



Communiqué

Mary Frances Trust's Newsletter

May 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.communityconnectionssurrey.com

Many, many thanks to Thomas who ran the London Marathon for Mary Frances Trust raising a fantastic amount of £1,200!!

Surrey Hills Radio continued their support for us by having their own marathon runner, Saul, running for us too.



Thomas with his medal

MFT are happy to announce that we have secured a grant from the Lottery's Awards for All programme for a pilot project we are calling Longmead Inclusion 4 All. This is to work with communities in the Longmead Housing Estate and surrounding areas known as Ruxley and Court Wards in Epsom.

We established there are limited services available in the area at point of need, which includes people from BME communities facing additional barriers due to:

- having English as a second language
- stigma they experience associated with mental health
- not being able to access services for cultural reasons.

Our sessional worker, Parvin Ahmed, is joining us on the 29th May. She will be making contacts locally through outreach to ensure we reach the optimum numbers of people that includes running activities specifically for women to help improve wellbeing. Further information will be available in the next issue of Communique.



May is National Walking Month. Walking is such good exercise as well as not costing anything. Why not join us on Saturday 13th May for our monthly walk at 11am. We are meeting outside The Theatre, Church Street, Leatherhead for a one hour walk.

There is also a 5K walk on 20th May at Painshill Park organised by one of our partners, Surrey and Borders Partnership NHS Foundation Trust. Please see the poster on page 13 for more information.

The MFT Team

ACTIVITIES in May 2017 in Epsom & Ewell

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bank Holiday	2 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 14.00-15:00 Badminton Course – Rainbow Centre	3 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	4 13:00-15:00 Computer Sessions 10:00-17:00 Advice & Support 19:00-21:00 Intro to Mindfulness – The Larches	5 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group 13:30-14:30 Creative Writing Group
8 9:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	9 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 14.00-15:00 Badminton Course – Rainbow Centre	10 11:30-12:30 Play Reading Group 19.30-21:00 Let’s Talk Group – St Barnabas Church 19:00-21:00 Wellbeing Programme – The Larches	11 13:00-15:00 Computer Sessions 13:00-15:00 Advice & Support - Longmead Centre 19:00-21:00 Intro to Mindfulness – The Larches	12 10:15-13:30 Café open 10:30-12:30 Art Group 13:30-14:30 Creative Writing Group
15 9:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	16 10:00-12:00 Stepps & Beyond Group 14.00-15:00 Badminton Course – Rainbow Centre 16.00-17:00 Intro to Pilates- Longmead Centre	17 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 – The Larches	18 13:00-15:00 Computer Sessions 10:00-17:00 Advice & Support	19 9:45-12:00 Reflexology 10:15-13:30 Café open 10:30-12:30 Art Group 13:30-14:30 Creative Writing Group
22 9:00-11:00 Learning & Skills 13:00-14:00 Pilates with Mindfulness 16:00-19:00 Drop-in Session – St Barnabas Church	23 10:00-12:00 Stepps & Beyond Group 10:00-13:00 Compl. Therapies 14.00-15:00 Badminton Course – Rainbow Centre 16.00-17:00 Intro to Pilates- Longmead Centre	24 11:30-12:30 Play Reading Group 19:30-21:00 Let’s Talk Group – St Barnabas Church 19:00-21:00 Wellbeing Programme – The Larches	25 13:00-15:00 Computer Sessions 10:15-11:30 Yoga St Martins’ Church 13:00-15:00 Learning & Skills Support – Longmead Centre	26 10:15-13:30 Café open 10:30-12:30 Art Group 13:30-14:30 Creative Writing Group
29 Bank Holiday	30 10:00-12:00 Stepps & Beyond Group 14.00-15:00 Badminton Course – Rainbow Centre 16.00-17:00 Intro to Pilates- Longmead Centre	31 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 May 2017 in Mole Valley

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bank Holiday	2 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	3 09.00-12.00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 13.00-14.00 Women's group 13:30-16:00 – Wellbeing Programme – The Point Dorking	4 10:00-12:00 Computer Sessions 19:00-21:00 Bipolar Group 10:30-11:30 Light Exercise – Ashtead Pavilion 19:00-21:00 Confidence Building – Leatherhead Institute	5 9:00-12:00 Advice & Support 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open
8 14:15 -15:45 Football Training– Leatherhead Leisure Centre	9 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	10 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	11 10:00-12:00 Computer Sessions 19:00-21:00 Hoarders' Group 10.00-12.00 Advice & Support- Clarendon House 10:30-11:30 Light Exercise – Ashtead Pavilion 19:00-21:00 Confidence Building – Leatherhead Institute	12 10:00-12:00 Compl. Therapies 11:00-14:00 Butterfly Café Open 14:00-16:00 Learning & Skills Dorking Saturday 13th May 11am Healthy Walk starting at Leatherhead Theatre
15 10.30-16:00 Advice and Support 14:15 -15:45 Football Training– Leatherhead Leisure Centre	16 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	17 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 13.00-14.00 Women's group 13:30-16:00 – Wellbeing Programme – The Point Dorking	18 10:00-12:00 Computer Sessions 10:30-11:30 Light Exercise – Ashtead Pavilion 19:00-21:00 Confidence Building – Leatherhead Institute	19 10:00-12:00 Compl. Therapies 11:00-14:00 Butterfly Café Open 14:00-16:00 Learning & Skills Dorking
22 10.30-16:00 Advice & Support 14:15 -15:45 Football Training– Leatherhead Leisure Centre	23 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	24 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 13:30-16:00 – Wellbeing Programme – The Point Dorking	25 10:00-12:00 Computer Sessions 19:00-21:00 Coping with Anxiety Group 10:00-12:00 Advice & Support–Clarendon House 13:00-17:00 Advice & Support–Linden Ho 19:00-21:00 Confidence Building – Leatherhead Institute	26 10:30-13:30 Compl. Therapies 11:00-14:00 Butterfly Café Open 13:00-15:00 Advice & Support
29 Bank Holiday	30 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	24 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	BLUE = The Crescent Centre, Leatherhead	RED = Other Mole Valley Location



Workers' Educational Association



Healthy Lifestyles & Healthy Eating



This free 6 week course will take place on Thursdays –
 8th June, 15th June, 22nd June, 29th June,
 13th July and 20th July

Time:

10am -12noon.

Venue:

Leatherhead Institute 67 High Street
 Leatherhead KT22 8AH

To book your place, please contact
 Mary Frances Trust:

01372 375400, SMS 07929 024722

Or email info@maryfrancestrust.org.uk

Topics include:

- Setting SMART goals
- Tips for helping to make healthier life choices
- Understanding the links between mood and food
- Time management skills
- Strategies for living a more enjoyable and less stressful life



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.

Funded by



This course is aimed at people who would like to improve their emotional well-being and mental health.

Free 4 Week

Money Matters Workshops

Do you control your money or does it control you?

What is the value of money? Where does your money go?

Why do you get into debt?

This course will support you to better understand your relationship with money and how to make changes, review decisions and implement practical strategies that get YOU back in control.

**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 8th June 2017

7pm-9pm



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

Or email info@maryfrancestrust.org.uk

MaryFrancesTrust



Photography Group

Would you like to learn or improve your photography skills and take part in fun projects?

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

Starting Thursday 25th May 2017

2.30pm-4pm for 6 weeks
£10 for 6 weeks or £2 a session

The Crescent Centre
23 The Crescent
Leatherhead
Surrey
KT22 8DY



To book your place please contact :

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

info@maryfrancestrust.org.uk

Charity number 1055113



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 Wednesdays at:
The Leatherhead Institute—Room G5**

67 High Street

Leatherhead

KT22 8AH

Starting on 7th June 2017

11am-1pm



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

Or email info@maryfrancestrust.org.uk

SURREY CARE TRUST
Nurturing skills | Changing lives



Nescot
Surrey's college of further and higher education

MaryFrancesTrust



Creative Writing

**"WRITING
IS THE
PAINTING
OF THE
VOICE!"**

VOLTAIRE

From Friday 5th May

Our creative writing group will be meeting every
Friday from 1.30pm until 2.30pm,
at The Brickfield Centre, Portland Place
Epsom KT17 1DL

The group is informal and aims to provide a
positive and productive atmosphere for developing
writers to integrate, learn, and grow.

If you are interested in coming along please
contact Mary Frances Trust on 01372 375400,
Text 07929 024722,
or email info@maryfrancestrust.org.uk




Maternal Mental Health Week event

Mums' mental health matters

Hosted by SASH Maternity Service Liaison Committee



1 in 10 new mothers experience difficulties with mental health.



A recent survey in Surrey and Sussex showed many of these women are not getting the help they need.

We can change this.

Together we can raise awareness of maternal mental health.
Together we can drive positive change.

**Join
us**

Thursday 4 May

1-3 pm

**Postgraduate education centre,
East Surrey Hospital**

This event is for local professionals, women and families who want to join the conversation about how to better support new mothers.

- Hear **new research** about local women's experiences of perinatal mental illness and the support they receive
- **Meet mums, dads**, volunteers and practitioners Join a grassroots movement for **positive change** in maternal mental health

For more information please email susie.cabrillana@nhs.net

Putting people first
Delivering excellent, accessible healthcare



Join the conversation online
 [@sashnhs](https://twitter.com/sashnhs)
[#maternalmhmatters](https://twitter.com/maternalmhmatters)

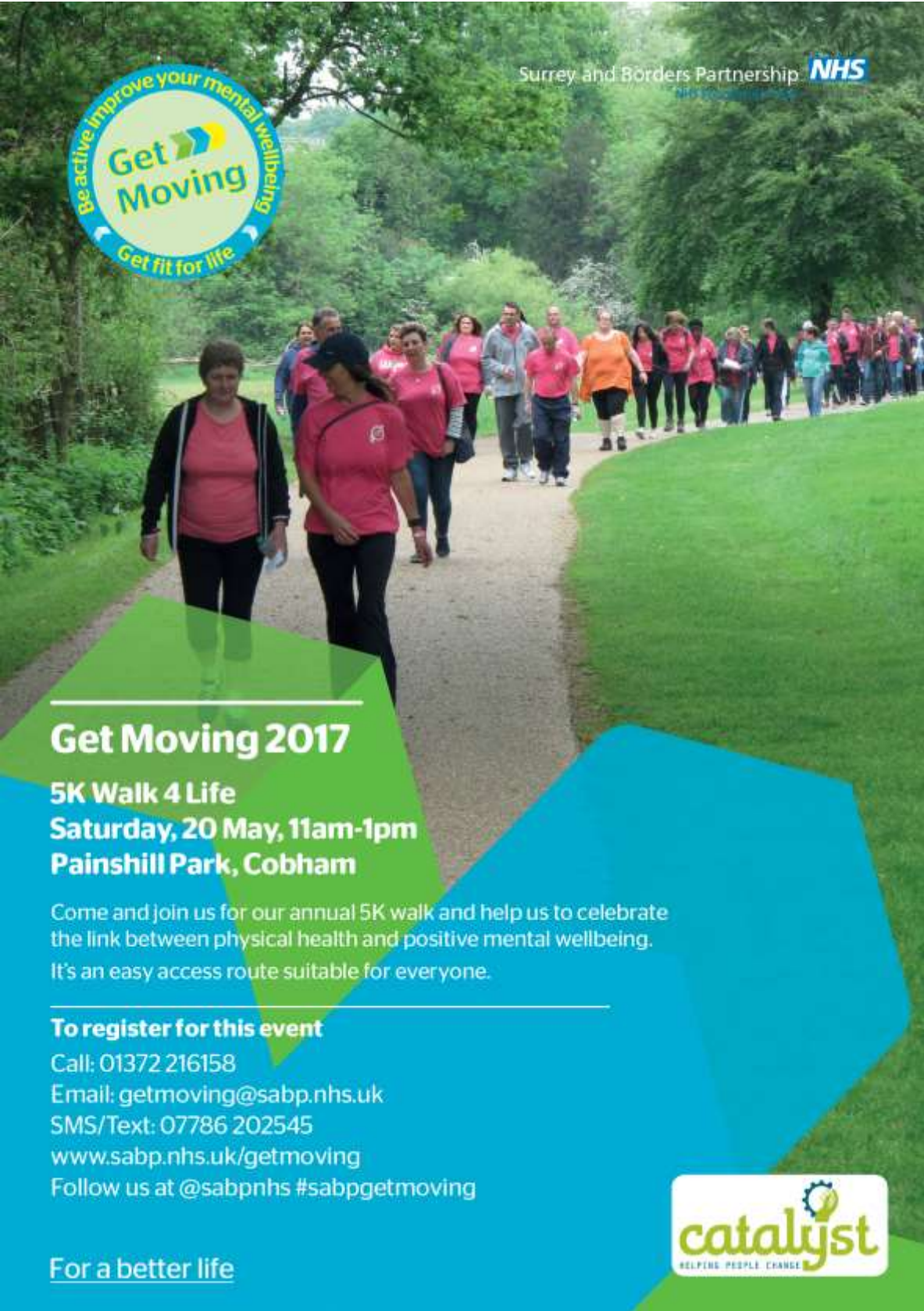
Surrey Pharmaceutical Needs Assessment

Surrey County Council is conducting a public survey to better understand the views local people have about pharmacy services in Surrey. Pharmacies provide over the counter medicines as well as those that GPs prescribe. They can also offer health advice and information. The survey will help to identify where service gaps might exist and how services might be improved. The results from the survey will inform the Surrey Pharmaceutical Needs Assessment which helps make decisions on applications for new pharmaceutical services or changes to existing services.

Surrey County Council want to obtain as broad a cross section of views from the public as possible. They have distributed the questionnaire by post to a randomised selection of addresses in Surrey, they would also greatly appreciate your help in publicising the survey to maximise its reach and the number completed which improves their ability to draw conclusions.

The confidential questionnaire is available online at https://www.surreysays.co.uk/public-health/pna_public-survey

It will take around 5 minutes to complete. There are no right or wrong answers and Surrey County Council will not be able to identify anyone from any of the answers given. It should be completed by the 5th May 2017.



Get Moving 2017

5K Walk 4 Life
Saturday, 20 May, 11am-1pm
Painshill Park, Cobham

Come and join us for our annual 5K walk and help us to celebrate the link between physical health and positive mental wellbeing. It's an easy access route suitable for everyone.

To register for this event

Call: 01372 216158
Email: getmoving@sabp.nhs.uk
SMS/Text: 07786 202545
www.sabp.nhs.uk/getmoving
Follow us at @sabpnhs #sabpgetmoving

For a better life





Do you remember the Epsom Hospitals?

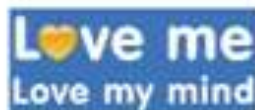
A new project, funded by the Heritage Lottery Fund and called *keeping Us in Mind*, is collecting the stories of people who lived in, worked at, or were in any way affected by Epsom's cluster of psychiatric hospitals:

- ◆ *Horton Hospital*
- ◆ *The Manor Hospital*
- ◆ *Long Grove Hospital*
- ◆ *West Park Hospital*
- ◆ *St Ebba's (formerly Ewell Epileptic Colony)*

If you were a patient or a patient's relative, a member of staff or even someone who lived in Epsom and remembers the impact the hospitals had on the town, we would very much like to speak with you. Our project aims to record the unique history of the hospitals in the voices of the people who knew them best. How much you want to share, and how your story is used, is entirely up to you and we will respect your wishes at every stage.



For more information or to arrange to share your story, please contact us on **01372 721518** or email: keepingusinmind@outlook.com



Love Me Love My Mind
St Barnabas Church
Temple Road
Epsom KT9 8HA
Registered Charity Number: 1125595

Funding raised by
The National Lottery
and awarded by the Heritage Lottery Fund





DE VERE
WOTTON HOUSE



Wotton House have the pleasure of inviting you to their charity

GARDEN PARTY

featuring The Brigitte Trust charity flower



Sunday 7th May 2017, 2pm - 5pm

Cream Teas * BBQ & Music * Rampant Rooster Morris Dancing
Tours of the Grade II Listed Grounds * Charity Lavender Stall & Raffle
Local Art, Craft & Masterclasses * Flower Stall & Demonstration
Dorking Brewery * Silent Pool Gin



Wotton House, Guilford Road, Dorking, Surrey RH5 6HS

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