



## ***Communiqué***

**Mary Frances Trust's Newsletter**

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

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

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

We have a number of initiatives in the pipeline that we will be working on over the next few months.

We are planning to run a Recovery In Action self-help group in the evenings to help people build resilience, provide tools and tips for wellbeing and to set and achieve goals. More information will be available in the next issue of Communicate.

On 16<sup>th</sup> March, we held a consultation evening called Men Supporting Men. We will be building on the success of our event by starting up a steering group for men to help design a future project called Men on Bikes: The project will encompass a range of manly pursuits for men, to promote wellbeing. It will work on a series of levels from men sharing a meal together, harnessing the power of social media to reach out to fellow men and conveying messages of hope, resilience and recovery, to fixing up bikes and building social bonds through bike rides. This project is not primarily about the physical aspect of cycling - it is a vehicle to engage with men, foster social interactions by them working together, empowering them to plan and co-ordinate their own activities and trips, and supporting each other to overcome hardship and emotional turmoil.

If you are a man who has recently been through difficult personal circumstances and want to volunteer some time to be part of this steering group to help shape this project to help other men, then we would love to hear from you.

We are also raising money to run the project. Fundraising is taking place through our green token scheme in the new Waitrose in Leatherhead in April. We are one of three charities being supported by this scheme. So, please do go into Waitrose and put a token in our box. The more tokens we receive the more money we will be given.

The London Marathon is on 23<sup>rd</sup> April, and MFT's marathon runner, Thomas, has written the following:

*"For the last 5 weekends I have run 20 plus mile runs early on Sunday mornings. My legs are feeling heavier but my recovery time is getting quicker too. It's stretched me to my limits and there have been many other positives. One of the biggest pluses of running life long distances again has been enabling me to motivate and find energy sources to combat depression. Extreme Exercise of this sort definitely takes you to places where you have to dig deeper to find inner resources that you did not think you had or have lost some. With each long run I've managed to sort out my head space and this is a fantastic feeling. Thank you for your support. Cheers, Thomas"*

If you would like to sponsor Thomas who is running to raise money for Men on Bikes, then please use this link: <http://uk.virginmoneygiving.com/ThomasGillespie>.

**Thank you for your support**

## ACTIVITIES in April 2017 in Epsom & Ewell

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</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>4</b> 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 14:00-15:00 Badminton- The Rainbow Centre 16:00-17:00 Intro to Pilates- Longmead Centre	<b>5</b> 9:00-11:30 Advice and 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 Sessions 13:00-17:00 Advice & Support 10:15-11:30 Yoga St Martins' Church 10:00-12:00 Advice & Support - Epsom Hub	<b>7</b> 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group
<b>10</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>11</b> 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 14:00-15:00 Badminton- The Rainbow Centre 16:00-17:00 Intro to Pilates- Longmead Centre	<b>12</b> 11:30-12:30 Play Reading Group 19:30-21:00 Let's Talk Group – St Barnabas Church	<b>13</b> 13:00-15:00 Computer Sessions 13:00-15:00 Advice & Support - Longmead Centre	<b>14</b>  <b>Good Friday Bank Holiday</b>
<b>17</b>  <b>Easter Monday Bank Holiday</b>	<b>18</b> 10:00-12:00 Stepps & Beyond Group 16:00-17:00 Intro to Pilates- Longmead Centre	<b>19</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>20</b> 13:00-15:00 Computer Sessions 13:00-17:00 Advice & Support 10:00-12:00 Advice & Support - Epsom Hub 10:15-11:30 Yoga St Martins' Church	<b>21</b> 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group
<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 16:00-17:00 Intro to Pilates- Longmead Centre	<b>26</b> 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 10:15-11:30 Yoga St Martins' Church 13:00-15:00 Learning & Skills Support – Longmead Centre	<b>28</b> 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group
<b>PURPLE = The Brickfield Centre</b>	<b>GREEN = Other Epsom &amp; Ewell Locations</b>			

## ACTIVITIES in April 2017 in Mole Valley

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10.30-16:00 Advice and Support <b>14:15 -15:45 Football Training–            Leatherhead Leisure Centre</b>	<b>4</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>5</b> 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 13.00-14.00 Women’s group	<b>6</b> 10:00-12:00 Computer Sessions 19:00-21:00 Bipolar Group <b>10:30-11:30 Light Exercise – Ashtead            Pavilion</b>	<b>7</b> 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open <b>14:00-16:00 Learning &amp; Skills            Dorking</b>  <b>Saturday 8<sup>th</sup> April</b> <b>11am Healthy Walk starting at            Leatherhead Theatre</b>
<b>10</b> 10.30-16:00 Advice and Support <b>14:15 -15:45 Football Training–            Leatherhead Leisure Centre</b>	<b>11</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>12</b> 9:00-15:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 13.00-14.00 Women’s group	<b>13</b> 10:00-12:00 Computer Sessions 19:00-21:00 Hoarders’ Group <b>10.00-12.00 Advice &amp; Support- Clarendon            House</b> <b>10:30-11:30 Light Exercise – Ashtead            Pavilion</b>	<b>14</b>  <b>Good Friday            Bank Holiday</b>
<b>17</b>  <b>Easter Monday            Bank Holiday</b>	<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 13.00-14.00 Women’s group <b>13:30-16:00 – Wellbeing Programme –            The Point Dorking</b>	<b>20</b> 10:00-12:00 Computer Sessions <b>10:30-11:30 Light Exercise – Ashtead            Pavilion</b>	<b>21</b> 10:00-12:00 Compl. Therapies 11:00-14:00 Butterfly Café Open
<b>24</b> <b>14:15 -15:45 Football Training–            Leatherhead Leisure Centre</b>	<b>25</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>26</b> 9:00-15:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 13.00-14.00 Women’s group <b>13:30-16:00 – Wellbeing Programme –            The Point Dorking</b>	<b>27</b> 10:00-12:00 Computer Sessions 19:00-21:00 Coping with Anxiety Group <b>10:00-12:00 Advice &amp; Support–Clarendon            House</b> <b>13:00-17:00 Advice &amp; Support–Linden            House</b>	<b>28</b> 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 13:00-15:00 Advice & Support
<b>BLUE = The Crescent            Centre, Leatherhead</b>	<b>RED = Other Mole Valley            Location</b>			

**Free 6 week**

**Emotional Health & Well-Being Programme**

Topics will include techniques for:

- Improving Self-Esteem and Confidence
- Managing Anxiety and stress
- Communicating Better with others
- Learning how to say No
- Learning how to live a happier life

Dates: **Wednesdays:**  
**10th May, 17th May, 24th May**  
**7th June, 14th June, 21st June**

Time: **7pm—9pm**  
Tutor: **Angie Muscio**  
Venue: **The Larches**  
**44 Waterloo Road**  
**Epsom KT19 8EX**

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 Area.

# MaryFrancesTrust



## Badminton Inclusion

Would you like to learn how to play badminton, or brush up on your skills if you haven't played for a while?

Did you know that participating in sport has a positive effect on your emotional well-being?

Come and join our 6 week course!

**We will even give you a racquet as a joining gift!**

It will be held at  
The Rainbow Leisure Centre  
East St,  
Epsom  
KT17 1BN

**Starting Tuesday 2nd May 2017**

**Time:  
2.00pm– 3.00pm**

**Cost - £18.00 payable on the first session**

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)  
Charity number 1055113**





Workers' Educational Association



# An Introduction to Mindfulness



Mind Full, or Mindful?

**A 2 week course, to be held on Thursdays**

**4<sup>th</sup> & 11<sup>th</sup> May**

**Time: 7pm - 9pm**

**Venue: The Larches, Waterloo Road**

**Epsom KT19 8EX**

**To book your place, please ring**

**01372 375400, SMS 07929 024722**

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



Funded by



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 Area.

Topics include:

- The 7 dimensions of Mindfulness
- Getting in touch with your senses
  - 3 minute meditation
- Useful resources

Course Facilitator:  
Angie Muscio

## Walks for Health.



As the days get a bit warmer and longer it's great to get out and walk. Why not join us.



Our walks are approximately 1 hour and take place on the second Saturday of each month at 11am. The next walks in 2017 are:

Saturday 8<sup>th</sup> April

Saturday 13<sup>th</sup> May

Saturday 10<sup>th</sup> June

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



## MaryFrancesTrust

### Make a Card for Easter

Join our volunteer Paula in the art session at The Crescent Centre on Tuesday 11<sup>th</sup> April between 10 and 12 and make a card, or more than one!

Do let us know if you would like to come so we have enough materials

Tel 01372 375400 Email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

Text 07929024722





**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 Thursday evenings at:**

**The Leatherhead Institute—Room F3**

**67 High Street**

**Leatherhead**

**KT22 8AH**

**Starting on 4th May 2017**

**7pm until 9pm**



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

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

**SURREY CARE TRUST**  
Nurturing skills | Changing lives



**Nescot**  
Epsom's college of further and higher education

## Introduction to Pilates

This free course has been designed for people who are new or in the beginning stages of Pilates.

You will learn Pilates Fundamentals and exercises, from the simplest to more complex. Pilates is also calming and known as "movement as meditation."

You will need to be able to commit to attending the full course

The 12 week course will be held at

The Longmead Centre

Sefton Road

Epsom

KT19 9HG

Starting on:

Tuesday 16th May 2017

Time:

4pm until 5pm

All attendees must register with Mary Frances Trust before starting the course

To register and 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**



**MaryFrancesTrust**

## Women's group



Our women's group meets on Wednesdays,  
from 1pm until 2.30pm,  
at The Crescent Centre, 23 The Crescent,  
Leatherhead, KT22 8DY.

The group is informal and is aimed at encouraging  
women to support each other through activities  
and talking

If you are interested in coming along please  
contact Christine Schauerman on 01372 375400,  
Text 07929 024722,  
or email  
[info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)





# Are you feeling down, worried or stressed?



## You don't have to put on a happy face.

If you are worried, stressed at work or finding it difficult to cope with daily life, your local NHS can help.

We offer **free support and counselling** and you can even choose the option that works for you.

You can contact the services yourself, or your doctor can refer you – **it's your choice**.

To find out more, and take the first step, see [www.surreydownscg.nhs.uk/gethelp](http://www.surreydownscg.nhs.uk/gethelp)



 [www.surreydownscg.nhs.uk](http://www.surreydownscg.nhs.uk)

 [surreydownscg](https://www.facebook.com/surreydownscg)

 [@SurreyDownsCCG](https://twitter.com/SurreyDownsCCG)





From Monday 3<sup>rd</sup> April 2017 new contact details for local carer support enquiries across Surrey will be:



**Tel: 0303 040 1234**

Calls to 03 numbers from any network will cost no more than those to 01 and 02 numbers and count as part of any call package. The cost of calls per minute depends on the network. Please check with your provider.

**Or by e-mail: [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk)**



**Or by SMS 07714 075993**

Please contact us for advice, information, advocacy, training and access to other information to support you in your caring role.

The new service will offer a flexible range of support by telephone, face-to-face meetings where needed, local carers meetings, support groups and workshops. This will be complemented by a range of digitally based resources as well as paper-based information.

In addition, there will also be carer advisors in the county's five main acute hospitals (East Surrey, Epsom, Royal Surrey County, Frimley Park and St Peters).

The new service will provide consistent local delivery across the county with all referrals coming into a Carers Information Centre to get you the help you need and put you in touch with the right people.

*Action for Carers Surrey Registered Office: Astolat, Coniers Way, Guildford, Surrey. GU4 7HL. Co. Ltd by Guarantee Co. No. 5939327, Reg. in England and Wales with charitable status. Registered charity No. 1116714*

# Understanding Pain Workshop

Delivered by a qualified  
physiotherapist.

**Dates**

Thursday 24<sup>th</sup> November 2016

Thursday 26<sup>th</sup> January 2017

Thursday 30<sup>th</sup> March 2017

Thursday 25<sup>th</sup> May 2017

Thursday 27<sup>th</sup> July 2017

Thursday 28<sup>th</sup> September 2017

**Time** 7pm – 8.30pm

**Venue** Wellness with a Goal, 4A Church Street, Walton-on-Thames, KT12 2QS

This free workshop aims to make complex pain science accessible to all. It will explore the link between the mind and the body, whilst shifting away from the long-held view that pain is solely about damage.

This is not a replacement for those seeking a one to one consultation or clinical help, but rather an exploration of the ways in which pain impacts upon our lives, why this happens and how it can be better managed.

wellness with a goal

wellness with a goal, 4a church street, walton-on-thames, surrey, kt12 2qs

tel. 01932 231918

sms text. 07812 101752

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

web. [www.wellnesswithagoal.org.uk](http://www.wellnesswithagoal.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](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