



Communiqué

Mary Frances Trust's Newsletter

August 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.communityconnectionsurrey.com

Welcome to the August edition of Communiqué.

Things are a bit quieter during August and we are using this time to plan for the coming months. You can see from this edition that there are a lot more courses and activities available to you from September onwards, but in the meantime the evening groups at Leatherhead, the cafés at Epsom and Leatherhead and the Art groups will still be happening, and of course, the Safe Haven in Epsom is open every evening for people who are experiencing a mental health crisis. The calendars on pages 3 & 4 show everything that is happening in August.

The barbeque in July was a great success – even the weather stayed fine for us! Thank you to everyone who helped, especially Bob and Ben who cooked outside. The food was delicious and we all had a great day.

We can now refer people to the gym at the Leatherhead Leisure Centre, which means you can get a 12 week gym membership with a programme designed especially for you, for a very reduced rate of around £2.50 per week. Please let us know if you are interested. We are also hoping to run an exciting new badminton project at the Rainbow Centre in Epsom soon, so look out for more details.

Why not pop into one of our cafés during August to have a chat about what is on offer for you for the next few months? We'd be pleased to see you!

Team MFT

ACTIVITIES in August 2016 in Epsom & Ewell

Monday	Tuesday	Wednesday	Thursday	Friday
1 09:00-11:00 Learning & Skills	2 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	3 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19.30-21:00 Let's Talk Group – St Barnabas Church	4 13:00-15:00 Computer Sessions	5 10:15-13:30 Café open 10:30-12:30 Art Group
8	9 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	10 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19.30-21:00 Let's Talk Group – St Barnabas Church	11 13:00-15:00 Computer Sessions 10:00-13:00 Advice & Support – Epsom Hub	12 10:15-13:30 Café open 10:30-12:30 Art Group
15	16 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	17 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let's Talk Group – St Barnabas Church	18 13:00-15:00 Computer Sessions	19 10:15-13:30 Café open 10:30-12:30 Art Group
22 09:00-11:00 Learning & Skills	23 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	24 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let's Talk Group – St Barnabas Church	25 13:00-15:00 Computer Sessions 10:00-13:00 Advice & Support – Epsom Hub	26 9:00-16:00 Advice & Support 10:15-13:30 Café open 10:30-12:30 Art Group
29 Bank Holiday	30 9:00-13:00 Learning & Skills 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	31 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let's Talk Group – St Barnabas Church	PURPLE = The Brickfield Centre	GREEN = Other Epsom & Ewell Locations

ACTIVITIES in August 2016 in Mole Valley

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00-16:00 Advice and Support 14:15 -15:45 Football Training– Leatherhead Leisure Centre	2 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	3 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	4 10:00-12:00 Computer Sessions 19:00-21:00 Bipolar Group 10:00-13:00 Advice & Support – Clarendon Ho 13:00-17:00 Advice & Support–Dorking Hub 14:00-16:00 Harmonies Club at Lhd Inst	5 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 9:00-11:00 Learning & Skills – Clarendon House
8 9:00-16:00 Advice and Support 14:15 -15:45 Football Training– Leatherhead Leisure Centre	9 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	10 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	11 10:00-12:00 Computer Sessions 19:00-21:00 Hoarders’ Group 13:00-17:00 Advice & Support–Dorking Hub 14:00-16:00 Harmonies Club at Lhd Inst	12 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open <p style="text-align: center;">Saturday 13th August 11am Healthy Walk starting at Leatherhead Theatre</p>
15 9:00-16:00 Advice and Support 14:15 -15:45 Football Training– Leatherhead Leisure Centre	16 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	17 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	18 10:00-12:00 Computer Sessions 10:00-13:00 Advice & Support – Clarendon Ho 13:00-17:00 Advice & Support–Dorking Hub 14:00-16:00 Harmonies Club at Lhd Inst	19 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café open
22 9:00-16:00 Advice and Support 14:15 -15:45 Football Training– Leatherhead Leisure Centre	23 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	24 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	25 10:00-12:00 Computer Sessions 19:00-21:00 Coping with Anxiety Group 13:00-17:00 Advice & Support–Lindon House 14:00-16:00 Harmonies Club at Lhd Inst	26 11:00-14:00 Butterfly Café open 10:30-13:30 Compl. Therapies
29 Bank Holiday	30 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	31 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	BLUE = The Crescent Centre, Leatherhead	RED = Other Mole Valley Location Lhd Inst = Leatherhead Institute

Emotional Health & Wellbeing Workshops

This series of free evening workshops has been designed to help improve and maintain emotional and mental health

Groups will be small and friendly, and will be held at:

The Larches, Waterloo Road

Epsom KT19 8EX

7pm until 9pm

You can come to as many workshops as you like, but spaces will be limited so please book in advance

Managing Stress and Anxiety *Wednesday 14th September*

Understand how stress and anxiety impacts our lives and learn new techniques to manage our response to difficult situations

Self Esteem *Wednesday 21st September*

Look at new ways to improve self-esteem and confidence

Assertiveness *Wednesday 28th September*

Learn how to say no when you really want to and to be more assertive

Communication Skills *Wednesday 12th October*

Explore the secrets of dealing with people, how to avoid arguments and manage conflict

Mindfulness *Wednesday 19th October*

Discover what mindfulness is all about and how it could benefit you

Goal Setting *Wednesday 2nd November*

Find out what "SMART" goals are and learn how setting goals can help you get where you want to go

To book your place, please ring 01372 375400, SMS 07929 024722

Or email info@maryfrancestrust.org.uk

Supported by the Toyota Community Fund



Relaxation & Mindful Meditation

This free course has been designed to help you to learn and practice meditation to reduce stress and anxiety, and help you to feel calmer .
You will be introduced to some simple but effective breathing exercises that will help you to focus and relax.

This 6 week course will be held at
The Leatherhead Institute—Main Hall
67 High Street
Leatherhead
KT22 8AH

On:
Starting Wednesday 14th September 2016
Time:
3.00pm– 4.00pm

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.

Supported by the Thomas Flack Fund



Please sponsor Patrick, who's cycling London to Brighton to raise money for Mary Frances Trust!



11TH
SEPT
2016



Patrick is facing the challenge of a 54 mile journey on 2 wheels on Sunday 11th September on the iconic Do it for Charity bike ride - starting from Clapham Common in South London, pedalling through Mitcham, Carshalton, Chipstead, Banstead, Haywards Heath to the finishing line in Brighton.

Please sponsor Patrick by using the link below:

<http://www.doitforcharity.com/PWolter>

or by speaking to a member of Mary Frances Trust staff:

01372 375400 or text 07929 024722 or email info@maryfrancestrust.org.uk

MaryFrancesTrust 



Bob (our IT tutor) and Amanda (one of our reception volunteers) are riding alongside Patrick to raise money for Mary Frances Trust! Please let us know if you would like to sponsor Bob or Amanda.



We wish them all the best of luck!

MaryFrancesTrust



Get Active

Starting on
Tuesday 13th September 2pm -3pm
at The Brickfield Centre, Portland
Road, Epsom KT17 1DL

Want to get fit and have fun?

Fitness Instructor Jon Sammans will be running free 'Get Active' 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.



Jon - instructor

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

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

Supported by the Toyota Fund for a Better Tomorrow

Assertiveness

A free workshop



Date: Friday 30th September 2016

Time: 10am – 1pm

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

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

Mary Frances Trust - Tel: 01372 375400

Text: 07929 024722 or email:

info@maryfrancestrust.org.uk

Supported by The Thomas Flack Fund



Funded by



The Workers' Educational Association (WEA) is a charity registered in England and Wales (no:1112775) and in Scotland (no:SC039236) and a company limited by guarantee registered in England and Wales (no:2006910) Working in partnership with East Surrey College to deliver adult learning across the East Surrey Area.

In this FREE 3 hour workshop Angie Musico will guide you in developing techniques for helping you to become more assertive

Topics include:

- Defining Assertiveness
- Assertive, passive and aggressive behaviours
- How to express yourself effectively
- The benefits of assertiveness

This course is for users of Mental Health Services, aged 19+. Places are limited and registration is required prior to attendance.

Introduction to Craft Card Making Course



Learners will learn how to save money and make personalised cards for all occasions. This course will inspire learners by introducing a range of creative ideas and techniques to make cards and invitations that stand out from the crowd.

This 3 week course will be held at:

Beare Green Village Hall
Merebank
Beare Green
Dorking RH5 4RD

Start Date: Friday 16th September **Time:** 12.30pm—3.30pm

The course is open to anyone who is experiencing mental ill health or needs support with emotional well-being,
You do not have to be referred by a healthcare professional.

To book your place please contact Mary Frances Trust
email: info@maryfrancestrust.org.uk, Tel: 01372 375400
Text: 07929 024722

Places are limited, so please book early.

Supported by Mole Valley District Council



Goal Setting

This free, 3 hour workshop will introduce you to the concept of goal setting,
Come and find out what “SMART” goals are and learn how setting goals can help you get where you want to go

The workshop will be held at:

The Leatherhead Institute
67 High Street
Leatherhead
KT22 8AH

On: Friday 23rd September 2016

Start time: 1pm

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.

Supported by The Thomas Flack Fund

MaryFrancesTrust

**Introduction to Yoga,
to help reduce stress, anxiety and build self confidence**



This course aims to give students the opportunity to apply some basic breathing and mindfulness techniques to help reduce stress and anxiety and build self confidence through basic Yoga techniques. The course is open to people who need support with emotional wellbeing.

**This free course will be held on Mondays at
The Leatherhead Institute
67 High St, Leatherhead KT22 8AH**

The 4 week introduction course will start on Monday 5th September and will be followed by a 4 week progression course that will start on Monday 3rd October
10am –12 noon

**To find out more or to book a place, please contact
Mary Frances Trust on
01372 375400, text 07929 024722, or email
info@maryfrancestrust.org.uk**

**Places are limited,
so please book as soon as possible**

Supported by The Thomas Flack Fund





Introduction to Mindfulness

This free, 3 hour workshop will introduce you to the concept of mindfulness ,

Including:

The 7 dimensions of Mindfulness

Ways to get in touch with your senses

3 minute meditation session

Signposting to useful resources

The workshop will be held at:

The Leatherhead Institute

67 High Street

Leatherhead

KT22 8AH

On: Friday 16th September 2016

At: 1pm

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.

Supported by The Thomas Flack Fund

Walking for Health

Discover the many benefits of walking from reducing stress, to losing weight, to sharing laughs!

Our walks are approximately 1 hour and take place on the second Saturday of each month at 11am.

We walk around the quiet streets and alleyways of Leatherhead and by the river when it is not too muddy.



Our walks are:

- Free and sociable
- Moderate level
- Led by friendly volunteers
- Open to all, but some walks are not suitable for pushchairs or wheelchairs

The next walks are on:

Saturday 13th August

Saturday 8th October

Saturday 10th September

Saturday 12th November

Please meet outside The Theatre, Church Street Leatherhead, 15 minutes before.

There is no need to book but if you would like more information do contact Mary Frances Trust:

tel 01372 375400 text 07929 024722
email : info@maryfrancestrust.org.uk





Pilates for Mindfulness

A block of six classes: 5, 12, 19, and 26 Sept; and 3, 10, Oct, from 1-2 pm

Pilates is a thoughtful exercise which encourages you to be present and mindful of your whole body while you exercise. It is often called 'movement as meditation.'

Pilates for Mindfulness focuses on Body Control Pilates' first four guiding principles: Concentration, Relaxation, Alignment, and Breathing. But most importantly it helps to quiet the mind and to closely align it with the body. There is a guided meditation at the end of the class.

Classes are held at The Brickfields Centre. For more information about Pilates and the class, please visit www.calmandstrongpilates.com

To register for classes, please contact Christine Schauerman, at The Mary Frances Trust, Christine@maryfrancestrust.org.uk, or text 07929 024736, or call 01372 375 400. The Mary Francis Trust provides information and services for people experiencing mental health difficulties, and the people who care for them.

A rate of £42 and £21.00 concessions is offered for the block of classes.





WEA East Surrey
www.wea.org.uk



Workers'
Educational
Association

MaryFrancesTrust

Self Esteem Workshop

Workshop Date:
Friday 16th
September 2016

Cost:
FREE

Time:
10am-1pm

Venue:
Leatherhead
Institute
High Street
Leatherhead
KT22 8AH

Would you like to learn and
develop techniques to raise your
self esteem?

Learn how to deal with
difficult situations in an
appropriate manner?

Identify positive traits and how
body language can impact others?

**Then come along to our
course and learn how!**

Booking details:

Telephone: 01372 375400 or **Text** 07929 024736
email info@maryfrancestrust.org.uk



**This course has been funded
by The Thomas Flack Fund**



A Gentle Introduction to Fitness

A class run by Michelle Sammans that is open to everyone who would like to improve their sense of well being and self esteem, regardless of age, fitness level or ability, through dance-related exercise

The classes will be held at
Parson's Mead Pavillion
Ottways Lane
Ashtead

KT21 2PS



(On the main bus routes from Epsom and Leatherhead)

The classes will be held on Thursdays, from 1st September 2016 10.30am to 11.30am £5.00 per session

Just turn up or, to book a place on this course, please contact:

Christine Schauerman
info@maryfrancestrust.org.uk
Telephone: 01372 375400
Text: 07929 024722

Supported by The Thomas Flack Fund

MaryFrancesTrust

**Taster Session for Yoga in Epsom
to help reduce stress, anxiety and build self confidence**



This taster session is aimed at giving you a chance to try out Yoga. This 45 minute taster will introduce you to some basic skills and techniques and give you the opportunity to decide if you would like to sign up for the 12 week course that we are running from the end of September in Epsom.

**The taster session will be held at:
The Brickfield Centre
Portland Place
Epsom
KT17 1DL
On:
Thursday 8th September 2016
Start Time:
2.15pm**

**To find out more or to book a place, please contact
Mary Frances Trust on
01372 375400, text 07929 024722, or email
info@maryfrancestrust.org.uk**

Places are limited to 8 people, so please book as soon as possible



MaryFrancesTrust

Yoga Course in Epsom to help reduce stress, anxiety and build self confidence



This course aims to give people who need some support with emotional well being the opportunity to take part in a small Yoga group in a friendly, relaxed atmosphere. The tutor runs other groups at local venues, and after 12 weeks we hope you will feel confident enough to move on to a group that is open to the wider community.

**This 12 week course will take place on Thursdays, at
Church House,
St Martin's Church
Church Street
Epsom
KT17 4PX**

Please note: parking on site is limited, the nearest public car park is Hope Lodge, 5 minutes walk away

Start date: 29th September 2016

Time: 2.15pm–3.45pm

£3.00 per session or £30 in advance for 12 sessions

**To find out more or to book a 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.

Places are limited to 10 people, so please book as soon as possible

**This course has been supported by the
Toyota Community Fund**

Mobile Hub dates and venues in Mole Valley
AUGUST 2016

Date	From	To	Venue
Wednesday 3rd	10:00 13:00	12:00 15:00	Medwyn Medical Centre (Dorking) Dorking Library
Thursday 4th	10:00 12:30	12:00 15:00	Leatherhead Institute Leatherhead Library
Friday 5 th	10:00 13:00	12:00 15:00	Pippbrook Mole Valley Council Office The Point – Lyons Court (Dorking)
Monday 15 th	10:30 13:30	12:30 15:00	Meeting Place (Bookham Baptist Church) The Point – Lyons Court (Dorking)
Wednesday 17th	10:00 13:30	12:30 15:00	Medwyn Medical Centre (Dorking) The Point – Lyons Court (Dorking)
Thursday 18th	10:00 13:00	12:00 15:00	United Reform Church (Dorking) Leatherhead Library
Friday 19 th	10:00 13:00	12:30 15:00	Mary Frances Trust (Leatherhead) The Point – Lyons Court (Dorking)
Wednesday 31st	10:00 13:30	12:30 15:00	Medwyn Medical Centre (Dorking) Dorking Library

Information – Access to advice – Advocacy – Benefits – Equipment
Groups – Education – Carers – Transport – Employment – Health
Volunteering... and much more...

Volunteers needed



There are two opportunities to join our team at The Crescent Centre in Leatherhead.

- A receptionist for Monday mornings from 9.30-12.00
- A café volunteer on a Wednesday from 10.30-13.00

Training is given for both positions and you are able to gain qualifications if you are interested. I'm waiting for your call!

Contact Louise on 01372 375400 ext 105, email louise@maryfrancestrust.org.uk or text 07292 024722

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