Oct

ALL ARE WELCOME



At St Barnabas

10.15am Church Service 'What is this among so many?' How can the little we each have to offer help the many? With Rev Michael Preston, retired vicar of St Barnabas and a founding trustee of Love Me Love My Mind.

12 noon Welcome.

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

1.00pm LUNCH provided (no charge).

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

2.15pm-3.30pm Faith and Mental Health.

Discussion with:

Trevor Finch (Baha'i).

Imam Joynal Ahmed (Muslim).

Rabbi Danny Rich (Liberal Judaism).

Jeremy Taylor (Christian).

Chaired by the Mayor of Epsom & Ewell, Cllr Liz Frost.

3.30pm TEA.

'What happiness means to me'

portrayal competition

£150 Prize



Entries must be submitted by:

Friday 29th September 2017

Entries will be on display during EMHW

Open to everyone and any age.

All entries should be submitted to:

'What happiness means to me'

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

Please include your contact details.

In memory of Daun Morris a passionate supporter of Epsom Mental Health Week



Sunday 8th Oct

ALL ARE WELCOME

Monday 9th Oct

SOMETHING FOR ALL



Monday 9th Oct

SOMETHING FOR ALL

At St Barnabas

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

9.00am-10.30am Using Chemistry to make drugs for mental illness.

John Atack, Professor of Molecular Pharmacology, University of Sussex.

11.00am-12 noon Depression and me. Brian Longhurst looks at some of the causes of depression, shares his personal experience, and considers what may help.

1.00pm-1.30pm Lunchtime talk. Mental health issues of people who use the probation services. With retired probation officer, Geoff Bridle.

2.00pm-3.30pm How to run a mental health week. Allen Price, Trustee of Love Me Love My Mind, and friends share some of the joys and sorrows of the past 10 years.

4.00pm-7.00pm Weekly Drop-in. This week – drama workshop facilitated by Steve North, Head of Acting at Laine Theatre Arts.

8.00pm-9.30pm Join us for the launch of **Keeping Us in Mind: Silences and Absences of the Epsom Cluster**, an exhibition resulting from a nine-month long HLF-funded project to record oral histories of people who remember the Epsom psychiatric hospitals, in partnership with Surrey History Centre and Bourne Hall Museum. Kirstie Arnould, a Love Me Love My Mind volunteer who has managed the project, will explain the background to the project and what we have found out - with the help of interviewees who have shared their memories, and other members of the project team. There will also be an opportunity to discuss what is still missing from the historical record and why, and how this important project should go forward in the future.

***At The Hub 28 West Street, Epsom KT17 1NU.**

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

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

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

***At Focus Youth Centre 9 Depot Road, Epsom KT17 4RJ**

5.00pm-7.00pm Art display, photo competition, my mate your mate, boxing, music studio.

Tuesday 10th Oct

WORLD MENTAL HEALTH DAY

Celebrating
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Years

At St Barnabas

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

9.30am-10.30am Perinatal mental health care of mums and babies.

11.00am-12 noon Tantrums and toddlers: anxiety or ?

12.15pm-1.15pm Social media - harmful to our health? With Helen Keevil from Epsom College

1.30pm-2.15pm How do I cope when my parent is mentally unwell? With William Price and Mike Reeves.

2.30pm-4.00pm Teenage Mental Health. With Dr David McKie, Clinical & Neuro Psychologist in NHS CAMHS.

5.00pm-6.00pm Safeguarding – signs and symptoms. With Christine, Skills Development Co-ordinator at The Mary Frances Trust.

6.30pm-7.30pm Supporting schools where there has been a bereavement by suicide. With the Step by Step Team from the National Samaritans.

4.00pm-10.00pm 10 minute tables for young people, parents, carers, relatives, friends... A time to get information, ask questions, find some support.

Academic Resilience. (6.00pm-7.00pm).

Being a Young Carer with My Time.

Counselling with Alison Wilson.

Creative art group with Simone Siddle for parents/carers and young people (4.00pm-5.00pm).

Creative Strategies for challenging behaviour with Simone Siddle (7.00pm-8.00pm).

Drugs, Alcohol and Wellbeing with Catalyst.

Emotional Wellbeing with Sam Johnson (4.00pm-6.00pm).

Internet Security with PC Leessa Crouch, Epsom and Ewell Youth Intervention Officer.

Mental Health Quiz.

Mindful Self-Compassion for Teens with Kathryn Lovewell.

Our relationship with food with Alan Salter.

Perfectionism with Gurjeet Bansal (7pm-10pm).

Relationships with Relate Mid-Surrey.

Self-harm and suicidal thoughts with the Samaritans.

How to get involved with CYA (CAMHS Youth Advisors) with the Rights and Participation Team for CAMHS (Child and Adolescent Mental Health Services) and SEND (On line hub for 0-25 years with Special Educational Needs or a Disability).

Tuesday 10th Oct

WORLD MENTAL HEALTH DAY

Wednesday 11th Oct

FOOD FOR THOUGHT

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

Please go to main reception where you will be shown to the different venues.

8.00am-9.30am Breakfast meeting, with Patrick Wolter, CEO of The Mary Frances Trust, speaking at 8.15am on 'Stress and mental well-being at work'. Time for questions and 1-1 discussion with Patrick and Judy Corney from Minding Your Business.

9.00am-9.50am Boing Boing resilience therapy observation class.
With Helen Keevil.

10.00am-10.50am Draughts, chess and croquet on the lawn.

12 noon-2.00pm CAMHS Youth Advisors Stall.

1.00pm-3.00pm Landscape photography.

2.00pm-3.00pm Mindfulness and Mindful Motion with Darren Yap from Wimble.com

*At St Barnabas

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

10.00am-1.00pm Adult Mental Health Conditions and Services.

Organised by Surrey and Borders Partnership NHS Foundation Trust, this event will offer information about the various mental health conditions which can affect the adult population and explain the treatment and support available. Come and talk to mental health professionals in a relaxed environment.

1.30pm-1.50pm Homelessness and Mental Health. With members of The Meeting Room.

2.15pm-3.30pm Mental Health First Aid taster. With Jane Nathan, Instructor, Mental Health First Aid (England).

4.00pm-5.30pm Volunteering with the Feel Good Factor.
With Liz Hope and Gloria Fox, Age Concern Epsom & Ewell.

The Centre pages are a pull out Timetable.

Continued on page 19

TIMETABLE

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

Saturday 7th October	<p>10.00am-4.30pm 10.30am-11.30am 12 noon-12.45pm 14.00pm-15.00pm 15.00pm-16.15pm</p> <p>10.00am-3.00pm</p> <p>10.00am-3.00pm</p>	<p>At St Barnabas MENTAL HEALTH MARKET PLACE Rev Michael Roper. Mindfulness. Understanding reactions to trauma. Power Brain Education. *At Epsom Market Place, High Street, Epsom. Join us in the Market Place. *At Epsom Library, Ebbisham Centre, The Derby Square, Epsom KT19 8AG. SoMe.</p>
Sunday 8th October	<p>10.15am 12 noon 12.20pm 1.00pm 2.15-3.30pm 3.30pm</p>	<p>At St Barnabas Church Service. 'What is this among so many?' Welcome. Laine Theatre Arts. LUNCH. Faith and Mental Health. TEA.</p>
Monday 9th October	<p>8.00am-8.30am 9.00am-10.30am 11.00am-12 noon 1.00pm-1.30pm 2.00pm-3.30pm 4.00pm-7.00pm 8.00pm-9.30pm</p> <p>10.00am-12 noon</p> <p>12 noon-3.00pm</p> <p>5.00pm-7.00pm</p>	<p>At St Barnabas A time of stillness at the beginning of the day. Using Chemistry to make drugs for mental illness. Depression and me. Lunchtime talk. How to run a mental health week. Weekly Drop-in. The launch of 'Keeping Us in Mind' Exhibition. *At The Hub 28 West Street, Epsom KT17 1NU Information and advice Drop-in session. *At Queen Elizabeth II Park (Court Recreation Ground) 5th Epsom Mental Health Week Football Charity Shield 5-a-side. *At Focus Youth Centre 9 Depot Road, Epsom KT17 4RJ Art display, photo competition, my mate your mate, boxing, music studio.</p>
Tuesday 10th October	<p>8.00am-8.30am 9.30am-10.30am 11.00am-12 noon 12.15pm-1.15pm 1.30pm-2.15pm 2.30pm-4.00pm 5.00pm-6.00pm 6.30pm-7.30pm</p> <p>4.00pm-10.00pm</p>	<p>At St Barnabas A time of stillness at the beginning of the day. Perinatal mental health care of mums and babies. Tantrums and toddlers: anxiety or ? Social media - harmful to our health? How do I cope when my parent is mentally unwell? Teenage Mental Health. Safeguarding – signs and symptoms. Supporting schools where there has been a bereavement by suicide. 10 minute tables for young people, parents, carers, relatives, friends...</p>
Wednesday 11th October	<p>8.00am-8.30am 10.00am-1.00pm 1.30pm-1.50pm 2.15pm-3.30pm 4.00pm-5.30pm 6.00pm-7.00pm 7.30pm-9.00pm 5.30pm-9.00pm</p>	<p>At St Barnabas A time of stillness at the beginning of the day. Adult Mental Health Conditions and Services. Homelessness and Mental Health. Mental Health First Aid taster. Volunteering with the Feel Good Factor. Strategic overview of mental health services. Let's Talk Epsom. Child and Youth Mental Health in Black and Minority Ethnic Communities.</p>

Wednesday 11th October	<p>8.00am-9.30am 9.00am-9.50am 10.00am-10.50am 12 noon-2.00pm 1.00pm-3.00pm 2.00pm-3.00pm</p>	<p>*At Epsom College, College Road, Epsom KT17 4JQ. Breakfast meeting. Boing Boing resilience therapy observation class. Draughts, chess and croquet on the lawn. CAMHS Youth Advisors Stall. Landscape photography. Mindfulness and Mindful Motion.</p>
Thursday 12th October	<p>8.00am-8.30am 9.00am-10.00am 9.20am-10.20am 9.40am-10.40am 10.00am-11.00am 10.20am-11.20am 10.40am-11.40am 11.00am-12 noon 11.15am-12.15pm 11.30am-12.30pm 12.30pm-1.15pm 1.30pm-2.30pm 2.45pm-3.45pm 2.45pm-4.00pm 2.45pm-4.00pm 4.00pm-5.00pm 4.00pm-5.00pm 4.30pm-6.00pm 5.30pm-6.00pm 6.00pm-7.00pm 7.30pm-9.00pm</p> <p>5.00pm-7.00pm</p>	<p>At St Barnabas A time of stillness at the beginning of the day. Time to allow our creative imagination to be fired. Get in touch with your inner child. Bread making. Emotional well-being and confidence building Flower arranging. Wire sculpture. Knit and natter, crochet and chat. 1-2-3- Cooking on a budget. Walk and Talk. Drumming. Writing one's story. Small nature still life session. Drama therapy workshop. Digital photography. Creating a mural. Creative writing for well-being. Using your computer creatively. Creative activities that have helped me. Poetry workshop. The return of the very popular Epsom Male Voice Choir. *At Focus Youth Centre, 9 Depot Rd, Epsom KT17 4RJ Art display. As Monday evening.</p>
Friday 13th October	<p>8.00am-8.30am 9.30am-10.30am 10.00am-11.45am 12 noon-2.00pm 2.00pm 2.30pm-3.00pm 3.00pm 3.15pm-3.45pm 4.00pm-4.45pm 6.30pm 8.00pm-10.00pm</p> <p>7.30pm-9.00pm</p>	<p>At St Barnabas A time of stillness at the beginning of the day. Menowalk. Grow. LUNCH. With MP The Rt Hon Chris Grayling. Presentation of The Daun Morris Memorial Prize. Top ten tips for staying well in a crisis. Afternoon tea parties. How my life has been transformed. Mindfulness. Dinner. Film - I, Daniel Blake (2016) *At Epsom College, College Road, Epsom KT17 4JQ Community, compassion and caring: how to stay sane in an insane world.</p>
Saturday 14th October	<p>8.00am-8.30am 9.00am 9.30am-3.00pm 10.00am 10.30am 1.00pm</p> <p>10.00am-4.30pm</p>	<p>At St Barnabas A time of stillness at the beginning of the day. Walkathon. CAP Money Course. Taster yoga session. Breathing techniques. LUNCH. *At Epsom Square, 48 High Street, Epsom KT19 8AG. An opportunity to take part in The Big Draw.</p>



Wednesday 11th Oct (Continued)



6.00pm-7.00pm Strategic overview of mental health services.

With Stephen Murphy, Head of Collaborative Commissioning at Surrey Downs Clinical Commissioning Group.

7.30pm-9.00pm Let's Talk Epsom. This week: with Alan Salter, Lifestyle and Nutritional Adviser speaking on nutrition/fitness/depression and anxiety.

5.30pm-9.00pm Child and Youth Mental Health in Black and Minority Ethnic Communities - talk, workshops and meal.

This event is organised by The Mary Frances Trust and Surrey Minority Ethnic Forum (SMEF). Please come and join us for this free interactive workshop for parents. It will give you information about some common mental health conditions, the signs and symptoms and where to go for help.

For further information please Email: admin@smef.org.uk

Wednesday 11th Oct

FOOD FOR THOUGHT

Thursday 12th Oct

A CREATIVE DAY

Celebrating
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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.

Pamper sessions available throughout the day at St Barnabas with members of the Creative Industries Faculty NESOCOT.

9.00am-10.00am Time to allow our creative imagination to be fired by Jenny Dyke's selection of postcards.

9.20am-10.20am Get in touch with your inner child and have fun decorating cupcakes (and eating them!) with Helen Dyke.

9.40am-10.40am Bread making with John.

10.00am-11.00am Emotional well-being and confidence building with Sam Johnson from the WEA.

10.20am-11.20am Flower arranging with Ruth Mey and Betty Forbes.

10.40am-11.40am Wire sculpture with Charles Duncan Twigg.

11.00am-12 noon Knit and natter, crochet and chat. Bring your latest project or come as a complete beginner. Research shows that regularly engaging in crafting activity has a beneficial effect on mental health. With Kathy and Helen.

11.15am-12.15pm 1-2-3- Cooking on a budget. Making, preparing, experimenting with food. Fun! Interesting! Tasty! With Nikki den Hollander.

11.30am-12.30pm Walk and Talk. A wonderful opportunity to get out in the fresh air with some gentle exercise and talking and sharing with other people.

12.30pm-1.15pm Drumming with Ray.

1.30pm-2.30pm Writing one's story

With Barbara Taylor, Professor of Humanities at Queen Mary, University of London and author of 'The Last Asylum'.

2.45pm-3.45pm Small nature still life session, in water colour, ink, coloured pencil or plain ordinary pencil. With Charles Duncan Twigg. All abilities welcome, friendship, relaxation, low key.

2.45pm-4.00pm Drama therapy workshop with Sue Curtis. No previous drama experience necessary.

2.45pm-4.00pm Digital photography with Terry Pullen.

4.00pm-5.00pm Creating a mural with Mark Shakespeare.

4.00pm-5.00pm Creative writing for well-being with Heather Shakespeare.

4.30pm-6.00pm Using your computer creatively with Terry Pullen.

5.30pm-6.00pm Creative activities that have helped me. With Mandy McCann.

6.00pm-7.00pm Poetry workshop. Please bring your poems to share, if you would like. With Alain English and Richard Bridger.

7.30pm-9.00pm The return of the very popular Epsom Male Voice Choir. Epsom Male Voice Choir began as an evening class in 1983 and has grown in strength year on year with today's membership standing at 64. Under the musical directorship of Ian Assersohn the choir has extended its repertoire while retaining the special values of the Male Voice Choir tradition. The choir are delighted to be taking part in Epsom Mental Health Week for the third year running.

*At Focus Youth Centre, 9 Depot Rd, Epsom KT17 4RJ

5.00pm-7.00pm Art display, photo competition, my mate your mate, boxing, music studio.

Please see Page 22 for Epsom General Hospital events.

Thursday 12th Oct

A CREATIVE DAY

Thursday 12th Oct

A CREATIVE DAY

*At Post Graduate Medical Centre

2nd Floor

Wells Wing

Epsom General Hospital

Dorking Road

Epsom KT18 7EG.

Lecture Theatre

10.30am-11.30am Hidden Agendas with Maria Esposito. LGBT activist since the 80's. The first lesbian presenter on C4, one of the first lesbian presenters on R4, Maria shares her discoveries of the journey from believing she was mentally ill to being an out and out proud LGBT campaigner.

How far we have come and yet how far we still need to go.

Seminar Room

10.00am-2.00pm Mental health resource exhibition

11.30am-12.20pm Mind mapping with Olivia Holland.

Lecture Theatre (Meeting for medical staff 12.30pm-1.30pm)

12.30pm-1.00pm Hidden Agendas with Maria Esposito.

1.00pm-1.30pm Caring for a patient with delirium with Loretta Rafter.

Lecture Theatre

2.00pm-4.30pm Liaison psychiatry.

Friday 13th Oct

A DAY TO DO

Celebrating
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Years

A day to give an act of kindness to a neighbour, friend, community.

At St Barnabas

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

9.30am-10.30am Menowalk - for people going through the menopause or for those who have been there.

10.00am-11.45am GROW - A taster session on how to make the most of life. With Debbie Brewin.

12 noon-2.00pm Lunch followed by talk and questions and answers with local MP The Rt Hon Chris Grayling, Secretary of State for Transport. Theme: retaining hope in uncertain times. Presentation of The Daun Morris Memorial Prize at **2.00pm**.

2.30pm-3.00pm Top ten tips for staying well in a crisis.

With Alan Marrero-Sosa.

3.00pm Afternoon tea parties at nursing homes in Epsom & Ewell for staff, residents and relatives.

3.15pm-3.45pm How my life has been transformed with Marie

4.00pm-4.45pm Mindfulness with Debbie Brewin

6.30pm Dinner

8.00pm-10.00pm Film: I, Daniel Blake. Certificate 15. By kind permission of Troy Film Agency.

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

7.30pm-9.00pm Community, compassion and caring: how to stay sane in an insane world. Jeremy Thomas. Author, speaker and all-round survivor. Co-producer with Dr Tony Hughes of the Emmy Award winning documentary 'Stephen Fry, the secret life of a manic depressive' and the co-author of 'You don't have to be famous to have manic depression - an A-Z guide to good mental health'.

Saturday 14th Oct

WALKING INTO THE FUTURE

At St Barnabas

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

9.00am Walkathon Looking to the past: looking to the future. Walk led by David Brooks. Returning to St Barnabas for **lunch** at **1.00pm**.

9.30am-3.00pm CAP Money Course. The CAP Money Course was devised by the award-winning charity, Christians Against Poverty. It is for everyone - whether you feel you are pretty organised or feel your finances are in a bit of a mess. It will teach you budgeting skills and a simple, cash-based system which works. The course will help you to get to grips with your finances so you can budget, save and prevent debt. There will also be support available from CAP Money Coaches - if you would like this.

10.00am Taster yoga session with Isabel Ferreira.

For both **yoga** and **breathing techniques**:

Please wear sports clothing and bring a yoga mat. (Mats also available from Isabel (Isabelferreira7@msn.com or 07906661631 before 14 October).

10.30am Breathing techniques with Isabel Ferreira.

1.00pm LUNCH.

***At Epsom Square, 48 High Street, Epsom KT19 8AG.**

10.00am-4.30pm An opportunity to take part in The Big Draw, a national event encouraging communities to come together and create a large-scale group drawing.

Sunday 15th October

As The Old Moat is not available, due to building works, to host the annual end of Week tea party, maybe we can share some tea and cake with a friend, remember all the good things about this Week, and look forward together to the 11th Epsom Mental Health and Well-Being Festival (6-14 October 2018). If you would like to get involved, please come to the first planning meeting for 2018 at St Barnabas on Monday 15 January 2018 12 noon-2.00pm, lunch included.

Stalls

MENTAL HEALTH MARKETPLACE

Available throughout the week

Action for Carers

Our main aim is to raise awareness of carers' needs and concerns throughout the county and to work in partnership with statutory services such as health care and social care teams to promote how best they can serve carers within Surrey.

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



British Heart Foundation

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

For more information visit:

www.bhf.org.uk



Care UK

Care UK is one of the UK's leading independent providers of health and social care services.



We run Appleby House care home and have started a Happy Café every Monday 1.30 - 2.30pm. It is part of the Happy Cafés Network set up by the Action for Happiness movement.

- Happy Cafés provide a warm welcome for anyone interested in happiness and wellbeing, meeting together in cafés around the UK.

For more information please contact:
Tel: 01372 8868910

Carers U.K.

Making life better for Carers by providing support they need.

For more information please contact:
www.carersuk.org



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: charles.duncan.twigg@gmail.com

Citizens Advice Epsom & Ewell.

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

For more information please contact:
Liz Dobson
Email: manager@epsomcab.cabnet.org.uk



Combat Stress

Combat Stress is the UK's leading veterans' mental health charity. We treat a range of mental health conditions including PTSD, depression and anxiety.

For more information please contact:
Email: contactus@combatstress.org.uk



Community Connections - Surrey Libraries

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

For more information please contact:
Email: community.connections@surreycc.gov.uk
Gloucester Chambers, Woking, Surrey GU21 6GA.
Tel: 01483 541518
Redhill Library, Warwick Quadrant, Surrey RH1 1NN.
Tel: 01737 772049



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



Institute Pranic of Healing UK & Ireland

Pranic Healing is a complementary Therapy. A ground breaking approach to physical & mental wellbeing using a tried and tested system.

For more information please contact:
Angela Rigby
Email: angela@ukpranichealing.co.uk
Tel: 07900 915660
Facebook: @PHCommSurrey



Institute of Pranic Healing
UK & Ireland

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



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



Mid-Surrey Mediation Service

Community Mediation centres on supporting neighbours in dispute to air grievances and reach agreement on the issues that trouble them. The mediation process is a useful tool to get people communicating positively. Our trained volunteer mediators can help people to do this effectively to resolve disputes and reach an agreement that satisfies all parties.



For more information please contact:
Mid-Surrey Mediation Service, c/o LCA, The Leatherhead Institute, 67 High Street, Leatherhead, KT22 8AH
Email: midsurrey.mediation@gmail.com
Tel: 07513 524241
www.msmediation.org.uk

My Time for Young Carers

The charity offers free fun activities for children and young people between the ages of 7 and 15 who have caring responsibilities at home. There are regular club sessions in Ewell & Dorking for 7 to 11's and Stoneleigh and Fetcham for over 12's. We welcome youngsters who have siblings with extra needs as well as those whose parents have physical or mental ill-health.
For more information please contact:
E: info@mytime4youngcarers.org
M: 07517 867513
Facebook: /mytimeforyoungcarers



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



Relate - Mid Surrey

We aim to change lives in Mid & East Surrey. We offer a range of counselling services aiming to support people in times of difficulty and crisis. Counselling provides a safe, non judgemental space where clients can express their feelings, explore their thinking, review their behaviour and find a way to move forward. We provide Relationship Counselling, Young People's Counselling, Family Counselling, Sex Therapy, and Mediation Services. We also provide Life Skills Workshops on a range of subjects (e.g. relationships, parenting, stress & anxiety, anger) delivered in local secondary schools.



For more information please contact:
Tel: Reigate / Oxted 01737 245212. Epsom 01372 722976



Richmond Fellowship Employment Services - Mid Surrey

RF Employment Services can help if you have a mental health issue and are looking to return to work, or need help in retaining your existing job. We can help with your C.V, job application and job interview skills. We can also give you advice if you are in work and facing discrimination or disciplinary issues.
If you feel this is the service for you then contact our office:
Fountain House, Cleeve Road, Leatherhead, KT22 7LX.
Tel: 01372 363 934

Samaritans

We are here to provide emotional support to anyone that is in distress or having a difficult time. We are completely confidential, will not judge and respect that people can make their own decisions about their lives. Our vision is that fewer people die by suicide.
For more information please contact:
Tel: 116 123 (Freephone)



St Barnabas

St Barnabas Church is a group of Christians of all ages and varied backgrounds called together by God. We believe that our lives — beautiful yet broken — are transformed by God as we celebrate the story of Jesus' death and rising again. We praise God for renewing our tradition of worship as a sign of hope in our local community. Offering our lives in thanksgiving to God for all we have received, we seek to join with those who work for God's love and justice in this divided and hurting world. For more information please contact:
Tel: 01372-721518



St Pauls - Howell Hill

Exploring Anxiety and Depression is a self-help support group. Professional and experienced speakers will help us to look at the causes and consequences of anxiety and depression, and at various ways of combating these conditions. The course seeks to provide helpful perspectives in a friendly and supportive atmosphere, but does not provide counselling or therapy. For more information please contact:
Email: Exploringanxietydepression@gmail.com



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



The Sunnybank Trust

Supporting adults with learning disabilities to live the lives they choose, through our three key values of inclusion, friendship and justice. Our activities include a weekly all-ages social club, a monthly 16-30s social club, a buddy scheme, penfriends scheme, and advocacy programme.



For more information please contact:
Email: enquiries@sunnybanktrust.org
Tel: 01372749871
Address: The Sunnybank Trust, St. Barnabas Church, Temple Road, Epsom, KT19 8HA
www.sunnybanktrust.org

Voluntary Action Mid Surrey (VAMS)

Voluntary Action Mid Surrey is a local infrastructure organisation working in Epsom & Ewell and Mole Valley to support the Voluntary, Community and Faith Sectors (VCFS) with dedicated volunteer centres to match local volunteers with charitable organisations. For more information please contact:
Eamonn McNamee, Aspire Project Manager
Email: eamonn@vae.org.uk
Tel: 01372 722911



Workers' Educational Association

The WEA is a national adult education organisation and charity with more than 100 years' experience in delivering education to adults from all areas of society. We are able to offer free courses to Mental Health groups and to Volunteers. For more information please contact:
Samantha Johnson
Tel: 07825 112798
Email: samanthajohnson@wea.org.uk.



Work Stress Solutions

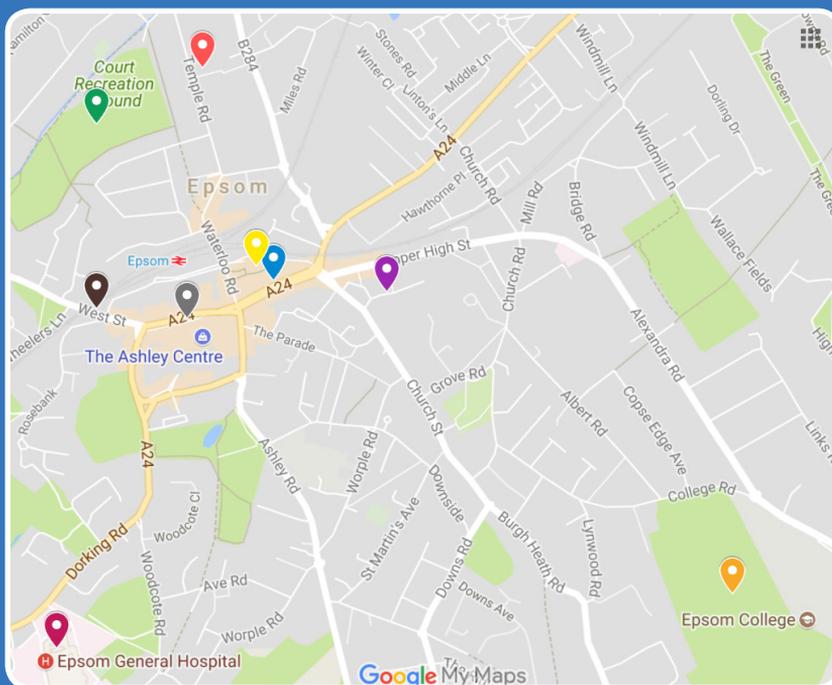
Work Stress Solutions is a charity based in Ewell, Surrey which offers pre-employment assistance and a range of stress-reduction and assertiveness courses to adults who need support with their working lives. Our aim is to enable clients to experience a sense of personal achievement in a supportive environment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



Epsom Mental Health and Well-Being Festival 2017

Venues:

-  **St Barnabas Church.** Temple Road, Epsom. KT19 8HA.
-  **Epsom Market Place.** High Street, Epsom.
-  **Epsom Library.** Ebbisham Centre, The Derby Square, Epsom KT19 8AG.
-  **Epsom Square.** 48 High Street, Epsom KT19 8AG.
-  **The Hub.** 28 West Street, Epsom KT17 1NU.
-  **Queen Elizabeth II Park.** (Court Recreation Ground)
Pound Lane, Epsom KT19 8SF.
-  **Epsom College.** College Road, Epsom KT17 4JQ.
-  **Focus Youth Centre.** 9 Depot Rd, Epsom KT17 4RJ.
-  **Epsom General Hospital,** Dorking Road, Epsom KT18 7EG.
Post Graduate Medical Centre, 2nd Floor, Wells Wing.



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