



## ***Communiqué***

**Mary Frances Trust's Newsletter**

**October 2016**



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For any enquiries please call: 01372 375400

or send us a text: 07929 024722

or email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

[www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

[www.communityconnectionsurrey.com](http://www.communityconnectionsurrey.com)



Thank you to everyone who came to our AGM on Friday 23<sup>rd</sup> Sept, where we talked about the successes of the past year, and plans for the future.

It was announced that we now have a new Chairman, Julie Harper, and a Vice Chairman, Jeremy Ross.

If you were not able to come to the meeting you will be able to read the minutes of the meeting soon (these will be on our website).

Mole Valley Arts Alive festival is almost here and MFT is taking part by providing a fun Dance Exercise session! Arts Alive is a community arts festival where there are lots of activities going on throughout October including Music, Drama, Poetry, Painting, Comedy, Dance, Performance, Literature, Arts & Crafts. For more details of our Dance exercise session please look at page 8 of this newsletter, or go to [www.arts-alive.co.uk](http://www.arts-alive.co.uk) for the whole list of events.

Also this month is Epsom Mental Health Week which is a week of activities devoted to mental health: providing a forum for discussion, sharing information and providing answers to questions people may have. For more information please look at pages 12 and 13 of this newsletter or go to [www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk)

## ACTIVITIES in October 2016 in Epsom & Ewell

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	<b>4</b> 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	<b>5</b> 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19.30-21:00 Let's Talk Group – St Barnabas Church	<b>6</b> 13:00-15:00 Computer Session 10:00-13:00 Advice & Support – Epsom Hub 15:00-16:00 Relaxation & Mindful Meditation – St Martin's Church 15:15-16:15 Yoga – St Martin's Church	<b>7</b> 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group – Trip to Tate Modern
<b>10 World Mental Health Day</b> 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	<b>11</b> 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	<b>12</b> 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19:00-21:00 Wellbeing Programme – Communication Skills – The Larches 19.30-21:00 Let's Talk Group – St Barnabas Church	<b>13</b> 13:00-15:00 Computer Sessions 15:00-16:00 Relaxation & Mindful Meditation – St Martin's Church 15:15-16:15 Yoga – St Martin's Church	<b>14</b> 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group
<b>17</b> 9:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	<b>18</b> 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	<b>19</b> 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19:00-21:00 Wellbeing Programme – Mindfulness – The Larches 19:30-21:00 Let's Talk Group – St Barnabas Church	<b>20</b> 13:00-15:00 Computer Sessions 10:00-13:00 Advice & Support – Epsom Hub 15:00-16:00 Relaxation & Mindful Meditation – St Martin's Church 15:15-16:15 Yoga – St Martin's Church	<b>21</b> 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group 10:30-13.30 Self Esteem Workshop – Ebbisham Centre
<b>24</b> 9:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	<b>25</b> 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	<b>26</b> 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let's Talk Group – St Barnabas Church	<b>27</b> 13:00-15:00 Computer Sessions 15:00-16:00 Relaxation & Mindful Meditation – St Martin's Church 15:15-16:15 Yoga – St Martin's Church	<b>28</b> 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group
<b>31</b> 9:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church			<b>PURPLE = The Brickfield Centre</b>	<b>GREEN = Other Epsom &amp; Ewell Locations</b>

## ACTIVITIES in October 2016 in Mole Valley

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:00-12:00 Yoga – Lhd Inst 14:00-15:30 Yoga – Ashtead Cricket Club 14:15 -15:45 Football Training– Leatherhead Leisure Centre	<b>4</b> 9:00-12:00 Learning & Skills 9:00-12:00 Advice & Support 10:00-12:00 Art Group 13:00-14:30 Staff Team Catch Up	<b>5</b> 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00-16:00 Relaxation & Mindful Meditation – Lhd Institute	<b>6</b> 10:00-12:00 Computer Sessions 19:00-21:00 Bipolar Group 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support–The Point 14:00-16:00 Harmonies Club – Lhd Institute	<b>7</b> 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open  <b>Saturday 8<sup>th</sup> October</b> 11am Healthy Walk starting at Leatherhead Theatre
<b>10</b> 9:00-16:00 No 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	<b>11</b> 9:00-12:00 No Advice & Support 10:00-12:00 No Art Group 10:00-15:00 Computer Sessions 13:00-14:30 Staff Team Catch Up	<b>12</b> 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00-16:00 Relaxation & Mindful Meditation – Lhd Institute	<b>13</b> 10:00-12:00 Computer Sessions 19:00-21:00 Hoarders’ Group 10:30-11:30 Light Exercise – Ashtead Pavilion 14:00-16:00 Harmonies Club – Lhd Institute	<b>14</b> 13:00-15:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 9:00-11:00 Learning & Skills – Clarendon House 10:00-13:00 Goal Setting Workshop – Lhd Institute
<b>17</b> 10:00-12:00 Yoga – Lhd Institute 14:00-15:30 Yoga – Ashtead Cricket Club 14:15 -15:45 Football Training– Leatherhead Leisure Centre	<b>18</b> 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	<b>19</b> 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00-16:00 Relaxation & Mindful Meditation – Lhd Institute 19:00-19:45 Dance Exercise – Leatherhead Trinity School	<b>20</b> 10:00-12:00 Computer Sessions 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support–The Point 14:00-16:00 Harmonies Club – Lhd Institute	<b>21</b> 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café open
<b>24</b> 10:00-12:00 Yoga – Lhd Institute 14:00-15:30 Yoga – Ashtead Cricket Club 14:15 -15:45 Football Training– Leatherhead Leisure Centre	<b>25</b> 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	<b>26</b> 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	<b>27</b> 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 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support–Linden House 14:00-16:00 Harmonies Club – Lhd Institute	<b>28</b> 13:00-15:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café open 9:00-11:00 Learning & Skills – Clarendon House
<b>31</b> 9.00-16.00 Advice and Support 14:00-15:30 Yoga – Ashtead Cricket Club 14:15 -15:45 Football Training– Leatherhead Leisure Centre			<b>BLUE = The Crescent Centre,            Leatherhead</b>	<b>RED = Other Mole Valley            Location</b> Lhd Institute = Leatherhead Institute



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](mailto:info@maryfrancestrust.org.uk) tel: 01372 375400 text: 07929 024722

Course	Venue	Start Date	Time	Duration
Light Exercise (£5 per session)	Ashtead	Thursdays	10.30am-11.30am	8 weeks remaining
Yoga Progression (£3 per session)	Ashtead	Mondays	2pm-3.30pm	8 weeks remaining
Get Active!	Epsom	Tuesdays	2pm-3pm	3 weeks remaining
Relaxation & Mindful Meditation	Leatherhead	Wednesdays	3pm-4pm	3 weeks remaining
Yoga Course (£3 per session)	Epsom	Thurs 29/09/16	2.15pm-3.45pm	12 weeks
Relaxation & Mindful Meditation	Epsom	Thurs 06/10/16	3pm-4pm	6 weeks
Jewellery Making	Beare Green	Fri 07/10/16	12.30pm-3.30pm	3 weeks
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
Simple Cookery	Beare Green	Thurs 10/11/16	12.30pm-3.30pm	4 weeks
Assertiveness	Epsom	Fri 11/11/16	1pm-4pm	1 day

**Places are available on all of these courses**

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





*Lead for Community Connections in  
Epsom & Ewell and Mole Valley,  
supporting people with emotional well-being*

## **Introduction to Jewellery Making Course**

This practical course will teach learners the basics of jewellery making to create imaginative new pieces for themselves, or as a gift for others, using old and new beads.

### **This 3 week course will be held at:**

Beare Green Village Hall  
Merebank  
Beare Green  
Dorking RH5 4RD

and will run on Friday 7th, 14th and 28th October  
From: 12.30pm to 3.30pm

To book your place please contact  
[info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or ring 01372 375400  
Text: 07929 024722

Places are limited, so please book early.

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



You can enrol on up to 2 courses per year.  
Please bring proof of ID to the first day.

**Surrey**  
**CareTrust**  
CHANGING LIVES



**Nescot**  
Specialists in autism and high ability



## 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.

Tis 6 week course will be held at  
**The Headley Room, 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**

Starting Thursday 6th 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](mailto:info@maryfrancestrust.org.uk)**

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

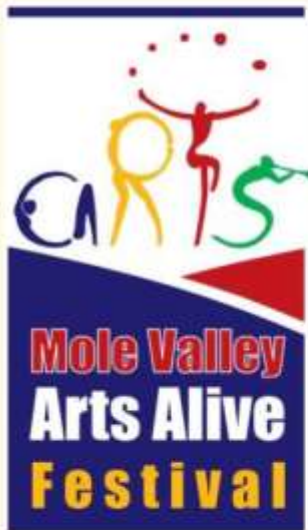
Supported by The Toyota Community Fund



MaryFrancesTrust



# Dance Exercise !



**Wednesday 19 October**

**7.00pm - 7.45pm**

At Leatherhead Trinity School &  
Children's Centre  
Woodvill Road  
Leatherhead KT22 7BP

**This is a 45 minute fun, friendly session of  
exercise based on dance - no experience  
necessary!**

If you would like to come and join in, please book  
your place by contacting us :  
email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
tel 01372 375400 or text 07929 024722

*Mary Frances Trust has organised this as part of  
the Mole Valley Arts Alive Festival*



MaryFrancesTrust



Workers' Educational Association

# Assertiveness

## A free course



In this FREE 3 hour workshop Kate Antoniou 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

**Date: Friday 11<sup>th</sup> November 1pm- 4pm**

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

*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](mailto:info@maryfrancestrust.org.uk)*



The Workers' Educational Association (WEA) is a charity registered in England and Wales (no:1112775) and in Scotland (no:510036230) 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

**Skills  
Funding  
Agency**

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



*This course is for users of Mental Health Services, aged 19+*

# Free – Simple Cookery Course



**Sign up for this short fun course to learn how to cook some simple nutritious and delicious meals and snacks**

Dates: Thursday 10th, 17th , 24th November & 1st December.

(this is a 4 week course, please ensure that you available for all dates before booking your place)

Time: 12.30pm-3.30pm

Tutor: Angie Musico

Venue: Beare Green Village Hall, Merebank, Beare Green, Dorking, RH5 4RD

There are limited spaces available - please book early to avoid disappointment

**This is a free course**

**To book your place please contact:**

**Mary Frances Trust**

**Tel: 01372 375400**

**Text: 07929 024722 or email:**

**[info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)**

The Workers' Educational Association (WEA) is a charity registered in England and Wales (no:1112775) and in Scotland (no:SC039239) 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







Here we are on Brighton Beach with our medals having cycled the 54 miles all the way from Clapham Common!

The team including Patrick, Bob, myself and friends set out early on a beautiful sunny morning to raise money for new projects at Mary Frances Trust.

Bob deserves a special mention as he cycled all the way to the start from his home and clocked up 100 miles that day!

We cycled through lovely countryside, up lots of hills including Ditchling Beacon known as THE BIG ONE! After enjoying spectacular views at the top of the hill, we descended towards the sea and were given a cheer as we pedalled to the finish past Brighton Pier.

A big thank you to those who generously sponsored the team. If you didn't get round to sponsor us and would like to, please go to :  
[www.doitforcharity.com/PWolter](http://www.doitforcharity.com/PWolter)

We will let you know the total collected soon. Amanda



## TIMETABLE

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

<b>Saturday</b> <b>8th</b> <b>October</b>	10.00am - 4.30pm 10.00am - 11.00am 11.30am - 12.15pm 1.00pm - 2.30pm 3.00pm - 4.00pm 3.00pm - 4.30pm 7.30pm - 9.00pm	<b>At St Barnabas</b> <b>MENTAL HEALTH MARKET PLACE</b> How to look after your wellbeing. Breathing and meditation class. Brain and body health. Dementia friendly home workshop. Listen to an adult story time, Epsom Male Voice Choir.
<b>Sunday</b> <b>9th</b> <b>October</b>	10.15am 12 noon  1.00pm 2.00pm  3.30pm 4.00pm - 5.00pm	<b>At St Barnabas</b> Church service 'The return of the prodigal?' Welcome: Mental health in a changing world - Dr Max Pemberton. LUNCH How the media can change perceptions of mental health issues. - Dr Max Pemberton. TEA Faith and mental health
<b>Monday</b> <b>10th</b> <b>October</b>	8.00am - 8.30am 9.30am - 10.45am 11.00am - 2.00pm  10.00am-12noon  11.00am-12.15pm 12.30pm-12.50pm 1.00pm-1.20pm 2.00pm-3.00pm 2.00pm-2.30pm  3.15pm-3.45pm 4.00pm-7.00pm 4.30pm - 5.30pm  8.00pm-10.00pm	<b>At St Barnabas</b> Beginning the day around a candle A drama out of a crisis <b>*At Queen Elizabeth II Park (Court Recreation Ground).</b> 5-a-side Football Charity Shield <b>*At The Hub, High Street, Epsom KT19 8EF</b> Information and advice drop-in session <b>At St Barnabas</b> Helping the children of parents with mental health problems Living with Schizophrenia My way through gambling Little terrors <b>*At the Dept of Psychiatry, Langley Wing, Epsom General Hospital, Dorking Road, Epsom KT18 7EG</b> Celebrating the work of mental health trust employees <b>At St Barnabas</b> Mindfulness. Weekly Drop-in <b>*At The Larches, Waterloo Road</b> An opportunity to see the Safe Haven in Epsom <b>At St Barnabas</b> Pop-up book group.
<b>Tuesday</b> <b>11th</b> <b>October</b>	8.00am-8.30am  10.00am-12.45pm  10.00am-10.40am 10.00am-12noon 11.00am-12noon  12.30pm-1.30pm 1.45pm-2.45pm 3.00pm-4.00pm 4.00pm-5.00pm 6.00pm-7.15pm 7.45pm-9.00pm  6.30pm-8.00pm	<b>At St Barnabas</b> Beginning the day around a candle <b>*At NEScot</b> Mindfulness <b>At St Barnabas</b> Creative writing Mindfulness drawing and art session Developing new and improved treatments for mental health: challenges and opportunities. Laughter workshop Making positive choices! The challenges Colouring and cake Masks! Relationships and how to develop them <b>*At Blenheim High School, Longmead Road, Epsom, KT19 9BH</b> Anxiety and mindfulness



continued ...

<b>Wednesday 12th October</b>	8.00am-8.30am 9.30am 10.00am-10.50am 11.00am-12noon 12noon-1.00pm 12noon-1.00pm 2.00pm-3.30pm 4.00pm-5.30pm <b>3.00pm-5.00pm</b>  5.45pm-6.15pm 7.30pm-9.00pm	<b>At St Barnabas</b> Beginning the day around a candle. Coffee and croissants. Menopause, mental health and me. Postnatal depression Knit & natter, crochet and converse, sew & speak. Navigating the recruitment process El Camino - Walking into happiness Resourcing for our journey through life <b>*At Epsom Library, Ebbisham Centre, The Derby Square, Epsom KT19 8AG</b> Young people's mental health: info and awareness drop-in <b>At St Barnabas</b> Borderline personality disorder Let's Talk Epsom
<b>Thursday 13th October</b>	8.00am-8.30am 10.00am-12noon 11.30am-12noon 12.30pm-1.15pm 1.15pm-1.30pm 2.00pm-2.30pm 3.00pm-5.00pm 5.30pm-6.30pm 7.30pm-9.00pm	<b>At St Barnabas</b> Beginning the day around a candle. When my friend commits suicide. Mental health problems of young adults with ADHD. Dramatherapy Being heard Perfectionism Creating something sweet and beautiful Poetry workshop Epsom Late Rock Choir
<b>Friday 14th October</b>	8.00am-8.30am <b>10.00am-4.00pm</b>  11.00am-11.30am  11.30am-12.30pm 12noon-2.30pm 12noon-2.30pm  12.15pm & 1.15pm  10.00am-11.15am 12noon-2.00pm  12noon-2.00pm 2.30pm-4.00pm <b>2.30pm-5.00pm</b>  6.30pm 8.00pm	<b>At St Barnabas</b> Beginning the day around a candle. <b>*At the Department of Psychiatry, Langley Wing Epsom General Hospital, Dorking Road, Epsom KT18 7EG</b> Living with depression for nearly half a century <b>*At the Post Graduate Medical Centre, 2nd Floor, Epsom General Hospital</b> Walking alongside people with mental health issues on the wards. <b>Lecture Theatre</b> Questionnaire on alcohol consumption <b>Retreat Restaurant.</b> Drop-in listening <b>Conference Room 2</b> Booklets and signposts to health. <b>Outside PGMC office</b> Mind mapping <b>Conference Room 1</b> <b>At St Barnabas</b> Finding meaning in life <b>*At University of Creative Arts, Ashley Road, Epsom KT18 5BE</b> A meditative walk in the University's Labyrinth and Graffiti wall. <b>At St Barnabas</b> LUNCH followed by The future of mental health care and support Time for Carers <b>*At Nursing and Residential Homes</b> Tea parties <b>At St Barnabas</b> Dinner Film - The Danish Girl (2015)
<b>Saturday 15th October</b>	9.00am 1.00pm 3.00pm 7.00pm	<b>At St Barnabas</b> Landscapes of the hospital cluster LUNCH Grandma Remember Me? What do you see?
<b>Sunday 16th October</b>	<b>12noon-4.00pm</b>	<b>*At the Old Moat Garden Centre Horton Lane, Epsom, Surrey KT19 8PQ 01372 731970</b> Community tea party

For more info please go to [www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk)

# Surrey and Borders Partnership



NHS Foundation Trust

Do you want to help us improve quality at Surrey and Borders Partnership?

We are currently looking to recruit people who use services and carers to vacancies on our Quality Committee to ensure we continue to hear the views of people with lived experience of our services at this important Committee.

We have the following vacancies available:

Commencing November 2016	Commencing August 2017
1 x person who uses services	1 x person who uses services
1 x carer	1 x carer

## Purpose of the Quality Committee

The role of the Quality Committee is to assure the Board and Council of Governors that the essential standards of quality and safety are being delivered, that we are the best possible in all we do and that quality processes and learning are embedded throughout our organisation.

## What is the commitment?

The Committee meets quarterly for two hours at Trust Headquarters in Leatherhead. An additional two – three hours of reading will be required in advance of each meeting. Those appointed will be asked to join the Committee for 18 months.

Those joining are there to express their own views as someone with experience of our services and are not required to communicate the outcomes of the meetings with others. The papers for the meetings are confidential and members of the Committee need to be willing to keep papers and information safe and return the papers after each meeting.

Expenses for travel or mileage will be paid at each meeting and transport can be arranged for those who require it.

## What experience is needed?

We are looking for people with lived experiences of our services, either as someone using services or as a carer, within the past five years. Members of the Committee need to have skills in understanding detailed papers, they also need to be curious about the information provided and willing to challenge the group about quality and safety standards.

## How to apply

We will be following a formal selection process for these vacancies. If you are interested in putting yourself forward as someone using our services or as a carer of someone using our services please send a short resume to [stephanie.forster@sabp.nhs.uk](mailto:stephanie.forster@sabp.nhs.uk) or to Stephanie by post at the address below by **5pm on Friday 7 October 2016**. Those interested will be invited to a panel discussion led by Jo Young, Director of Quality and Deputy Chief Executive, on **Friday 14 October** at Trust Headquarters in Leatherhead.

## Further details

If you have any queries or would like to discuss the role further please contact Stephanie Forster, Director of Marketing and Communications, on email: [stephanie.forster@sabp.nhs.uk](mailto:stephanie.forster@sabp.nhs.uk) or call 01372 2106010.



# 60's, 70's, 80's and beyond.....

## Tribute Night in aid of The Meeting Room Drop-in Centres

*Raising funds to support the most  
vulnerable people in our Community*



**Saturday 15<sup>th</sup> October**  
**St Georges Christian**  
**Centre**  
**Starts 1930**

**Tickets £15 (includes dinner).**  
**Bring your own drinks.**  
**Contact Jo Sherring**  
**07775 798 047**  
**themeetingroom123@gmail.com**

**Featuring**  
**"Stand Back",**  
**"AOB" and other**  
**acts**

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](mailto: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