



Communiqué

Mary Frances Trust's Newsletter

**December 2016 & first 2 weeks of
January 2017 !**



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

Merry Christmas

and a

Happy New Year

from everyone at
Mary Frances Trust

ACTIVITIES in December 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 10:00-13:00 Advice & Support – Epsom Hub 15:15-16:15 Yoga – St Martin’s Church	2 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group
5 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 13:00-14:30 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 15:15-16:15 Yoga – St Martin’s Church	9 10:15-13:30 Café open 10:30-12:30 Art Group
12 9:00-11:00 Learning & Skills 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 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	15 13:00-15:00 Computer Sessions 10:00-13:00 Advice & Support – Epsom Hub 15:15-16:15 Yoga – St Martin’s Church	16 9:45-12:00 Reflexology 10:15-13:30 No café today 10:30-12:30 Art Group
19 9:00-11:00 Learning & Skills 16:00-19:00 Drop-in Session – St Barnabas Church	20 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 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	22 13:00-15:00 Computer Sessions	23 10:15-13:30 Café open 10:30-12:30 Art Group
26 Boxing Day	27 Bank Holiday	28	29	30 10:15-13:30 Café open

ACTIVITIES 3rd to 13th January 2017 in Epsom & Ewell

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bank Holiday	3 10:00-12:00 Steps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-14:30 MFT Staff Catch Up – The Crescent Centre	4 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19.30-21:00 Let’s Talk Group – St Barnabas Church	5 13:00-15:00 Computer Session 10:00-13:00 Advice & Support – Epsom Hub 19:00-21:00 Confidence Building – The Larches	6 10:15-13:30 Café open 10:30-12:30 Art Group
9 9:00- 12:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	10 10:00-12:00 Steps & Beyond Group 10:00-13:00 Compl. Therapies 13:00-14:30 MFT Staff Catch Up – The Crescent Centre 13:45-15:00 Badminton – The Rainbow Centre	11 9.00-17.00 Advice & Support 11:30-12:30 Play Reading Group 19.30-21:00 Let’s Talk Group – St Barnabas Church	12 13:00-15:00 Computer Sessions 19:00-21:00 Confidence Building – The Larches	13 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group 10:30-12:30 Getting to Know Your IT Tablet – Ebbisham Centre

PURPLE = The Brickfield Centre

GREEN = Other Epsom & Ewell Locations

ACTIVITIES in December 2016 in Mole Valley

Monday	Tuesday	Wednesday	Thursday	Friday
BLUE = The Crescent Centre, Leatherhead	RED = Other Mole Valley Location Lhd Institute = Leatherhead Institute		1 10:00-12:00 Computer Sessions 10:30-12:00 Photography Group 12:45-16:00 Christmas Crafts 19:00-21:00 Bipolar Group 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support- Linden House 14:00-16:00 Harmonies Club – Lhd Institute	2 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open
5 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	6 9:00-12:00 Advice & Support 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	7 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 15:00-16:00 Relaxation & Mindful Meditation – Lhd Institute	8 10:00-12:00 Computer Sessions 10:30-12:00 Photography Group 12:45-16:00 Christmas Crafts 19:00-21:00 Hoarders’ Group 10:30-11:30 Light Exercise – Ashtead Pavilion 14:00-16:00 Harmonies Club – Lhd Institute	9 13:00-15:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 9:00-12:00 Learning & Skills Dorking Saturday 10th December 11am Healthy Walk starting at Leatherhead Theatre
12 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	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 – Lhd Institute	15 10:00-12:00 Computer Sessions 12:45-16:00 Christmas Crafts 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Support–The Point 14:00-16:00 Harmonies Club – Lhd Institute	16 10:00-12:00 Compl. Therapies 11:00-14:00 Butterfly Café Christmas Lunch (please book in advance)
19 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	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	22 10:00-12:00 Computer Sessions 12:45-16:00 Christmas Crafts 19:00-21:00 Coping with Anxiety Group 10:00-13:00 Advice & Support – Clarendon Ho 13:00-17:00 Advice & Support–Linden House 14:00-16:00 Harmonies Club – Lhd Institute	23 13:00-15:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café open 9:00-12:00 Learning & Skills Dorking
26 Boxing Day	27 Bank Holiday	28 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open	29	30 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café open

ACTIVITIES 3rd to 13th January 2017 in Mole Valley

Monday	Tuesday	Wednesday	Thursday	Friday
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9 9:00-16:00 Advice and Support 14:15 -15:45 Football Training– Leatherhead Leisure Centre	10 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	11 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 14:00-15:00 Sit Fit	12 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	13 13:00-15:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open Saturday 14th January 11am Healthy Walk starting at Leatherhead Theatre

BLUE = The Crescent Centre, Leatherhead

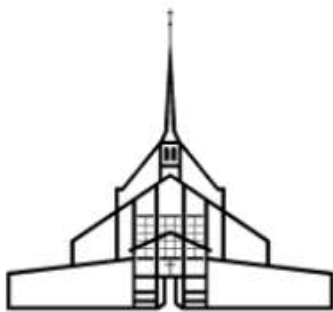
RED = Other Mole Valley Location

Lhd Institute = Leatherhead Institute

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

Christmas 2016 and Spring Term 2017

- | | |
|-------|--|
| Dec 5 | Carols & Christmas dinner |
| 12 | Christmas visit to London |
| 19 | Playhouse – Aladdin and meal (show 1.30pm) |

A Happy Christmas and peaceful 2017 to everyone.

- | | |
|--------|--|
| Jan 16 | Welcome back. What can we look forward to in 2017? |
| 23 | Cooking with Jenny and Pam |
| 30 | Tai Chi with Vikki |
| Feb 6 | Breaking challenging habits with Nikki |
| 13 | How to care for our bodies with Richard |
| 20 | Bowling at Tolworth |
| 27 | Pets we have had, have, and would like. |
| Mar 6 | Early spring walk |
| 13 | Lunch at Abbeilles and drive through Richmond Park |
| 20 | Creative Crafts with Mark and Helen |
| 27 | Baby lamb time |
| Apr 3 | Bring and Share sale in aid of a charity of our choice |



Workers' Educational Association

MaryFrancesTrust

Free – Christmas Arts and Crafts Course - Leatherhead



Dates: Thursdays – 1st, 8th, 15th & 22nd
December 2016

Time: 12.45pm – 4pm

Tutor: Anne Price

Venue: The Crescent Centre, The Crescent,
Leatherhead KT22 8DY

Crafts may include:

- Making Christmas Cards
- Tree Decorations
- Table Decorations



The Workers' Educational Association (WEA) is a charity registered in England and Wales (no:1112775) and in Scotland (no:SC039229) 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



Sign up for this short fun course to get in the festive spirit by making some Christmas -themed crafts

This is a free course.

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 carers and users of Mental Health Services, aged 18+

Places are limited and registration is required prior to attendance

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

Are you affected by a Personality Disorder or Bi-polar Condition? If so the weekly **STEPPS and Beyond** Group may help you to cope a little better and meet with others who understand.

STEPPS and Beyond Group

Meets every Tuesday

in the Art Room at the Brickfield Centre in Epsom
10am to 12noon

This is a facilitated self-help support group to provide the opportunity to meet together to provide mutual support and understand how the condition can impact on lives and relationships.

The focus of the group is on learning from each others experience and being supportive of each other while taking part in relaxing wellbeing activities supported by volunteer facilitators.

If you are interested in this group please contact Stephen by emailing stephen@maryfrancestrust.org.uk or tel/text 07961 478625



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



MaryFrancesTrust

Longmead “Inclusion for All” CONSULTATION EVENING

Stressed? Lacking in self confidence? Lonely? Not coping well with life? Looking for support?

Or do you know someone else who feels like this?

We are starting a brand new exciting project in the Longmead area in Epsom, to help people improve their wellbeing through fun activities and connect with their communities

We would like to hear your views to make sure the project is what you want it to be!

**The Consultation meeting will be on:
Monday, January 9th 2017**

At:

**The Longmead Centre
Sefton Road
Epsom
KT19 9HG**

From 7.30pm until 9pm

Light refreshments will be provided

We are hoping to include a number of activities, including Yoga, Pilates, Zumba, Meditation, Mindfulness Cookery, support groups and one-to-one meetings. Come and tell us what you would like to see included in the project.

**Just turn up, or to find out more,
contact**

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

info@maryfrancestrust.org.uk



Learn the essential skills to play badminton

FREE RACKET
when you attend a course!
subject to availability, availability 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





Safe Haven in Epsom

*When you need support in an emotional
or mental health crisis*



We're an informal, safe, space that supports you to take control of, and improve, your own mental health.

When: 6pm-11pm, 365 days a year

Where: The Larches, 44 Waterloo Road, Epsom KT19 8EX

Our doors are open to everyone who needs us

"It has been an absolute lifesaver... It has completely and utterly turned my life around"

To find out more visit:
www.surreydownsccg.nhs.uk/safehavenepsom



Surrey and Borders Partnership 
NHS Foundation Trust


Surrey Downs
Clinical Commissioning Group



MaryFrancesTrust

Getting to Know Your Ipad/Tablet



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.

***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 Fatcher***

*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:SC036236) and a company limited by guarantee registered in England and Wales (no:2606910) Working in partnership with East Surrey College to deliver adult learning across the East Surrey Area.



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

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 10th December 2016

Saturday 14th January 2017

Saturday 11th February

Saturday 11th March

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



The Meeting Room

Support for homeless, socially isolated and vulnerable people in Epsom & Ewell & Mole Valley

Don't Spend Christmas Alone



Nobody needs to be alone on Christmas Day

Join us at Fetcham Village Hall to enjoy Christmas Day with a traditional meal, presents, and music.

Everyone is welcome, there is no charge.

Venue : Fetcham Village Hall, The Street, KT22 9QS

Times : 10.30 – 2.30

Please contact us if you need transport or have any questions.

E mail : themeetingroom123@gmail.com Tel: 07413 978422

To donate, give presents, or volunteer your time contact us on the e mail address above or go to our website at

www.themeetingroom.biz

The Meeting Room, 252 Cobham Road, Fetcham, KT22 9JF Tel : 07419 334860 / 07413 978422

E Mail : themeetingroom123@gmail.com Website : www.themeetingroom.biz

UK Registered Charity No. 1165351

The Meeting Room

Support for homeless, socially isolated and vulnerable people in Epsom & Ewell & Mole Valley

Invitation to a Christmas Celebration

Please join us on 15th December for a Christmas Celebration to be held at Kings Church In Epsom, 11 – 2pm.



Food and entertainment included.
No charge.

All over 16's welcome.

Pick-up / drop off points are as follows:

- 1030 : Leatherhead Station
- 1035 : Leatherhead Start
- 1045 : Ashted Baptist Church
- 1050 : St Barnabas Church, Epsom
- 1055 : Methodist Church, Epsom

Contact us with any questions or if you require a special pick-up

E mail: themeetingroom123@gmail.com

Tel : 07413 978422



Butterfly Café Christmas Lunch



Friday 16th December

The cost will be £5 for a 2 course meal (money needed by Friday 9th December please – non refundable).

If you would like to join us please let Kathy know by Friday 9th December kathy@maryfrancestrust.org.uk or ring 01372 375400 or text 07929 024722.

If you would like to help with some of the preparation and cooking of the meal, please also let Kathy know – thank you.

MaryFrancesTrust 

What's Happening Locally in December

Sir Norman Wisdom An exhibition of his life

Mondays – Saturdays 9am-5pm - Free Entry

Sir Norman Wisdom, actor, comedian, and singer-songwriter, was best known for a series of comedy films produced between 1953 and 1966. The exhibition contains theatre posters, handwritten scripts, and film stills

*Bourne Hall Museum
Spring Street
Ewell
Surrey
KT11 1UF
Tel: 020 8394 1734*



Christmas Carol Service

**Tuesday 20th December 2016 –
7pm-10pm – Free Entry**

*St John's School
Leatherhead
Surrey
KT22 8SP*

Make An Advent Calender at

St Marks Great Tattenhams

**Thursday 1st December
3:30pm until 5:30pm**

Get ready for the Christmas countdown by making an advent calendar with us!

With 3 different designs to choose from, there's something for all at St Marks advent calendar making event! Just £2 per person & includes jacket potatoes with delicious fillings for tea! (children to be accompanied by an adult)



Foundation Trust Members' Event 17 January 2017

Understanding Addictions

Join us for this interactive and informative event. Our drug and alcohol addiction experts will explain how addiction can affect people's lives and explain what support is available for those dependent on alcohol or drugs, their families and carers.



Tuesday 17th January 2017

2pm - 5pm

**Open Space, Trust Headquarters, 18 Mole Business park, Leatherhead
KT22 7AD**

Book your place today!

Call 01372 216158, SMS: 07775 220205

or email engage@sabp.nhs.uk

Everyone is welcome!

Light refreshments will be provided.

Please let us know if you have any special requirements.

Calling Online Shoppers!

If you are an online shopper you can help The Mary Frances Trust to raise money whenever you shop online at no extra cost to you!

It's very simple -

Just visit www.easyfundraising.org.uk/causes/themaryfrancestrust/ to register. Once you are registered as one of our supporters you can shop with over 2000 well known retailers like Amazon, Argos, Sainsbury, Tesco, eBay and many more.

Just use the links on the easyfundraising site whenever you shop online and, at no extra cost to you, we'll receive a free donation of up to 15% from every purchase you make. It really is that simple! They've helped other causes raise over £2,000,000 so it really does work.

So we'd be really grateful if you could use easyfundraising for all your online shopping. It won't cost you a penny extra to shop through easyfundraising and you can even save money with special offers and voucher codes.

So please make a difference to The Mary Frances Trust and take a look at easyfundraising today - <http://www.easyfundraising.org.uk/causes/themaryfrancestrust/>

Thank You

easyfundraising
.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