



Communiqué

Mary Frances Trust's Newsletter

September 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 latest edition of Communiqué!

September means the start of new courses, and there are still places available on most of these. Just contact us if you are interested in joining in. We are now running evening courses too; at the Larches in Epsom.

Later on in the Autumn, we are running an event for the Mole Valley Arts Festival – our event this year will be an evening dance exercise class at Trinity School, Leatherhead on 19th October, and we will be running some events for Epsom Mental Health week starting 8th October, so please put these dates in your diary and be sure to come along. Your support at these events is invaluable as it helps us to raise awareness of the work we do.

The Safe Haven is being used by a growing number of people, who have been able to access support when they most need it. We have seen up to 23 people on some nights; for many it provides a safe and calm place for them to come to prevent a crisis, while for others it means they are able to access the urgent help they need without having to go to A & E.

Don't forget that we are still looking for people to join the team for the London to Brighton Cycle Event on 11th September! If you can't take part, perhaps you know someone who can, or maybe you could sponsor Patrick to help us to raise funds for future projects, at <http://doitforcharity.com/Pwolter> or contact us for more details.

ACTIVITIES in September 2016 in Epsom & Ewell

Monday	Tuesday	Wednesday	Thursday	Friday
PURPLE = The Brickfield Centre	GREEN = Other Epsom & Ewell Locations		1 13:00-15:00 Computer Session 14:15-15:00 Yoga Taster	2 10:15-13:30 Café open 9:45-12:00 Reflexology 10:30-12:30 Art Group
5 09:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	6 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	7 9:00-17:00 Advice & Support 11:30-12:30 Play Reading Group 19.30-21:00 Let’s Talk Group – St Barnabas Church	8 13:00-15:00 Computer Sessions 10:00-13:00 Advice & Support – Epsom Hub	9 10:15-13:30 Café open 9:45-12:00 Reflexology 10:30-12:30 Art Group
12 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	13 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 14:00-15:00 Getting Active 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	14 9:00-17:00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let’s Talk Group – St Barnabas Church 19:00-21:00 Wellbeing Programme – Managing Stress & Anxiety – The Larches	15 13:00-15:00 Computer Sessions	16 10:15-13:30 Café open 9:45-12:00 Reflexology 10:30-12:30 Art Group
19 09:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	20 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 14:00-15:00 Getting Active 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	21 9:00-17:00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let’s Talk Group – St Barnabas Church 19:00-21:00 Wellbeing Programme – Self Esteem – The Larches	22 13:00-15:00 Computer Sessions 10:00-13:00 Advice & Support – Epsom Hub	23 9:45-12:00 Reflexology 10:30-12:30 Art Group 14:00 Mary Frances Trust AGM at Abraham Dixon Hall, Leatherhead Institute
26 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	27 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 14:00-15:00 Getting Active 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	28 9:00-17:00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let’s Talk Group – St Barnabas Church 19:00-21:00 Wellbeing Programme – Assertiveness – The Larches	29 13:00-15:00 Computer Sessions 15:15 – 16:15 Yoga St Martin’s Church Epsom	30 10:15-13:30 Café open 9:45-12:00 Reflexology 10:30-12:30 Art Group

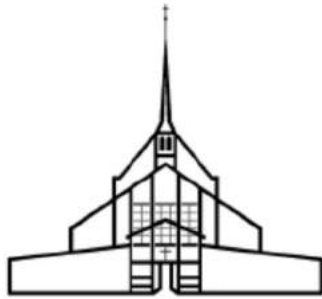
ACTIVITIES in September 2016 in Mole Valley

Monday	Tuesday	Wednesday	Thursday	Friday
BLUE = The Crescent Centre, Leatherhead	RED = Other Mole Valley Location Lhd Inst = Leatherhead Institute		1 10:00-12:00 Computer Sessions 19:00-21:00 Bipolar Group 10:00-13:00 Advice & Support – Clarendon Ho 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support–The Point 14:00-16:00 Harmonies Club at Lhd Institute	2 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
5 9:00-16:00 Advice and Support 10:00-12:00 Yoga – Leatherhead Institute 14:00-15:30 Yoga – Ashtead Cricket Club 14:15 -15:45 Football Training– Leatherhead Leisure Centre	6 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	7 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	8 10:00-12:00 Computer Sessions 19:00-21:00 Hoarders’ Group 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support–The Point 14:00-16:00 Harmonies Club at Lhd Institute	9 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 13:00-16:00 Mindfulness workshop Leatherhead Institute Saturday 10th September 11am Healthy Walk starting at Leatherhead Theatre
12 9:00-16:00 Advice and Support 10:00-12:00 Yoga – Leatherhead Institute 14:00-15:30 Yoga – Ashtead Cricket Club 14:15 -15:45 Football Training– Leatherhead Leisure Centre	13 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 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00=16:00 Relaxation & Mindful Meditation Leatherhead Institute	15 10:00-12:00 Computer Sessions 10:00-13:00 Advice & Support – Clarendon Ho 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support–The Point 14:00-16:00 Harmonies Club at Lhd Institute	16 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 12:30-3-30 Card Making – Beare Green Village Hall 11:00-14:00 Butterfly Café open 10:00-13:00 Self Esteem Workshop – Leatherhead Institute
19 9:00-16:00 Advice and Support 10:00-12:00 Yoga – Leatherhead Institute 14:00-15:30 Yoga – Ashtead Cricket Club 14:15 -15:45 Football Training– Leatherhead Leisure Centre	20 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	21 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00=16:00 Relaxation & Mindful Meditation Leatherhead Institute	22 10:00-12:00 Computer Sessions 19:00-21:00 Coping with Anxiety Group 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support–Linden House 14:00-16:00 Harmonies Club at Lhd Institute	23 10:00-12:00 Compl. Therapies 12:30-3-30 Card Making – Beare Green Village Hall 10:00-13:00 Assertiveness Workshop – Leatherhead Institute 14:00 Mary Frances Trust AGM at Abraham Dixon Hall, Leatherhead Institute
26 9:00-16:00 Advice and Support 10:00-12:00 Yoga – Lhd Institute 14:00-15:30 Yoga – Ashtead Cricket Club 14:15 -15:45 Football Training– Leatherhead Leisure Centre	27 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	28 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00=16:00 Relaxation & Mindful Meditation Leatherhead Institute	29 10:00-12:00 Computer Sessions 10:00-13:00 Advice & Support – Clarendon Ho 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support- The Point 14:00-16:00 Harmonies Club at Lhd Institute	30 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café open 12:30-3-30 Card Making – Beare Green Village Hall

St Barnabas Church

Temple Road Epsom KT19 8HA

MONDAY



DROP-IN

EACH MONDAY 4pm to 7pm

Come and join us – No referral necessary £2 per session

We are committed to provide a safe and enjoyable place for everyone
Those taking part are asked to be respectful towards each other
We do not permit alcohol or non-medication drugs
Anyone abusive or disruptive or a risk to others will be asked to leave

Further details contact: St Barnabas Church 01372 721518

info@lovemelovemymind.org.uk

Autumn/Winter Term 2016

- | | |
|--------|---|
| Sept 5 | Welcome Back and sharing our summer stories |
| 12 | Games evening |
| 19 | Adventure Golf and meal at Horton Golf Club |
| 26 | Drumming |
| Oct 3 | Tai Chi with Vicky |
| 10 | EMHW - Creating a tree of life |
| 17 | Where are we after the referendum? |
| 24 | Trip to Brighton (leave 10.00am) |
| 31 | Making Christmas Puddings |
| Nov 7 | Trip to Cinema |
| 14 | Making Christmas Cards with Jenny |
| 21 | Preparing for Thanksgiving with Father Michael |
| 28 | Drumming |
| Dec 5 | Carols with the Heart & Soul Choir & Christmas meal |
| 12 | Christmas visit to London |
| 19 | Playhouse – Aladdin and meal (show 1.30pm) |

Welcome back on 9 January 2017



MaryFrancesTrust



Annual General Meeting 23rd September 2016 at 2pm

Leatherhead Institute
Abraham Dixon Hall
67 High Street
Leatherhead KT22 8AH

The Mary Frances Trust has the pleasure to invite
you to our AGM.

Please come and join us to find out about MFT's
past year's achievements and future
developments!

Please RSVP:

email: info@maryfrancestrust.org.uk

tel: 01372 375 400 text: 07929 024722

*Free Buffet Lunch will be
served from 1.15pm at
The Abraham Dixon Hall*

Registered Charity: 1055113





Your local charity supporting your emotional wellbeing and mental health

The courses below are available to people who are experiencing mental ill health or need support with emotional well-being. To find out more, or to book a place, please contact Mary Frances Trust:

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

Course	Venue	Start Date	Time	Duration
Light Exercise (£5 per session)	Ashtead	Thurs 01/09/16	10.30am-11.30am	12 weeks
Yoga Progression (£3 per session)	Ashtead	Mon 05/09/16	2pm-3.30pm	12 weeks
Yoga Taster Session	Epsom	Thurs 08/09/16	2.15pm-3pm	1 day
Get Active!	Epsom	Tues 13/09/16	2pm-3pm	6 weeks
Relaxation & Mindful Meditation	Leatherhead	Wed 14/09/16	3pm-4pm	6 weeks
Emotional Health & Well Being Programme	Epsom	Wed 14/09/16	7pm-9pm	6 weeks
Mindfulness	Leatherhead	Fri 16/09/16	1pm-4pm	1 day
Card Making	Beare Green	Fri 16/09/16	12.30pm-3.30pm	3 weeks
Self Esteem	Leatherhead	Fri 23/09/16	10am-1pm	1 day
Yoga Course (£3 per session)	Epsom	Thurs 29/09/16	2.15pm-3.45pm	12 weeks
Assertiveness	Leatherhead	Fri 30/09/16	10am-1pm	1 day
Goal Setting	Leatherhead	Fri 14/10/16	10am-1pm	1 day
Dance Exercise (Mole Valley Arts Alive)	Leatherhead	Wed 19/10/16	7pm-9pm	1 day
Self Esteem	Epsom	Fri 21/10/16	10.30am-1.30pm	1 day
Assertiveness	Epsom	Fri 11/11/16	1pm-4pm	1 day

Please contact us if you wish to know more about the many other services we offer:
email: info@maryfrancestrust.org.uk tel: 01372 375400 text: 07929 024722

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



Workers' Educational Association



Getting to Know Your Ipad/Tablet



***Dates:* Friday 13th January – 10th February
10.30am- 12.30pm (some sessions
continue to 1pm for 1:1 help)**

***Venue:* Rosebery Room, Ebbisham Centre,
Derby Square, Epsom. Tutor: Gill Fitcher**

*For more information, or to book your place,
please contact: The Mary Frances Trust
Tel: 01372 375400 Text: 07929 024722 or
email: info@maryfrancestrust.org.uk*



The Workers' Educational Association (WEA) is a charity registered in England and Wales (no.1112775) and in Scotland (no.50036229) and a company limited by guarantee registered in England and Wales (no.2506910). Working in partnership with Epsom College to deliver adult learning across the East Surrey Area.



In this FREE 5 session course you can find out how to get the most from your ipad or tablet.

Topics include:

- Connecting to the internet
- Using email
- Using cloud storage
- Downloading and using apps.
- Using the camera and video settings.

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

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!



WEA East Surrey
www.wea.org.uk



Workers'
Educational
Association

MaryFrancesTrust

Self Esteem Workshop

Workshop Date:
Friday 23rd
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 book a place on our workshop and learn how!

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



This course has been funded
by The Thomas Flack Fund



MaryFrancesTrust

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 October 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





Music on Thursdays at LMC and Wednesdays at Christ Church

weekly 12.30 lunchtime concerts in Leatherhead, lasting 35 to 45 minutes.

Music on Thursdays at LMC (Leatherhead Methodist Church) presents mostly chamber concerts performed by students of the Royal Academy of Music, recent graduates of London's internationally renowned music conservatoires, and local musicians of similar professional standard.

One week each month *Wednesdays at Christ Church* offers a series of lunchtime organ concerts played by guest organists from around the South-east of England.

Each season brings excellent performances of the familiar, the contemporary, and some lovely rare finds.

Whether you pick one concert to attend or you decide to become a regular, music-lovers will find a warm welcome awaits them at both Churches.

Get Active 50+,

The aim of this project is to encourage people aged 50+ into some sort of regular activity, this could be anything from regular walks to playing badminton!

There is a new Boccia session starting at Ebbisham Sports Centre
Eastway Epsom Surrey KT19 8SG Epsom
on Thursday 15th September from 1.30pm – 3pm.

Boccia is basically a game of seated Bowls and is also a paralympic sport, the fact that it's seated makes this sport suitable for absolutely everyone, it's great fun and can become very competitive! The first session will be free £3 per person thereafter.

If you are interested, please contact Jo at the Ebbisham Sports Centre to book your place – 01372 720647

Open Art Group

Tuesday mornings at The Crescent Centre 23 The Crescent Leatherhead KT22 8DY 10am-12noon

An informal art group in a relaxed atmosphere where you can work on your own projects or get involved in session and projects led on a weekly basis by our new volunteer Katherine.

All are welcome contact Kathy on 01372 375400 or e mail kathy@maryfrancestrust.org.uk



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,

4b High St, Reigate RH2 9AY

01737 248444

SAFE HAVENS

Safe Havens provide out of hours help and support to people who are experiencing a mental health crisis and their carers.

They are open every evening (including weekends and bank holidays) and are designed to give people a safe alternative to going to A&E when in crisis. The local Safe Havens are:

The Larches
44 Waterloo Road

Epsom

Surrey

KT19 8EX

6-11pm daily

Wingfield Resource Centre

St Anne's Drive

Redhill

Surrey

RH1 1AU

6-11pm daily

Oakleaf Enterprise

101 Walnut Tree Close

Guildford

Surrey

GU1 4UQ

6-11pm daily

MaryFrancesTrust 

Charity no: 1055113