



Communiqué

Mary Frances Trust's Newsletter

November 2016



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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 November's edition of Communiqué. Come and enjoy the beautiful Autumn colours by joining us on our next Healthy Walk on Saturday 2nd November – we meet at the Leatherhead Theatre at 11am.

Or if you prefer photography or cooking we have new courses starting in November, please look at page 6, 7 and 9 of this newsletter for more information. Please spread the word about all our courses, activities and groups to people you feel could benefit from them.

We put on a number of activities for Epsom Mental Health Week; a drop-in advice session at The Epsom Hub, an Open Afternoon at the Safe Haven to show people the work that is going on there, and Mindfulness Art at St Barnabas Church. Daniel also gave an interview on Surrey Hills Community Radio, along side two GP's, as part of a World Mental Health Day special. To hear this please use the following link:

<https://www.mixcloud.com/surreyhillsradio/world-mental-health-day-2016-special-10-10-2016/>

The Steps and Beyond group at Brickfield on Tuesdays mornings will be open to people with personality disorder or bi-polar from the beginning of December. More information will follow in December's Communiqué.

The MFT Team

ACTIVITIES in November 2016 in Epsom & Ewell

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 14:00-13:00 Get Active 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	2 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 – Goal Setting – The Larches	3 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	4 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group
7 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	8 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	9 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19.30-21:00 Let's Talk Group – St Barnabas Church	10 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	11 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group 13:00-16:00 Assertiveness workshop- Ebbisham Centre
14 9:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	15 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	16 11:30-12:30 Play Reading Group 19:30-21:00 Let's Talk Group – St Barnabas Church	17 13:00-15:00 Computer Sessions 10:00-13:00 Advice & Support – Epsom Hub 15:15-16:15 Yoga – St Martin's Church	18 9:00-16:00 Advice & Support 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group
21 9:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	22 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	23 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19:30-21:00 Let's Talk Group – St Barnabas Church	24 13:00-15:00 Computer Sessions 15:15-16:15 Yoga – St Martin's Church	25 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group
28 9:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	29 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	30 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 November 2016 in Mole Valley

Monday	Tuesday	Wednesday	Thursday	Friday
	1 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	2 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00-16:00 Relaxation & Mindful Meditation – Lhd Institute	3 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	4 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open
7 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	8 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	9 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00-16:00 Relaxation & Mindful Meditation – Lhd Institute	10 10:00-12:00 Computer Sessions 19:00-21:00 Hoarders’ Group 10:30-11:30 Light Exercise – Ashtead Pavilion 12:30-15:30 Cookery Beare Green Village Hall 14:00-16:00 Harmonies Club – Lhd Institute	11 13:00-15:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open Saturday 12th November 11am Healthy Walk starting at Leatherhead Theatre
14 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	15 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	16 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00-16:00 Relaxation & Mindful Meditation – Lhd Institute 13.30:16:30 Mindfulness workshop Lhd Institute	17 10:00-12:00 Computer Sessions 10:30-12:00 Photography Group 10:30-11:30 Light Exercise – Ashtead Pavilion 12:30-15:30 Cookery Beare Green Village Hall 13:00-17:00 Advice & Support–The Point 14:00-16:00 Harmonies Club – Lhd Institute	18 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café open
21 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	22 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	23 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	24 10:00-12:00 Computer Sessions 10:30-12:00 Photography Group 19:00-21:00 Coping with Anxiety Group 10:00-13:00 Advice & Support – Clarendon Ho 10:30-11:30 Light Exercise – Ashtead Pavilion 12:30-15:30 Cookery Beare Green Village Hall 13:00-17:00 Advice & Support–Linden House 14:00-16:00 Harmonies Club – Lhd Institute	25 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
28 9.00-16.00 Advice and Support 14:00-15:30 Yoga – Ashtead Cricket Club 14:15 -15:45 Football Training– Leatherhead Leisure Centre	29 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	30 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	BLUE = The Crescent Centre, Leatherhead	RED = Other Mole Valley Location Lhd Institute = Leatherhead Institute



Your local charity supporting your emotional wellbeing and mental health

The courses below are available during November 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	Thursdays	10.30am-11.30am	7 weeks remaining
Yoga Progression (£3 per session)	Ashtead	Mondays	2pm-3.30pm	3 weeks remaining
Relaxation & Mindful Meditation	Leatherhead	Wednesdays	3pm-4pm	2 weeks remaining
Yoga Course (£3 per session)	Epsom	Thurs 29/09/16	2.15pm-3.45pm	6 weeks remaining
Relaxation & Mindful Meditation	Epsom	Thurs 06/10/16	3pm-4pm	2 weeks remaining
Simple Cookery	Beare Green	Thurs 10/11/16	12.30pm-3.30pm	4 weeks
Assertiveness	Epsom	Fri 11/11/16	1pm-4pm	1 day
Mindfulness	Leatherhead	Weds 16/11/16	1.30pm – 4.30pm	1 day
Photography	Leatherhead	Thurs 17/11/16	10.30am -12.00 noon	4 weeks
Baking with Beccy	Leatherhead	Weds 16/11/16	1.30pm-3.00pm	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 tel: 01372 375400 text: 07929 024722



Introduction to Photography

Would you like to learn or improve your photography skills?

Use our digital cameras or your own smart phone .
Explore what makes a good picture and learn basic editing skills

Your picture could be on our website!

Come and join our free 4 week course

The Crescent Centre
23 The Crescent
Leatherhead
Surrey
KT2 8DY

Starting Thursday 17th November 2016
10.30am-12.00pm

To book your place please contact :

Mary Frances Trust on
01372 375400, text 07929 024722, or email

info@maryfrancestrust.org.uk

Charity number 1055113





BAKING WITH BECCY

Beccy will be holding cooking sessions on Wednesday afternoons. She will show you how tasty and healthy dishes need not cost a fortune.

The first session will be on Wednesday 9th November

At

The Butterfly Cafe
The Crescent Centre
23 The Crescent
Leatherhead
KT22 8DY

From 1.30pm until 3pm

To book your place please contact :

Mary Frances Trust on

01372 375400, text 07929 024722, or email

info@maryfrancestrust.org.uk



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 11th 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

This course is for users of Mental Health Services, aged 19+. 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: SC036236) and a company limited by guarantee registered in England and Wales (no:2506910) Working in partnership with East Surrey College to deliver adult learning across the East Surrey Area.

Funded by





Workers' Educational Association

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 free course

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

To book your place please contact:

Time: 12.30pm-3.30pm

Mary Frances Trust

Tutor: Angie Musico

Tel: 01372 375400

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

Text: 07929 024722 or email:

info@maryfrancestrust.org.uk

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

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



MaryFrancesTrust



Sit Fit!

- a fun and friendly way to build your fitness levels

Are you looking for a gentle, fun and friendly way to get a little exercise?

Join us for a low-impact exercise class to music. You can either join in from a chair or standing up depending on your preferences. Fitness clothing is certainly not required—any comfortable clothing and footwear will do! All group members are invited to contribute musical choices which can then be used in future classes.



This free 6 week course will be held on Wednesdays

2pm to 3pm starting on January 11th January 2017

at

**The Crescent Centre, 23 The Crescent,
Leatherhead KT22 8DY**

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

Places are limited so please book as soon as possible

Supported by Mole Valley District Council



**Volunteer receptionists
and café volunteer
needed**



There are opportunities to join our reception team at The Crescent Centre in Leatherhead. We have vacancies for Tuesday mornings, Thursday afternoons and Friday mornings. The morning slot is 9.30-12 and the afternoon slot is 12-14.30.

We also need someone to help with food preparation in the café at the Crescent Centre in Leatherhead on Wednesdays from 10-13.00.

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



Introduction to Mindfulness

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

The workshop will be held at:

The Leatherhead Institute
67 High Street Leatherhead

KT22 8AH

On: Wednesday 16th November 2016

At: 1.30 pm

Limited places. To book your place please contact:

Mary Frances Trust on

01372 375400, text 07929 024722, or email

info@maryfrancestrust.org.uk

Free 4 Week

Confidence Building Workshops

Would you like to build self-confidence and gain more self-esteem?

Need direction to help create positive life changes?

This course will help to explore practical and effective strategies that develop confidence and raise self-esteem, that can be applied to all areas of your life.

The most important step is simply to take action
and start a journey of self-discovery.

**Groups will be small and friendly,
and will be held on Wednesday evenings at:**

The Larches, Waterloo Road

Epsom KT19 8EX

Starting on Wednesday 5th January

7pm until 9pm



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

Or email info@maryfrancestrust.org.uk

SURREY TRUST
CAPE
Surrey Trust
Surrey Trust



Nescot
Surrey's college of further and higher education

Learn the essential skills to play badminton

FREE RACKET
when you attend a course!*

*Subject to availability and terms and conditions



essentials 

Beginner's coaching courses for adults

Essentials Beginner's Badminton Course
Improving Mental Health and Well-Being

Rainbow Leisure Centre,
East Street, Epsom, KT17 1BN
Tuesdays 2pm to 3pm @ £3 Per Session
Starting January 10th until 14th February 2017

For more details contact the Mary Frances Trust:
Email: info@maryfrancestrust.org.uk
Phone: 01372 375400 Text: 07929 024722

Find courses and sessions here:

badmintonengland.co.uk/essentials



Our Trip to Tate Modern

Mary Frances Trust kindly supported another trip by our Friday Art Group that meets at Brickfield Centre in Epsom. This time it was a much anticipated visit to the new wing of the Tate Modern Gallery. Not having personally been before, I didn't know what to expect.

Just as well, as any preconceptions were quickly replaced by an amazing array of the weird and wonderful – and that was just the walk along the South Bank!!



The new wing itself had very unusual dimensions, itself just as much a work of art as anything inside. There was no way we could see even half of all that was on display, as a lot of the pieces needed a fair bit of thinking about.

One outstanding display was a large tower of radios, starting off as vintage at the bottom, working their way up through the era's to digital at the top – all of them on low volume, dials glowing in the dim light. It seemed to me like a cross between Blade Runner, Wall-e and Steptoe's yard, with a touch of pagan worship thrown in for good measure!

With the support of Stephen and the rest of our Art Group, we all benefited from the 'Art' as well as the 'Group'.

In the spirit of the place I thought I'd finish with a few lines of impression...

The long and winding road down the South Bank
To a Glorious Monstrosity,
An arthouse of gargantuan proportions
And miniscule details.
It duly holds the sublime and the ridiculous
In equal esteem.
But which is which?
Your eye beholds the beauty, and its beast.
Avoiding, attracting, dismissing, collecting
We leave behind uncertainty, and take away inspiration.

Shelley

WoW your community

Join us for our First Steps workshop for the public to celebrate and promote the Wheel of Wellbeing campaign! The workshop has been designed based on workshops and materials from South London and Maudsley NHS Trust and the Wheel of Well-being website.

Your mental health is just as important as your physical health. The Wheel of Wellbeing is a tried and tested way to improve your mental health. Come along to a session near you to find out how you can use Wheel of Wellbeing (WoW).

WoW Yourself at Guildford on 16 November

1pm – 3pm

Beverley Hall Community Centre
71 Haydon Place
Guildford
Surrey GU1 4ND

No need to book, just turn up! Please come for the full two hours.

All venues are fully accessible, we provide a mobile hearing loop and large print materials can be requested in advance. For more information, please email first.steps@nhs.net, call 0808 801 0325, or you can text 07860 077 307.



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www.virginicare.co.uk

Distance Learning Courses

The Distance Learning Department at Nescot are currently offering the following fully funded courses:



Course

[Introducing Caring for Children and Young People Level 2 \(Last enrolment date November 2016\)](#)

[Preparing to Work in Adult Social Care Level 2 \(Last enrolment date February 2017\)](#)

[Understanding Autism Level 2](#)

[Principles of Care Planning Level 2](#)

[Common Health Conditions Level 2](#)

[Counselling Skills Level 2](#)

[Principles of Dementia Care Level 2](#)

[Diabetes Care and Management Level 2](#)

[Understanding Dignity and Safeguarding in Adult Social Care Level 2](#)

[Understanding End of Life Care Level 2](#)

[Prevention and Control of Infection in a Health Care Setting Level 2](#)

[Principles of Working with People with Learning Disabilities Level 2](#)

[Awareness of Mental Health Problems Level 2](#)

[Understanding Nutrition and Health Level 2](#)

[Understanding the Safe Handling of Medicines Level 2](#)

[Business & Administration Knowledge Level 2](#)

[Customer Service Knowledge Level 2](#)

[Equality and Diversity Level 2](#)

[Information Advice or Guidance Level 2](#)

[Team Leading Knowledge Level 2](#)

Most of our courses are available online and paper based. Please call us to discuss your options.

For further information, please telephone: 020 8394 8426

or email: flexiblelearning@nescot.ac.uk



Employer Services

www.nescot.ac.uk

Nescot College, Reigate Road, Epsom, Surrey, KT17 3DS



NescotCollege



@Nescot



Contact us:
 Tel: 07805 081204
 Text: 07704 288772
 Email: info@thehubdorking.org.uk
www.thesurreyhubs.org.uk/dorking

**Mobile Hub dates and venues in Mole Valley
 November 2016**

Date	From	To	Venue
Thursday 3 rd	10:00 13:00	12:00 15:00	Leatherhead Institute Leatherhead Library
Friday 4 th	10:30 13:00	12:00 15:00	St George's Christian Centre (Ashted) Dorking Library
Wednesday 9 th	10:00 13:00	12:00 15:00	Medwyn Medical Centre (Dorking) Dorking Library
Thursday 10 th	10:00 12:30	12:00 15:00	United Reformed Church – Dorking The Point – Lyons Court (Dorking)
Friday 11 th	10:00 13:00	12:30 15:00	Christian Centre (Dorking) Leatherhead Library
Monday 14 th	10:00 13:00	12:00 15:00	Dorking Hospital The Point – Lyons Court (Dorking)
Tuesday 15 th	10:00 13:00	12:00 15:00	Pippbrook Mole Valley District Council Office The Point – Lyons Court (Dorking)
Wednesday 23 rd	10:00 13:00	12:00 15:00	Medwyn Medical Centre (Dorking) Dorking Library
Thursday 24 th	10:00 13:00	12:00 15:00	United Reformed Church – Dorking The Point – Lyons Court (Dorking)
Monday 28 th	10:30 13:00	12:00 15:00	Bookham Baptist Church (Meeting Place) The Point – Lyons Court (Dorking)
Wednesday 30 th	10:00 13:00	12:00 15:00	Dorking Hospital Dorking Library

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

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