



Communiqué

Mary Frances Trust's Newsletter

June 2016



Like us on facebook:

Mary Frances Trust

and/or follow us on Twitter

@MaryFrancesTrst

For any enquiries please call: 01372 375400

or send us a text: 07929 024722

or email: info@maryfrancestrust.org.uk

www.maryfrancestrust.org.uk

www.communityconnectionssurrey.com

It's June already and the Summer BBQ is almost here! We have an interesting array of courses and activities for you over the next month.

If you feel like trying something new, we are running a taster session for Drama Therapy, and also Boot Camp sessions. The Introduction to Mindfulness courses have been so popular there are another three courses running. These courses are part of our well-being programme, and designed to help improve both physical and mental health, as well as being fun. If you have not yet tried complementary therapies, the article on page 10 explains all about the treatments we offer.

Epsom Arts Festival, MGS04, is taking place over the last weekend in June. Our Art Group at Brickfield are decorating large 3D cutouts spelling MGS04 which will be displayed at one of the venues. The name of the festival, MGS04 has been inspired by MgSO₄ the chemical formula for magnesium sulphate (commonly known as Epsom Salts) which made Epsom famous almost 400 years ago. People would come to Epsom by horse and carriage to drink the salts from Epsom Well, and stable their horses and attend balls at the Assembly Rooms (now Weatherspoons).

Have a look at the poster on page 13 and their website for more details – there are lots of free events!

MFT Team

Monday	Tuesday	Wednesday	Thursday	Friday
PURPLE = The Brickfield Centre	GREEN = Other Epsom & Ewell Locations	1 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19.30-21:00 Let's Talk Group – St Barnabas Church	2 10.00-13.00 Advice & Support - Epsom Hub	3 10:15-13:30 Café open 9:45-12:00 Reflexology 10:30-12:30 Art Group
6 09:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	7 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-15:00 Knitting Group 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	8 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 13:30-16:00 Mindfulness – The Ebbisham Centre 19.30-21:00 Let's Talk Group – St Barnabas Church	9 13:00-15:00 Computer Sessions	10 10:15-13:30 Café open 9:45-12:00 Reflexology 10:30-12:30 Art Group
13 09:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	14 9.30-10.30 Boot Camp 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-15:00 Knitting Group 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	15 9.00-17:00 Advice & Support 11:30-12:30 Play Reading Group 13:30-16:00 Mindfulness – The Ebbisham Centre 19:30-21:00 Let's Talk Group – St Barnabas Church	16 13:00-15:00 Computer Sessions 10:00-13:00 Advice & Support – Epsom Hub	17 10:15-13:30 Café open 9:45-12:00 Reflexology 10:30-12:30 Art Group
20 09:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	21 9.30-10.30 Boot Camp 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-15:00 Knitting Group 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	22 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let's Talk Group – St Barnabas Church	23 13:00-15:00 Computer Sessions	24 10:15-13:30 Café open 9:45-12:00 Reflexology 10:30-12:30 Art Group
27 09:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	28 9.30-10.30 Boot Camp 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-15:00 Knitting Group 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	29 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let's Talk Group – St Barnabas Church	30 13:00-15:00 Computer Sessions 10:00-13:00 Advice & Support – Epsom Hub	

ACTIVITIES in June 2016 in Mole Valley

Monday	Tuesday	Wednesday	Thursday	Friday
BLUE = The Crescent Centre, Leatherhead	RED = Other Mole Valley Location Lhd Inst = Leatherhead Institute	1 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	2 10:00-12:00 Computer Sessions 19:00-21:00 Bipolar Group 10:30-11:30 Gentle Exercise – Parson’s Mead Pavillion, Ashtead 14:30-15:30 Relaxation & Mindful Meditation at Lhd Inst 14:00-16:00 Harmonies Club at Lhd Inst	3 9:00-11:00 Learning & Skills – Clarendon House 11:00-14:00 Butterfly Café Open 13.00-16.00 Advice & Support
6 10:00-12:00 Yoga Lhd Inst 14:15 -15:45 Football Training– Leatherhead Leisure Centre 14:00-15:30 Yoga - Ashtead Cricket Club	7 9:00-12:00 Learning & Skills 10:00-12:00 Art Group 10:00-15:00 Computer Sessions 13:00-14:30 Staff Team Catch Up	8 11:00-14:00 Butterfly Café Open	9 10:00-12:00 Computer Sessions 19:00-21:00 Hoarders’ Group 10:30-11:30 Gentle Exercise – Parson’s Mead Pavillion, Ashtead 10:00-13:00 Advice & Support – Clarendon Ho 14:00 16:30 Mindfulness Course -Lhd Inst 13:00-17:00 Advice & Support–Dorking Hub 14:00-16:00 Harmonies Club at Lhd Inst	10 9.00-12.00 Advice & Support 9:00 -11:00 Learning & Skills 11:00-14:00 Butterfly Café Open Saturday 11th June 11am Healthy Walk starting at Leatherhead Theatre
13 9:00-16:00 Advice and Support 10:00-12:00 Yoga Lhd Inst 14:15 -15:45 Football Training– Leatherhead Leisure Centre 14:00-15:30 Yoga - Ashtead Cricket Club	14 9:00-12:00 Learning & Skills 9.00-12.00 Advice & Support 10:00-12:00 Art Group 10:00-15:00 Computer Sessions 13:00-14:30 Staff Team Catch Up	15 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 14:15-15:15 Music Group	16 10:00-12:00 Computer Sessions 10:30-11:30 Gentle Exercise – Parson’s Mead Pavillion, Ashtead 14:00 16:30 Mindfulness Course -Lhd Inst 13:00-17:00 Advice & Support–Dorking Hub 14:00-16:00 Harmonies Club at Lhd Inst	17 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café open 13.00-16.00 Advice & Support 9:00-11:00 Learning & Skills – Clarendon House
20 9.00-16.00 Advice and Support 10:00-12:00 Yoga Lhd Inst 14:15 -15:45 Football Training– Leatherhead Leisure Centre 14:00-15:30 Yoga - Ashtead Cricket Club	21 9:00-12:00 Learning & Skills 9:00-12:00 Advice & Support 10:00-12:00 Art Group 10:00-15:00 Computer Sessions 13:00-14:30 Staff Team Catch Up 14:30-16:00 Advice & Support	22 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 14:15-15:15 Music Group 19:30-21:00 Surrey Eating Disorder Group	23 10:00-12:00 Computer Sessions 19:00-21:00 Coping with Anxiety Group 10:00-13:00 Advice & Support – Clarendon Ho 10:30-11:30 Gentle Exercise – Parson’s Mead Pavillion, Ashtead 13:00-17:00 Advice & Support–Linden House 14:00 Healthy Walk starting at Leatherhead Theatre 14:00-16:00 Harmonies Club at Lhd Inst	24 9.00-12.00 Advice and Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café open
27 9.00-16.00 Advice and Support 10:00-12:00 Yoga Lhd Inst 14:15 -15:45 Football Training– Leatherhead Leisure Centre 14:00-15:30 Yoga - Ashtead Cricket Club	28 9:00-12:00 Learning & Skills 9:00-12:00 Advice & Support 10:00-12:00 Art Group 10:00-15:00 Computer Sessions 13:00-14:30 Staff Team Catch Up	29 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 14:15-15:15 Music Group	30 10:00-12:00 Computer Sessions 10:30-11:30 Gentle Exercise – Parson’s Mead Pavillion, Ashtead 13:00-17:00 Advice & Support–Dorking Hub 14:00-16:30 Managing Stress Course – Lhd Inst 14:00-16:00 Harmonies Club at Lhd Inst	



Workers' Educational Association



An Introduction to Mindfulness

A free course



FREE 2-week course on:

Wednesday 8th & 15th June 2016
At 1.30pm to 4pm

Venue: The Ebbisham Centre Derby Square
Epsom KT19 8AG

For more information, or to book your place, please contact:

Tel: 01372 375400
email: info@maryfrancestrust.org.uk
Text: 07929 024722



The Workers' Educational Association (WEA) is a charity registered in England and Wales (no: 1112775) and in Scotland (no: SC030239) and a company limited by guarantee registered in England and Wales (no: 2805915) Working in partnership with East Surrey College to deliver adult learning across the East Surrey Area.

Funded by



In this FREE 2 part course Angie Muscio will introduce you to Mindfulness

Topics include:

- The 7 dimensions of Mindfulness
- Getting in touch with your senses
- 3 minute meditation
- Useful resources

This course is for users of Mental Health Services, aged 18+

Places are limited and registration is required prior to attendance



Workers' Educational Association



An Introduction to Mindfulness

A free course



FREE 2-week course on:

Thursday 9th & 16th June at 2pm- 4.30pm

Venue: The Leatherhead Institute
High Street, Leatherhead, KT22 8AH

For more information, or to book your place, please contact:

Tel: 01372 375400
email: info@maryfrancestrust.org.uk
Text: 07929 024722



The Workers' Educational Association (WEA) is a charity registered in England and Wales (no: 1112775) and in Scotland (no: SC030239) and a company limited by guarantee registered in England and Wales (no: 2805915) Working in partnership with East Surrey College to deliver adult learning across the East Surrey Area.

Funded by



In this FREE 2 part course Angie Muscio will introduce you to Mindfulness

Topics include:

- The 7 dimensions of Mindfulness
- Getting in touch with your senses
- 3 minute meditation
- Useful resources

This course is for users of Mental Health Services, aged 18+

Places are limited and registration is required prior to attendance



Dramatherapy Taster Session

'When I couldn't talk without choking on my tears, Dramatherapy gave me a voice, a way to express myself without having to talk'



Wednesday 6th July 2016

11.30am -12.30pm

Leatherhead Institute 67 High St, Leatherhead, KT22 8AH.

Dramatherapy is a creative process.....not a performance!

You do not need any prior interest in or experience of either acting or drama.

Dramatherapy is a creative 'talking therapy', it can provide easier access to challenging emotions and /or life experiences.

Interested for yourself or someone else?

Looking to find out more?

Call 01372 375 400 or Text 07929024722

Email info@maryfrancestrust.org.uk

To book your place please contact :

Mary Frances Trust on

01372 375400, text 07929 024722, or email

info@maryfrancestrust.org.uk

We will need you to complete some paperwork before your place is confirmed.



Workers' Educational Association



Managing Stress and distressing situations – an introduction to healthy coping strategies

A free course

MANAGING STRESS



FREE 2-week course on:

Thursday 30th June & 7th July

2pm-4.30pm

**Venue: The Leatherhead Institute
High Street, Leatherhead, KT22 8AH**

For more information, or to book your place, please contact:

Tel: 01372 375400

email: info@maryfrancestrust.org.uk

Text: 07929 024722

This course will enable people to understand what stress is and how it affects the mind and body. We will look at how we can improve and develop our coping strategies in order to deal better with upsetting situations and how to use simple techniques including relaxation, mindfulness and visualisation. Learning how to regulate our emotions will be explored with particular emphasis on challenging unhelpful thinking patterns.

Communication and interpersonal styles will be addressed

This course is for users of Mental Health Services, aged 18+

Places are limited and registration is required prior to attendance

The Workers' Educational Association (WEA) is a charity registered in England and Wales (no:1112775) and in Scotland (no:SC036239) and a company limited by guarantee registered in England and Wales (no:2806910) Working in partnership with East Surrey College to deliver adult learning across the East Surrey Area.



Funded by



MaryFrancesTrust



6 weeks free
training!

BOOT CAMP

Starting on

Tuesday 14th June 9.30am - 10.30am

at The Brickfield Centre, Portland
Road, Epsom KT17 1DL

Want to get fit and have fun?

Fitness Instructor Jon Sammans will be running free boot camp sessions for 6 weeks at the Brickfield Centre. The exercises can be tailored to help you, whatever your current fitness level is. This is a really enjoyable way to improve your fitness and energy levels, and make some friends along the way.

Places are limited so you need to book as soon as possible

*This activity may be extended and moved to a different venue if there is enough demand.



Jon - Bootcamp instructor

For more information, or to book your place, please contact Mary Frances Trust on 01372 375400 or email info@maryfrancestrust.org.uk or text 07929 024722, or contact Stephen Honey at The Brickfield Centre on Tuesdays and Fridays



Workers' Educational Association



An Introduction to Mindfulness

A free course



FREE 2-week course on:

Monday 11th & 18th July 10.30am -1pm

Venue: **The Leatherhead Institute
High Street, Leatherhead, KT22 8AH**

For more information, or to book your place, please contact:

Tel:01372 375400

email: info@maryfrancestrust.org.uk

Text: 07929 024722



The Workers' Educational Association (WEA) is a charity registered in England and Wales (no:1112775) and in Scotland (no:SC036239) and a company limited by guarantee registered in England and Wales (no:2806910) Working in partnership with East Surrey College to deliver adult learning across the East Surrey Area.



In this **FREE** 2 part course **Angie Muscio** will introduce you to **Mindfulness**

Topics include:

- The 7 dimensions of Mindfulness
- Getting in touch with your senses
- 3 minute meditation
- Useful resources

This course is for users of Mental Health Services, aged 18+

Places are limited and registration is required prior to attendance

Holistic Therapies explained

If you have never tried holistic therapies you may wonder what is involved. We provide holistic therapy sessions at The Brickfield Centre in Epsom on Tuesday and Friday mornings and at The Crescent Centre in Leatherhead on Wednesday and Friday mornings. Sessions are for half an hour and we make a small charge of £5 to help cover costs.

The therapies provided are:

Massage – with Valerie on Wednesdays and Fridays in Leatherhead, Ting and Suzanne on Tuesdays in Epsom

- the therapist uses their hands to massage the soft tissues of the body loosening muscles and to promote health and well-being.
- you may need to remove some clothing but if so the therapist covers you with a towel and protects your modesty at all times.

Reflexology - with Rachel on Fridays in Epsom

- a gentle and effective form of therapeutic treatment applied to the feet and sometimes to the hands.
- Reflexology is based on the belief that there are reflex areas on the feet (and hands) corresponding to all the parts of the body including major organs. The therapist stimulates and works these organs and systems through the reflexes, applying pressure to the feet with thumb and fingers.
- you would need to have bare feet.

Reiki - with Suzanne on Tuesdays in Epsom

- a form of healing touch that conducts energy from the giver to the receiver. It is a holistic therapy in that it works on the mind, body and spirit by stimulating the body's own natural healing capacity.
- Reiki is usually carried out while you are fully clothed.

To book contact Mary Frances Trust by phone 01372 375400, text 07929024722.

You can usually have one treatment a month.

*Please join us for our
Annual Summer BBQ*

**at The Crescent Centre,
23 The Crescent, Leatherhead**

**Saturday 16th July
from 11.00am**

£5 in advance please (non refundable)

**& any help on the day would
be greatly appreciated**

**For catering purposes please
RSVP by Friday 8th July**

on 01372 375400

or email

kathy@maryfrancestrust.org.uk

MaryFrancesTrust



Carers Week



Drop IN



7th June at Hub Epsom

10:30 – 1:30

Tea / Coffee, Cake - Morning



saos

surrey artists' open studios

4th – 19th June 2016

The summer Open Studios offer the public access to local artists and gives valuable insights into how artwork is produced. For 16 days this summer event is all about visiting studios, meeting the artists, seeing them at work, browsing completed works and seeing work in progress, and even trying your hand at making something for yourself.

For more information please go to www.surreyopenstudios.org.uk



Conquest Art

Enriching the lives of people with disabilities

Conquest Art is a Charity that works with those whose life is limited by disability and health issues. Creativity can bring relief, relaxation and an improvement in wellbeing and our groups provide an opportunity to make new friends.

NEW GROUP IN LEATHERHEAD

**Opens on Tuesday, 7th June 2016 from 2 to 4 pm at
Leatherhead Methodist Church, Church Road, Leatherhead, KT22 8AY**

Overcome adversity through art.

For further information on becoming a Member or Volunteer of
Conquest Art please see our website:

www.conquestart.org or phone 020 3044 2731

Registered Charity No: 278538

Mary Frances Trust works from:

THE CRESCENT CENTRE
23 The Crescent
Leatherhead
KT22 8DY

ST BARNABAS CHURCH
Temple Road
Epsom
KT19 8HA

EPSOM HUB
131 High Street
Epsom
KT19 8EF

THE BRICKFIELD CENTRE
Portland Place
Epsom
KT17 1DL

CLARENDON HOUSE
28 West Street
Dorking
RH4 1QJ

DORKING HUB
The Mayflower Centre
Lyons Court
Dorking
RH4 1AB

USEFUL NUMBERS

Mental Health Crisis Helpline
0300 456 8342
SMS Text: 07717 989024

CMHRS – Mole Valley
Clarendon House, 28 West Street
Dorking, RH4 1QJ
01306 502400

CMHRS – Epsom & Ewell
Farmside, West Park, Horton Lane
Epsom, KT19 8PB
01372 204000

SAMARITANS

**24 hr confidential emotional support for
people who are experiencing feelings of
distress, despair or suicidal thoughts**

National helpline : 116 123 (free), or email
jo@samaritans.org

Mid Surrey : 7 Church Road, Leatherhead,
KT22 8AH
01372 375555

East Surrey : John Williams House, 46 High
St, Reigate RH2 9AY
01737 248444



Charity no: 1055113