



Epsom Mental Health and Well-Being Festival



**Seeds of Hope
in Uncertain Times**
3rd - 10th October 2020
All are Welcome

The Festival is online this year with **Festival at Home Packs** for people without access to the internet. More details in September on our website.

www.epsommentalhealthweek.org.uk

Love me
Love my mind

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Epsom Mental Health and Well-Being Festival is organised by Love Me Love My Mind, a charity dedicated to promoting understanding about mental health issues. Registered charity no:1177683

Welcome to this year's Epsom Mental Health and Well-Being Festival.

It's all online this year and is free and open to everyone.
Just log into our website www.epsonmentalhealthweek.org.uk and join in!
Or if you don't have access to the internet, get a friend to request a **Festival at Home Pack** via the website.
More details will be on our website in September.

Saturday 3rd October	10.00am 11.00am 1.00pm	The Old Moat Garden Centre and Café. Richmond Fellowship Employment Service - Q&A session. Epsom Riding for the Disabled - benefits of riding and volunteering for well-being.
	2.00pm-4.00pm	How to turn the pandemic negatives into positives. Joint Session with Mary Frances Trust and Safe Haven.
	4.00pm 5.00pm	Pranic healing. Why nutrition should be an integral part of mental health support.
	6.00pm	How Well is your Well-Being? - an introduction to Mind-Growth Mastery Community Interest Company.
	7.00pm	Remembering the forgotten with Lionel Blackman.
Sunday 4th October	11.00am	Reflecting and Remembering with Rev Paul Dever, Senior Associate Minister at St Paul's Church, Howell Hill.
	12.10pm	Introduction by the Mayor of Epsom and Ewell, Councillor Humphrey Reynolds.
	12.20pm 1.00pm 2.00pm	Laine Theatre Arts. Virtual Lunch with Eddie and James. A talk about the importance of sharing our thoughts and feelings, and how our actions can not only lead to the help and support for our own mental health, but other's too. With Tony Samuels, Chairman of Surrey County Council
	2.30pm-4.00pm	Thoughts from the frontline with Dr Max Pemberton, Patron of Love Me Love My Mind.
	4.15pm	Rebuilding community after the pandemic with Councillor Bernie Muir.
	4.30pm-5.30pm	How our understanding of mental distress and learning disability has advanced over the years. With Councillor Liz Frost.
	6.00pm	CYP Safe Haven for young people with Ben Blackman, including 'What causes mental distress?'

Monday 5th October	9.00am-9.30am 9.30am-9.50am 10.00am-12noon	Time of stillness with candle/music. Epsom Downs Primary School Steel Band. What's new in the field of mental health drug discovery? With Professor John Atack, Director, Medicines Discovery Institute at Cardiff University.
	12.15pm-1.15pm 3.00pm 4.00pm 5.00pm-6.00pm	Trauma and psychotherapy with Alex Gibson. Annual General Meeting of Love Me Love My Mind. Hope in changing times with Rabbi Danny Rich. Poetry workshop: How unlikely people write sublime poetry facilitated by Anne Sturton.
	6.00pm	Smoking and mental health with Barclay West and Greg Mell.
	7.00pm	Lewis Stephens shares the highs and lows of his cycle ride around Britain's coastline in aid of mental health.
		Recipe of the day with Eddie and James - see our website on the day.
Tuesday 6th October	9.00am-9.30am 9.30am-9.50am 10.00am 11.00am	Time of stillness with candle/music. Sing as if no one is listening. (song words on website). Anne Sturton speaks with members of staff from local schools. Social media and young people/mental health of young people during and after lockdown with Helen Keevil.
	12.15pm-12.45pm 1.00pm 2.00pm – 3.15pm	Home-Start: Imagine being a new mum in Lockdown.... James Goodhand, author of 'Last Lesson'. People Trafficking and mental health care with Surrey Police.
	3.30pm -4.45pm	Money management when times are very tough with Christians Against Poverty and Citizens Advice, EE.
	5.00pm-5.30pm 5.45-6.45pm 7.00pm	Streetlight UK: mental health and prostitution. QiGong with Sam. A master class with artist in residence Charles Duncan Twigg.
		Recipe of the day with Eddie and James - see our website on the day.
Wednesday 7th October	9.00am-9.30am 9.30am-9.50am 10.00am-11.30am	Time of stillness with candle/music. Dance like there is nobody watching... 'How to Grow a Grown Up: parenting tips for the 21st century' by Dr Dominique Thompson.
	11.45am-12.45pm	'the burden of choice - abortion in the context of prenatal diagnosis'.
	1.00pm-2.00pm	Homelessness and desperation with Angela, Gail and Lisa from The Meeting Room.
	2.15pm-3.45pm 4.00pm-5.30pm 5.45pm-6.00pm 6.30pm-7.30pm	I for Insight with Ioulia Hapeshis. Rachel Kelly: How to Sing in the Rain. Stoneleigh Job Club. Circus skills workshop with Bezerkaz Circus.
		Recipe of the day with Eddie and James - see our website on the day.

<p>Thursday 8th October</p>	<p>9.00am-9.30am 9.30-9.50am</p> <p>10.00am-10.30am 11.00am-11.30am 12.00noon- 12.30pm 1.00pm-2.30pm 2.45-3.45pm</p> <p>4.00pm 6.00pm</p> <p>7.00pm-8.00pm</p>	<p>Time of stillness with candle/music. A Virtual tour around The Patchwork Garden Project followed by some peaceful music. Bread making with John and Isabel. Flower arranging with Ruth and Betty. Sewing with Isabel Lobo and Anne Sturton.</p> <p>Knitting and crochet with Helen. Art and its benefits with Shona Bradbury, Manager of Appleby House, Epsom. Challenging stigma creatively with Megan Aspel Eric, a four-footed friend from Therapy Dogs Nationwide, stars in a short video about his work. Breaking the barriers! The new challenges for a more inclusive community with The SunnyBank Trust.</p> <p>Recipe of the day with Eddie and James - see our website on the day.</p>
<p>Friday 9th October</p>	<p>9.00am-9.30am 9.30-9.50am</p> <p>10.00am</p> <p>11.00am 11.30am-12.45pm</p> <p>1.00pm</p> <p>2.00pm 4.30pm</p> <p>6.00pm 7.00pm</p>	<p>Time of stillness with candle/music. Musical interlude including Blenheim School The Climb video and The Metropolitan Police Choir. Exploring holistic care at the end of life - A conversation between a doctor and a social worker. The Good Grief Trust with Linda Magistris. Self-harm and Suicide prevention with Tope Forsyth of Surrey and Borders Partnership NHS Foundation Trust and Nanu Chumber-Stanley of Surrey County Council. Lessons to be learnt from the past year with MP for Epsom and Ewell, Chris Grayling. Announcement of Art Competition winners. Sexual identity and mental health with Darren Garland-Bonner from Outline Surrey. Field of Grace: support for people with eating disorders. Imam Joynal Ahmed reflects on the times in which we live.</p> <p>Recipe of the day with Eddie and James - see our website on the day.</p>
<p>Saturday 10th October</p>	<p>9.00am-9.30am 10.00-11.30am 12noon-1.00pm 1.30pm-2.00pm 2.30pm-3.30pm</p>	<p>Time of stillness with candle/music. A virtual walk with Jim Rice from The Woodland Trust. Dancing mindfulness with Vicky Cruz. Lunchtime cabaret with Autumn Willow. Mindful self-compassion in our vulnerability/THE VOICES IN MY HEAD? with Kathryn Lovewell of the Kind Mind Academy.</p> <p>Recipe of the day with Eddie and James - see our website on the day.</p>