



## ***Communiqué***

**Mary Frances Trust's Newsletter**

**September 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.communityconnectionsurrey.com](http://www.communityconnectionsurrey.com)

September is upon us and here at Mary Frances Trust we are looking at an exciting few months ahead. We have a well-being evening at the Crescent Centre on Wednesday 6<sup>th</sup> September – why not pop in and discover ways to help yourself improve your well-being? We are also holding a special event for Mole Valley Arts Alive Festival on Sunday 24<sup>th</sup> September – this will be a whole day learning how to create a piece of graffiti art that will be presented to The Swan Centre to display there.



To raise awareness of Mary Frances Trust locally, our Leatherhead women's group will be yarn bombing the site on the day of the Graffiti Art event, so why not come along to see what they have been up to?

The Women's Sewing Group in Epsom has been running for the past 11 weeks, and has been successful in engaging women from different backgrounds. Each week participants feel they are in a relaxed environment, sharing knowledge and skills, and supporting each other. This group supports their confidence and the development of their sewing skills, but is also assisting their emotional wellbeing. Each person is working on their project and currently some are making crochet bags that we are hoping to sell to raise funds. We still have places, so why not come along and interact with other likeminded people to develop your skills through sewing. You do not have to be a sewing expert!

The new activities in Banstead are now starting to take place, and regular support sessions are being held at the Banstead Centre, and we are looking forward to meeting new people in the area.

We have a wonderful army of volunteers, who we rely on to help us provide such a wide variety of groups and activities, but we are always keen to hear from people who would like to volunteer with us, particularly helping us to spread the word about MFT. If anyone is free to help at our stand at Epsom Fun Day, on Sunday 17<sup>th</sup> September for a couple of hours from 1pm, please contact Louise.

Lenny is continuing to run advice and guidance sessions at a number of venues, including Linden House GP Practice in Leatherhead and Christine will be offering one-to-one appointments on Tuesday evenings at The Crescent while evening courses are taking place. As always, the Safe Haven in Epsom is open every evening from 6pm until 11pm, offering support for people in crisis, and from 6pm -7pm for those needing social support. Surrey and Borders NHS Trust will shortly be opening a Safe Haven for young people aged 10-18 in Epsom town centre. Watch this space for more information on this development in the near future.

## ACTIVITIES in September 2017 in Epsom, Ewell & Banstead

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>PURPLE = The Brickfield Centre</b>  <b>GREEN = Other Epsom, Ewell &amp; Banstead Locations</b></p>				<p><b>1</b>            10:15-13:30 Café open            10:30-12:30 Art Group            13:30-14:30 Creative Writing Group</p>
<p><b>4</b>            10.00-12.00 Learning &amp; Skills            11am-12.00 Pilates Intermediate            13.00-14.00 Pilates Advanced            14:00-15:00 Book Club, The Banstead Centre            16:00-19:00 Drop-in Session – St Barnabas Church</p>	<p><b>5</b>            10:00-12:00 Stepps &amp; Beyond Group            16.00-17.00 Pilates Intro Longmead Centre</p>	<p><b>6</b>            9:00-17:00 Advice &amp; Info            11:30-12:30 Play Reading Group            10.00-12.30 Women’s Sewing Group – Kings Church            19.30-21:00 Let’s Talk Group – St Barnabas Church</p>	<p><b>7</b>            10:00-13:00 Advice &amp; Info            10.15-11.30 Yoga – St Martin’s Church            11:00 – 12.00 Weekly Walk, Silver Spoon Café, Tattenham Corner            13:00-15:00 Computer Sessions</p>	<p><b>8</b>            10:15-13:30 Café open            10:30-12:30 Art Group            13:30-14:30 Creative Writing Group</p>
<p><b>11</b>            10.00-12.00 Learning &amp; Skills            11am-12.00 Pilates Intermediate            13.00-14.00 Pilates Advanced            12:00-13:00 Run Together course The Banstead Centre            14:00-15:00 Book Club, The Banstead Centre            16:00-19:00 Drop-in Session – St Barnabas Church</p>	<p><b>12</b>            10:00-12:00 Stepps &amp; Beyond Group            10:00-13:00 Compl. Therapies            16.00-17.00 Pilates Intro Longmead Centre</p>	<p><b>13</b>            9:00-17:00 Advice &amp; Info            10.00-12.30 Women’s Sewing Group – Kings Church            11:00-12:00 Pram Walk &amp; Talk, Banstead Children’s Centre, The Horseshoe            11:30-12:30 Play Reading Group            19:30-21:00 Let’s Talk Group – St Barnabas Church</p>	<p><b>14</b>            10.15-11.30 Yoga – St Martin’s Church            11:00-12:00 Weekly Walk, Silver Spoon Café, Tattenham Corner            13:00-15:00 Computer Sessions</p>	<p><b>15</b>            10:15-13:30 Café open            10:30-12:30 Art Group            13:30-14:30 Creative Writing Group</p>
<p><b>18</b>            9:00-11:00 Learning &amp; Skills            11am-12.00 Pilates Intermediate            13.00-14.00 Pilates Advanced            12:00-13:00 Run Together course The Banstead Centre            14:00-15:00 Book Club, The Banstead Centre            16:00-19:00 Drop-in Session – St Barnabas Church</p>	<p><b>19</b>            10:00-12:00 Stepps &amp; Beyond Group            16.00-17.00 Pilates Intro Longmead Centre</p>	<p><b>20</b>            9:00-17:00 Advice &amp; Info            11:30-12:30 Play Reading Group            10.00- 12.00 Women’s sewing group - Kings Church            19:30-21:00 Let’s Talk Group – St Barnabas Church</p>	<p><b>21</b>            10:00-17:00 Advice &amp; Info            10.15-11.30 Yoga – St Martin’s Church            11:00-12:00 Weekly Walk, Silver Spoon Café, Tattenham Corner            13:00-15:00 Computer Sessions</p>	<p><b>22</b>            10:15-13:30 Café open            10:30-12:30 Art Group</p>

<p><b>25</b>  10.00-12.00 Learning &amp; Skills  11am-12.00 Pilates  Intermediate  13.00-14.00 Pilates Advanced  12:00-13:00 Run Together  course The Banstead Centre  14:00–15:00 Book Club, The  Banstead Centre  16:00-19:00 Drop-in Session –  St Barnabas Church</p>	<p><b>26</b>  10:00-12:00 Stepps &amp; Beyond Group  10:00-13:00 Compl. Therapies  16.00-17.00 Pilates Intro Longmead  Centre</p>	<p><b>27</b>  9:00-17:00 Advice &amp; Info  11:30-12:30 Play Reading Group  10.00- 12.00 Women’s sewing group - Kings  Church  19:30-21:00 Let’s Talk Group – St Barnabas  Church</p>	<p><b>28</b>  10.00-13.00 Introduction to  Mindfulness  10.15-11.30 Yoga – St Martin’s  Church  11:00-12:00 Weekly Walk,  Silver Spoon Café, Tattenham  Corner  13:00-15:00 Computer Sessions</p>	<p><b>29</b>  10:15-13:30 Café open  10:30-12:30 Art Group</p>
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Photograph by Allan Brown, member of our photography group

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BLUE = The Crescent Centre, Leatherhead</b>	<b>RED = Other Mole Valley Location</b>			<b>1</b> 9:00-12:00 Advice & Info 11:00-14:00 Butterfly Café Open 13:00-16:00 Shiatsu Treatments
<b>4</b> 14:15 -15:45 Football Training– Leatherhead Leisure Centre	<b>5</b> 9:00-12:00 Advice & Info 10:00-12:00 Art Group 10:00-15:00 Computer Sessions 13:00-14:30 Staff Team Catch Up 19:00-20:00 Learning & Skills 19:00-21:00 Confidence Building	<b>6</b> 11:00-14:00 Butterfly Café Open 13.00-14.30 Women’s group 18.30-20.30 Well-being Event	<b>7</b> 10:00-12:00 Computer Sessions 10:30-11:30 Light Exercise – Ashtead Pavilion 19:00-21:00 Bipolar Group	<b>8</b> 11:00-14:00 Butterfly Café Open 13:00-16:00 Shiatsu Treatments  <b>Saturday 9<sup>th</sup> September</b> 11am Healthy Walk starting at Leatherhead Theatre
<b>11</b> 10.00-12.00 Yoga – Leatherhead Institute 10.30-1600 Advice & Info 14:15 -15:45 Football Training– Leatherhead Leisure Centre	<b>12</b> 9:00-12:00 Advice & Info 10:00-12:00 Art Group 10:00-15:00 Computer Sessions 13:00-14:30 Staff Team Catch Up 19:00-20:00 Learning & Skills 19:00-21:00 Confidence Building	<b>13</b> 11:00-14:00 Butterfly Café Open 13.00-14.30 Women’s group	<b>14</b> 10:00-12:00 Computer Sessions 10:00-12:00 Advice & Info–Clarendon Ho 10:30-11:30 Light Exercise – Ashtead Pavilion 19:00-21:00 Hoarders’ Group	<b>15</b> 11:00-14:00 Butterfly Café Open 13:00-16:00 Shiatsu Treatments
<b>18</b> 10.00-12.00 Yoga – Leatherhead Institute 10.30-1600 Advice & Info 14:15 -15:45 Football Training– Leatherhead Leisure Centre	<b>19</b> 9:00-12:00 Advice & Info 10:00-12:00 Art Group 10:00-15:00 Computer Sessions 13:00-14:30 Staff Team Catch Up 19:00-20:00 Learning & Skills 19:00-21:00 Confidence Building	<b>20</b> 13.00-15.30 Well-being programme – Oddfellows Hall Dorking 11:00-14:00 Butterfly Café Open 13.00-14.30 Women’s group	<b>21</b> 10:00-12:00 Computer Sessions 10:30-11:30 Light Exercise – Ashtead Pavilion 13:00-17:00 Advice & Info–Linden Ho	<b>22</b> 11:00-14:00 Butterfly Café Open 13:00-15:00 Advice & Info 13:00-16:00 Shiatsu Treatments 14:00-16:00 Learning & Skills Dorking  Sunday 24 <sup>th</sup> September 10.00-17.00 Graffiti Art Event
<b>25</b> 10.00-12.00 Yoga – Leatherhead Institute 10.30-1600 Advice & Info 14:15 -15:45 Football Training– Leatherhead Leisure Centre	<b>26</b> 9:00-12:00 Advice & Info 10:00-12:00 Art Group 10:00-15:00 Computer Sessions 13:00-14:30 Staff Team Catch Up 19:00-20:00 Learning & Skills 19:00-21:00 Confidence Building	<b>27</b> 13.00-15.30 Well-being programme – Oddfellows Hall Dorking 11:00-14:00 Butterfly Café Open 13.00-14.30 Women’s group	<b>28</b> 10:00-12:00 Computer Sessions 10:00-12:00 Advice & Info–Clarendon Ho 10:30-11:30 Light Exercise – Ashtead Pavilion	<b>29</b> 13.00- 15.00 Be Your Best Self 11:00-14:00 Butterfly Café Open 13:00-15:00 Advice & Info 13:00-16:00 Shiatsu Treatments

Please see below calendar of activities in Elmbridge provided by Wellness With A Goal (WWAG).

To find out more details on each activity or to book a place on the Mindfulness or People workshops, please contact Kelley on 01932 231 918 or email [kelly@wwag.org.uk](mailto:kelly@wwag.org.uk)

## SEPTEMBER 2017 CALENDAR

To find out more details on each activity or to book a place on our Mindfulness or People workshops, please contact Kelley on 01932 231 918 or email [kelly@wwag.org.uk](mailto:kelly@wwag.org.uk).

wellness with a goal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 <sup>th</sup> <b>CLOSED BANK HOLIDAY</b>	29 <sup>th</sup> <ul style="list-style-type: none"> <li>Community Allotment 10-3.30pm (TR)</li> <li>Anxiety Support Group 7-8.30pm (WO)</li> <li>Yoga 7-8.15pm (KG)</li> </ul>	30 <sup>th</sup> <ul style="list-style-type: none"> <li>Art 1.30-4.30pm (JPC)</li> <li>Conservation Volunteering 10-3.45pm (EBC)</li> </ul>	31 <sup>st</sup> <ul style="list-style-type: none"> <li>Headspace Drop in 11-12pm (WO)</li> <li>Men in Sheds 9.30-3pm (TD)</li> <li>Cobham Community Garden 10-12pm (LO)</li> </ul>	1 <sup>st</sup> <ul style="list-style-type: none"> <li>Guided Mindfulness Drop in 12-1pm (WO)</li> <li>Coffee 2pm (JPC)</li> <li>Art 2-4pm (JPC)</li> <li>1:1 Tech Assist 10am (WO)</li> </ul>	2 <sup>nd</sup> <b>JPC CLOSED</b> <ul style="list-style-type: none"> <li>Bushy Parkrun 9am (Bushy Park)</li> <li>Community Allotment 2-5pm (TR)</li> <li>Cobham Community Garden 10-12pm (LO)</li> </ul>
4 <sup>th</sup> <ul style="list-style-type: none"> <li>Coffee 10.30am (JPC)</li> <li>Men in Sheds 9.30-3pm (TD)</li> </ul>	5 <sup>th</sup> <ul style="list-style-type: none"> <li>Community Allotment 10-3.30pm (TR)</li> <li>Yoga 7-8.15pm (KG)</li> </ul>	6 <sup>th</sup> <ul style="list-style-type: none"> <li>C.A.B. Clinic 10-1pm (WO)</li> <li>Art 1.30-4.30pm (JPC)</li> <li>Quiz 2-4pm (WO)</li> </ul>	7 <sup>th</sup> <ul style="list-style-type: none"> <li>Headspace Drop in 11-12pm (WO)</li> <li>Men in Sheds 9.30-3pm (TD)</li> <li>Cobham Community Garden 10-12pm (LO)</li> <li>Confidence Workshop 7-9pm (Quintet)</li> </ul>	8 <sup>th</sup> <ul style="list-style-type: none"> <li>Guided Mindfulness Drop in 12-1pm (WO)</li> <li>Coffee 2pm (JPC)</li> <li>Art 2-4pm (JPC)</li> <li>1:1 Tech Assist 10am (WO)</li> </ul>	9 <sup>th</sup> <ul style="list-style-type: none"> <li>Bushy Parkrun 9am (Bushy Park)</li> <li>Coffee 10.00am (JPC)</li> <li>Art 10.30am (JPC)</li> <li>Lunch 12.30pm (JPC)</li> <li>Community Allotment 2-5pm (TR)</li> <li>Cobham Community Garden 10-12pm (LO)</li> </ul>
11 <sup>th</sup> <ul style="list-style-type: none"> <li>Coffee 10.30am (JPC)</li> <li>Men in Sheds 9.30-3pm (TD)</li> </ul>	12 <sup>th</sup> <ul style="list-style-type: none"> <li>Community Allotment 10-3.30pm (TR)</li> <li>Yoga 7-8.15pm (KG)</li> </ul>	13 <sup>th</sup> <ul style="list-style-type: none"> <li>Art 1.30-4.30pm (JPC)</li> <li>Comedy Clip Night 7-8.30pm (WO)</li> </ul>	14 <sup>th</sup> <ul style="list-style-type: none"> <li>Headspace Drop in 11-12pm (WO)</li> <li>Men in Sheds 9.30-3pm (TD)</li> <li>Cobham Community Garden 10-12pm (LO)</li> <li>Confidence Workshop 7-9pm (Quintet)</li> </ul>	15 <sup>th</sup> <ul style="list-style-type: none"> <li>Guided Mindfulness Drop in 12-1pm (WO)</li> <li>Coffee 2pm (JPC)</li> <li>Art 2-4pm (JPC)</li> <li>1:1 Tech Assist 10am (WO)</li> </ul>	16 <sup>th</sup> <ul style="list-style-type: none"> <li>Bushy Parkrun 9am (Bushy Park)</li> <li>Coffee 10.00am (JPC)</li> <li>Art 10.30am (JPC)</li> <li>Lunch 12.30pm (JPC)</li> <li>Community Allotment 2-5pm (TR)</li> <li>Cobham Community Garden 10-12pm (LO)</li> </ul>

## SEPTEMBER 2017 CALENDAR

To find out more details on each activity or to book a place on our Mindfulness or People workshops, please contact Kelley on 01932 231 918 or email [kelley@wwag.org.uk](mailto:kelley@wwag.org.uk).

wellness with a goal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18th	19th	20th	21st	22nd	23rd
<ul style="list-style-type: none"> <li>Coffee 10.30am (JPC)</li> <li>Introduction to Mindfulness Workshop 11-1.30pm</li> <li>Men in Sheds 9.30-3pm (TD)</li> </ul>	<ul style="list-style-type: none"> <li>Community Allotment 10-3.30pm (TR)</li> <li>Anxiety Support Group 7-8.30pm (WO)</li> <li>Yoga 7-8.15pm (KG)</li> </ul>	<ul style="list-style-type: none"> <li>C.A.B. Clinic 10-1pm (WO)</li> <li>Art 1.30-4.30pm (JPC)</li> <li>Creative Writing 2-4pm (WO)</li> </ul>	<ul style="list-style-type: none"> <li>Headspace Drop in 11-12pm (WO)</li> <li>Men in Sheds 9.30-3pm (TD)</li> <li>Cobham Community Garden 10-12pm (LO)</li> <li>Confidence Workshop 7-9pm (Quintet)</li> </ul>	<ul style="list-style-type: none"> <li>Guided Mindfulness Drop in 12-1pm (WO)</li> <li>Coffee 2pm (JPC)</li> <li>Art 2-4pm (JPC)</li> <li>1:1 Tech Assist 10am (WO)</li> </ul>	<ul style="list-style-type: none"> <li>Bushy Parkrun 9am (Bushy Park)</li> <li>Coffee 10.00am (JPC)</li> <li>Art 10.30am (JPC)</li> <li>Lunch 12.30pm (JPC)</li> <li>Community Allotment 2-5pm (TR)</li> <li>Cobham Community Garden 10-12pm (LO)</li> </ul>
25th	26th	27th	28th	29th	30th
<ul style="list-style-type: none"> <li>Coffee 10.30am (JPC)</li> <li>Computers 12-2pm (WO)</li> <li>Men in Sheds 9.30-3pm (TD)</li> </ul>	<ul style="list-style-type: none"> <li>Community Allotment 10-3.30pm (TR)</li> <li>Yoga 7-8.15pm (KG)</li> </ul>	<ul style="list-style-type: none"> <li>Art 1.30-4.30pm (JPC)</li> <li>Conservation Volunteering 10-3.45pm (EBC)</li> </ul>	<ul style="list-style-type: none"> <li>Headspace Drop in 11-12pm (WO)</li> <li>Men in Sheds 9.30-3pm (TD)</li> <li>Cobham Community Garden 10-12pm (LO)</li> <li>Understanding Pain Workshop 7-8.30pm (WO)</li> <li>Confidence Workshop 7-9pm (Quintet)</li> </ul>	<ul style="list-style-type: none"> <li>Guided Mindfulness Drop in 12-1pm (WO)</li> <li>Coffee 2pm (JPC)</li> <li>Art 2-4pm (JPC)</li> <li>1:1 Tech Assist 10am (WO)</li> </ul>	<p><b>JPC CLOSED</b></p> <ul style="list-style-type: none"> <li>Bushy Parkrun 9am (Bushy Park)</li> <li>Community Allotment 2-5pm (TR)</li> <li>Cobham Community Garden 10-12pm (LO)</li> </ul>



PEOPLE



MOVEMENT



MINDFULNESS



LEARNING



GIVING



FLOW



Leg O'Mutton  
Field Downside  
Bridge Road  
Cobham KT11  
3EP



Walton Office, 4a  
Church Street,  
Street, W-O-T,  
KT12 2QS



King George's  
Hall, Esher,  
Surrey, KT10  
9RA



Elmbridge  
Borough  
Council  
Esher,  
KT10 9SD



Joseph Palmer  
Centre, 319a  
Walton Road,  
West Molesey,  
KT8 2QG



Thames Ditton  
Centre, Mercer  
Close, Thames  
Ditton, KT7 OBS



Terrace Road,  
Walton-on-  
Thames, KT12  
2DY

**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: **Tuesdays—3/10/17,  
10/10/17, 17/10/17,  
31/10/17, 7/11/17,  
14/11/17**

Time: **7pm—9pm**

Tutor: **Angie Muscio**

Venue: **The Crescent Centre  
23 The Crescent  
Leatherhead KT22 8DY**

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

*Mary Frances Trust supports people to improve their emotional wellbeing through one to one support ,courses, groups and activities designed to aid recovery.*

**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.







**WEDNESDAY 13<sup>TH</sup>  
SEPTEMBER 11AM –  
12 NOON**

## **BANSTEAD PRAM WALK & TALK**



Are you a parent or a guardian?

Are you feeling low in mood?

Are you struggling with your Mental Health or Emotional Wellbeing?

Join us for our Pram Walk & Talk on the 2<sup>nd</sup> Wednesday of every month.

We meet outside YMCA Banstead Children's Centre, The Horseshoe, Banstead, SM7 2BQ

No need to book – just turn up. For further information please contact Clare

[clare@maryfrancestrust.org.uk](mailto:clare@maryfrancestrust.org.uk)

07472 829 078



BE  
YOUR  
*BEST*  
SELF

This series of workshops will explore ways that you can gain confidence through simple ways to help you to give yourself 'me' time and ideas about looking after yourself.

Including: how to give yourself a manicure, which colours and clothes are best for you to wear, basic skin care and make up techniques as well as information on how a healthy diet can keep you looking and feeling your best.

These workshops will be held on Fridays at  
Mary Frances Trust  
23 The Crescent, Leatherhead KT22 8DY

on the following dates:

29/09/17, 06/10/17, 13/10/17, 20/10/17

Times: 1pm – 3pm

To find out more or to book a place, please contact  
Mary Frances Trust on  
01372 375400, text 07929 024722,  
or email

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

**Places are limited,  
so please book as soon as possible**





**Free 5 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 -  
20/09/17, 27/09/17, 04.10.17,  
11/10/17, 18/10/17

**Time:** 1pm –3.30pm

**Tutor:** Angie Muscio

**Venue:** The Lounge  
Odd Fellows Hall  
270 High Street  
Dorking RH5 1BG

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)**



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**Join Our Book Club!**

**Starting in Banstead on Monday 4th of September**

We will meet on a Monday at 2.00pm at The Banstead Centre.

**Pick up your free copy of 'The Return' by Hisham Matar to celebrate our first group meeting\* – kindly donated by Costa Banstead.**

The group will run weekly and will decide together which book we would like to start next. There will not be any pressure to speak- you are more than welcome to just come along and listen until you feel confident enough to join in.

Group members will request their copy of the current book from the library and we can support them with this if required. Group members are welcome to purchase and download to kindle/other reading apps instead if this better suits their needs or if they would like their own copy of the book. We will meet at The Banstead Centre, depending on our group size we may use a local café to host the group.

**For more information or to join us please contact Clare:**

**[clare@maryfrancestrust.org.uk](mailto:clare@maryfrancestrust.org.uk) or 07472 829 078**

\*Free copy of this book is available while stocks last!





## Beginners walk-to-run group



Join our small, friendly and supportive walk to run group for beginners. Starting on **Monday 11<sup>th</sup> September**, we will be meeting once per week in the Banstead area for 12 weeks.

**When: Monday**

**Time: 12pm**

Our aim is to improve our mental health and wellbeing. We hope to walk, walk-run or run a local Parkrun together at the end of the programme.

For more information or to book your free place please contact  
**Clare: [clare@maryfrancestrust.org.uk](mailto:clare@maryfrancestrust.org.uk) or 07472 829 078**



### Introduction to Pilates

This 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, at a cost of £3 per session, or £30 for all 12 sessions if paid in advance**

The 12 week course will be held at  
The Longmead Centre  
Sefton Road  
Epsom  
KT19 9HG

**Starting on:**  
Tuesday 5th September  
**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**

**Phone: 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



## Intermediate Pilates



This course has been designed for people who already have some experience of Pilates and want to improve their skills.

The cost will be £3 per session, or £30 for 12 sessions if paid in advance

The course will take place at:  
The Brickfield Centre  
Portland Place  
Epsom  
KT17 1DL  
Mondays from 11am-12noon  
From Monday 4th September

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

To register and book your place please contact :  
Mary Frances Trust on

Phone: 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



## Yoga Course in Epsom to help reduce stress, anxiety and build self confidence



This course aims to give people who need some support with emotional well being the opportunity to take part in a small Yoga group in a friendly, relaxed atmosphere. The tutor runs other groups at local venues, and after this course we hope you will feel confident enough to move on to a group that is open to the wider community.

This 8 week course will take place on Thursdays, at  
The Wisley 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

Dates: 07/09/17, 14/09/17, 21/09/17, 28/09/17  
05/10/17, 12/10/17, 19/10/17

Time: 10.15am–11.30am

£3.00 per session or £20 in advance for 7 sessions

To find out more or to book a 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.

Places are limited to 10 people, so please book as soon as possible

This course has been supported by the  
Toyota Community Fund

# MaryFrancesTrust

*Mary Frances Trust supports people to improve their emotional wellbeing, through one-to-one support, courses, groups and activities designed to aid recovery.*



## Introduction to Craft Card Making

Learners will learn how to save money and make personalised cards for all occasions. This course will inspire learners by introducing a range of creative ideas and techniques to make cards and invitations that stand out from the crowd.

### **This 4 week course will be held at:**

The Crescent Centre  
23 The Crescent  
Leatherhead KT22 8Y

**Start Date:** Friday 27th October 2017 **Time:** 1pm –3pm

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

To book your place please contact Mary Frances Trust  
email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) Tel: 01372 375400  
Text: 07929 024722

Places are limited, so please book early.

  
Surrey  
Care Trust  
CHANGING LIVES



  
Nescot  
Surrey's colleges of further and higher education

# MaryFrancesTrust

In partnership with

MOLE VALLEY ARTS ALIVE FESTIVAL 2017

## GRAFFITI ART

**This event will be held at**

**23 The Crescent**

**Leatherhead**

**KT22 8DY**

**On: Sunday 24th September**

**From: 10am—5pm**

*Mary Frances Trust supports people to improve their emotional wellbeing, through one-to-one support, courses, groups and activities designed to aid recovery.*

A demonstration of graffiti art and the chance to learn how to do it properly!

Talk on Aerosol Art by Nightways: 10:00am – 10:20am

Collaborative Spray Painting Workshop: 10:30am – 5:00pm

20 spaces available

Open to Adults, Teens and Children over 12years

Admission: FREE

Call or email now to book your space.

Contact Details: Christine Schauerman 01372 375400

Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) Text: 07929 024722

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







Fantastic raffle prizes to be won!

## Susi's Cake & Plant Sale!

Sat 23 September  
9am-2pm  
The Swan Centre,  
Leatherhead



Surrey and Borders Partnership   
NHS Foundation Trust

### Foundation Trust Members' Event October 2017

## Adult Mental Health Conditions and Services

**Wednesday 11 October 2017**  
**10am-1pm**

**St. Barnabas Church, Temple Rd, Epsom KT19 8HA**

To coincide with the 10th year of Epsom Mental Health Week, this event will offer information about the various conditions which affect our adult population and explain how our services provide treatment and support.

You will hear from our Mind Matters team and our local Community Mental Health Recovery Service and also learn about our Safe Havens.

Everyone is welcome to join us whether you live with or have experienced mental ill-health or if you care for someone or if you are simply interested in mental health. Come and talk to our professionals in a relaxed environment.

Refreshments will be provided including a buffet lunch to be served at 1pm.



**Book your place today!**

Call 01372 216 158 or email [engage@sabp.nhs.uk](mailto:engage@sabp.nhs.uk)  
Text 07786 202545

All are welcome—do bring a friend!

Please let us know in advance if you have any special requirements



# CAGE CRICKET

New Sessions for Men in Epsom.



**Cage Cricket** is a fun version of the game played in an enclosed area such as a Multi Use Games Area (MUGA).

Individuals play against each other to score points awarded for batting, fielding and bowling. It's great fun and it doesn't matter whether you've played cricket before.

No special equipment required. We suggest comfortable clothing suitable for outdoor activity.

**Join Us** at the MUGA adjacent to Longmead Community Centre, Sefton Rd, Epsom KT19 9HG

Mondays from 25 September 2017  
2.30pm to 3.30pm  
(please arrive a few minutes early to register)

**£3** per session

No need to pre-book but if you would like more information please contact Neil Bunting (07900 430044, [neil.cage4all@gmail.com](mailto:neil.cage4all@gmail.com)).



Website: [www.cagecricket.com](http://www.cagecricket.com) Twitter: @CageCricketSE Facebook: @cage.cricket



We are a not-for-profit organisation delivering these sessions for men in partnership with Mary Frances Trust. Additional sessions for women as well as men are available.





# MaryFrancesTrust

## Moving Forward

**This course will be held at**

**23 The Crescent**

**Leatherhead**


**KT22 8DY**

**On: Wednesday 18th October &**

**Wednesday 25th October**

**From: 7:00pm until 9:00 pm**

*Mary Frances Trust supports people to improve their emotional wellbeing, through one-to one support, courses, groups and activities designed to aid recovery.*



Understanding yourself and others is essential to developing and maintaining mental wellbeing. The “Recovery Star” is a self-assessment tool that helps you identify areas in your life where you feel “stuck”.

You can use the “Recovery Star” to plan actions that promote recovery, discovery and self-reliance. This 2-week course will give you an overview of the “Recovery Star” and its areas of self-assessment. It will support you to think about the next stage of your journey while sharing your experience with others so they feel encouraged to start or continue on theirs.

**If you are interested in joining this course please**

**contact us on 01372 375400,**

**Text 07929 024722,**

**or email**

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

Are you aged between 18 and 25?

Are you struggling with life and finding it difficult to get a job?

Do you feel you are facing it alone?

## WORK STRESS SOLUTIONS IS HERE TO HELP

We have been funded by The Big Lottery (Awards4All) to deliver the following to help set you on the road to a brighter future:

- Individual support and mentoring, help with CVs and applications, work experience
- Individual Cognitive Behaviour Therapy sessions including telephone support
  - Small group Building Confidence Courses
  - Mindfulness "tasters" for helping to reduce stress and anxiety
- LearnMyWay IT skills courses- either distance learning or one to one help
  - Introduction to Self Employment courses

If you live in Surrey and are within easy reach of Epsom Town centre, you can meet with our project coordinator for a 1:1 meeting and together register for our support and services.

If you feel you are not ready to meet in person we can work with you over Skype or on the telephone to help you take the first step.

You can contact us on the details below. If you know someone who this programme might benefit please ask them if you can pass on their contact details to us first, and we will then get in touch with them as soon as possible.

[WWW.WORKSTRESSSOLUTIONS.ORG.UK](http://WWW.WORKSTRESSSOLUTIONS.ORG.UK)

EMAIL: [ADMIN@WORKSTRESSSOLUTIONS.ORG.UK](mailto:ADMIN@WORKSTRESSSOLUTIONS.ORG.UK) CALL OR TEXT: 07759303225

Reg Charity No: 112544



# YMCA

Want to get walking but not sure where to start?

Join us on our new walk

## Mary Frances Trust EPSOM DOWNS WALK

**Thursdays** (starting on 7 September)  
at 11.00am

**Length of walk:** 1 hour  
Grade 2

**Starting point:**  
Silver Spoon Café, 2A Tottenham  
Crescent, Epsom KT18 5TG

All walks are risk assessed and led by a trained walk leader. We encourage walkers to set their own pace. Participants walk at their own risk.

**To find out more call**  
Clare 07472 829 078  
Julie 01737 779979



**YMCA EAST SURREY**





Workers' Educational Association



# An Introduction to Mindfulness



Mind Full, or Mindful?

**Venue:** The Art Room, The Brickfield Centre  
Portland Place Epsom KT17 1DL

**Time:** 10am – 1pm

**Date:** Thursday 28<sup>th</sup> September 2017

**Booking essential:**

Please contact

Mary Frances Trust

**Tel:** 01342 375400

**SMS:** 07929 024722

**E:** [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.

Funded by



Topics include:

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

Mary Frances Trust supports people to improve their emotional wellbeing, through one-to-one support, courses, groups and activities designed to aid recovery.

Facilitated by: Angie Muscio



**WORLD  
SUICIDE  
PREVENTION  
DAY** ●●●

## Take a Minute, Change a Life

Every year, more than 800,000 people die by suicide and up to 25 times as many make a suicide attempt.

10th September

The Mary Frances Trust, in support of World Suicide Prevention Day, have put together a menu of small actions that you could do in under a minute to make a big difference to someone close to you.

**1. Check in on someone.** Knock for a neighbour and see how they are. Ring someone in your family who has seemed down recently. Ask a colleague how they are feeling.

Tweet us [@MaryFrancesTrst](#) and tell us how you plan to 'Take a Minute, Change a Life'

**2. Put up a leaflet for a mental health service on a community board or in a local café.** This could be for the Samaritans, a local mental health charity like Mary Frances Trust or a Mental Health Crisis Café like Safe Haven.

You can download our leaflet from our website or pick one up from any of our venues .

**3. Share your inspiring story with others or tell us how you are going to 'Take a Minute'.** You can Tweet us [@MaryFrancesTrst](#) or post on our Facebook page at [www.facebook.com/maryfrancestrust](http://www.facebook.com/maryfrancestrust). On the 10th September, to mark World Suicide Prevention Day, we will retweet and share posts that we think could help someone else on their journey to recovery.

**4. Let someone know that you are thinking of them and that they are important to you**

**5. Take a minute to look after yourself.** Plan something nice, schedule some time with family or friends or write down ten things that you value about yourself.

**6. Light a candle near a window at 8pm on the 10th September to show your support for suicide prevention, to remember a lost one and for the survivors of suicide.**

**7. Donate to a Mental Health Charity.** You can support the Mary Frances Trust by donating at <https://mydonate.bt.com/charities/maryfrancestrust>



23, The Crescent, Leatherhead, Surrey,  
KT22 8DY

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



# Advisory Group News

STRENGTH

VALUING EACH OTHER

WORKING TOGETHER

INCLUSIVITY

## Introduction

Mary Frances Trust's new Advisory Group is now up and running! We had our first official meeting on the 31st July at our head office in Leatherhead.

The Advisory Group is made up of individuals with experience of mental health problems. They offer an advisory role to the charity and have a direct influence on the way that the Mary Frances Trust runs and the decisions that are made.

## What we've been up to...

This month, we have been supporting the Longmead Inclusion 4 All Project by helping to co-design a new Recovery Star, which will be used to evaluate this particular service. Our group members were able to advise on how we could make the traditional Recovery Star shorter, more succinct and more accessible to people who might be new to using a wellbeing service.

This was gratefully received by the worker managing the project and a new evaluation tool has since been created using the Advisory Group's advice.

If you would like to join our friendly, informal Advisory Group here at Mary Frances Trust, you can email [jo@maryfrancestrust.org.uk](mailto:jo@maryfrancestrust.org.uk) or ring 07472 811863.

## Inspirational Picture of the Month

Budding photographers and artists! Every month we will be introducing a theme for 'Picture of the Month'

The Advisory Group will choose the picture they find the most inspirational to feature on Mary Frances Trust's Instagram, Facebook, Twitter and in the next month's Communique.

The theme for October will be '*Summer Memories*'

To submit a picture for consideration, email [jo@maryfrancestrust.org.uk](mailto:jo@maryfrancestrust.org.uk)



## What's coming up...

- We will be working together to help structure and promote Mary Frances Trust's Wellbeing Event on the 6th September 2017
- We will be exploring different ways to gather the input and thoughts of people who use our services.
- We will be thinking about new groups that the Mary Frances Trust could run
- We will be looking towards Christmas and exploring different fundraising opportunities for this time.

Mary Frances Trust works from:

**THE CRESCENT CENTRE**  
23 The Crescent  
Leatherhead  
KT22 8DY

**THE BANSTEAD CENTRE**  
The Horseshoe  
Bolters Lane  
Banstead  
SM7 2BQ

**EPSOM HUB**  
131 High Street  
Epsom  
KT19 8EF

**THE BRICKFIELD CENTRE**  
Portland Place  
Epsom  
KT17 1DL

**CLARENDON HOUSE**  
28 West Street  
Dorking  
RH4 1QJ

**LONGMEAD CENTRE**  
Sefton Rd  
Epsom  
KT19 9HG

#### **USEFUL NUMBERS**

Mental Health Crisis Helpline  
0300 456 8342  
SMS Text: 07717 989024

CMHRS – Mole Valley  
Clarendon House, 28 West Street  
Dorking, RH4 1QJ  
01306-732000

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