



**APRIL 2021**

# **LOVE ME LOVE MY MIND**

## **MONTHLY NEWSLETTER**

Love Me Love My Mind is a small, registered charity based in Epsom Surrey that aims to promote better understanding of mental health and to support the well-being of everyone in the community. We are run entirely by volunteers and funded by grants and donations.

### **Mission Statement:**

**To break down stigma and inspire understanding about mental health.**

## **EDITORIAL**

Welcome to the relaunch of the Love Me Love My Mind newsletter! We plan not only to keep you informed of all the news events of your favourite charity, but hopefully also to entertain you, to enlighten you and above all, to bring you a little piece of joy and happiness. Each month we will give you the latest news on the Drop In and Let's Talk Epsom Sessions, and the latest plans for the next Epsom Mental Health and Well-Being Week Festival. In addition, we will include some items that hopefully will brighten your day, but above all, as this is your newsletter, if you have anything you want to share with us, or any news, views or reviews you would like to see in this newsletter, please do let us know. Contact details are on the last page.



## DROP IN NEWS

Drop In sessions take place (in non-pandemic times) every Monday, 4 - 7 pm at St Barnabas' Church, Temple Road, Epsom KT19 8HA

Pre-pandemic, the Drop in met from 4-7pm at St Barnabas' Church. After a time to chat and have some refreshments, everyone had the opportunity to share the joys and sorrows of the week in group time. Activities, chosen by members, began at 4.45pm and a hot home cooked meal was available from 5.45pm. Outings were a greatly valued feature of the group.

Since March 2020 the group has stayed connected, firstly via postcards and then weekly newsletter. To try to emulate the pre-pandemic group as much as possible, the letters often contain an activity and always an edible treat.

It has not been possible to go on outings but due to some generous funding from Toyota every member has had or will be having a free three course meal at the Miniature restaurant in the Upper High Street in Epsom.

In the past year members have contributed to a book, 'Life in Lockdown', and also provided the photos and artwork for a 2021 Drop in calendar.

We remain uncertain as to when we shall once again be able to meet together as a group. Until then, it is planned that the newsletters will continue.



## LET'S TALK EPSOM

A weekly self help group that takes place (in non-pandemic times)- Wednesdays 7.30 – 9.00 pm at St Barnabas' Church, Temple Road, Epsom KT19 8HA

Let's Talk Epsom exists to provide a space where people who are experiencing depression, anxiety and any other mental health issues can meet with their peers. A large number of us may feel unable to share our feelings, thoughts and experiences with those we spend time with on a day-to-day basis. In many cases we don't have the right environment to be open or vulnerable, or we may feel that we don't want to burden others with our personal problems.

Love Me Love My Mind understands how important it can be for our wellbeing to have the opportunity to talk to like-minded people, who are familiar with the difficulties that navigating the world with mental health issues can bring. This is why Let's Talk Epsom was set up, as a weekly meet-up for those in Epsom and the surrounding area.

The meetings are run by volunteers of the charity who have their own personal experiences of depression and anxiety, and we encourage an atmosphere of openness, impartiality and confidentiality. Let's Talk Epsom is available to anyone at all who wishes to attend, and we will listen happily.

Normally we meet in person at St Barnabas Church, but due to lockdown measures we have been communicating remotely by email. Our hope for the future is that we can see each other again once it is safe to do so.

To chat with one of our peer volunteers, please email us at:

[letstalkepsom@yahoo.com](mailto:letstalkepsom@yahoo.com)



## EPSOM MENTAL HEALTH AND WELL-BEING WEEK FESTIVAL

Festival 2021 takes place 9<sup>th</sup> – 16<sup>th</sup>  
October

World Mental Health Day – 10<sup>th</sup> October

Epsom Mental Health and Well-Being Festival is held in early October and comprises a week of activities devoted to mental health and well-being: providing a forum for discussion, sharing information and providing answers to questions people may have. We are able to offer talks and workshops about a wide variety of topics. The festival also includes musical events, craft activities and an art competition.

The festival takes place this year from 9<sup>th</sup> – 16<sup>th</sup> October, around the World Mental Health Day on 10<sup>th</sup>, and the first two planning meetings for this year's festival have already taken place – the first on 25 January and the second on 22<sup>nd</sup> March. At this stage we do not know whether we will be able to have live sessions face to face as in most previous years, or whether we will need to run a strictly online festival as we had to do last year, however a wide range of brilliant ideas for the festival were suggested by various members who attended the meetings, ranging from fun activities like dancercise classes, pampering sessions, art classes, horticultural talks and musical events, to more serious items such as sessions on bereavement and domestic abuse, counselling sessions on coming back into the world after the pandemic, on regaining confidence to socialise or coping with chronic pain.

**A discussion re the title of the festival** produced suggestions which were along the lines of - moving forward, looking forward, "Look Towards the Future", "Onwards and Upwards", etc. If anyone would like to suggest a title, please contact us via the email address at the end of this newsletter.





## MENTAL HEALTH NEWS

### Covid-19 linked to depression and dementia, study suggests

An interesting article on the impact of the pandemic on mental health recently appeared on the BBC news website:

#### **“Covid-19 linked to depression and dementia, study suggests”**

Covid-19 raises the risk of depression, dementia, psychosis and stroke, [a study suggests](#). This is likely to be down to both the effects of stress, and the virus having a direct impact on the brain. UK scientists looked at the electronic medical records of more than half a million patients in the US, and their chances of developing one of 14 common psychological or neurological conditions such as Parkinson's, dementia, psychosis and anxiety disorders.

Researchers couldn't say whether Covid had caused any of the diagnoses when they looked at records from the previous six months. But by comparing a group of people who had had Covid-19 with two groups - with flu and with other respiratory infections respectively – they conclude the virus is associated with more subsequent brain conditions than other respiratory illnesses.

"The study confirms our suspicions that a Covid-19 diagnosis is not just related to respiratory symptoms, it is also related to psychiatric and neurological problems," says Prof Dame Til Wykes, at the Institute of Psychiatry, Psychology and Neuroscience, King's College London.

(To read the full article follow this link: [Covid-19 linked to depression and dementia](#))

Source – [BBC News](#)



## RESOURCE INFORMATION

### Links to websites with helpful information

If you are suffering from any of the issues referred to in the article above you can find assistance and support from these resources:

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

<https://www.mentalhealth.org.uk/coronavirus/loneliness-during-coronavirus>

<https://mentalhealth-uk.org/help-and-information/covid-19-and-your-mental-health/>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

You may also find the following helpful:

**The Samaritans** - 24 Hours - National telephone: 08457 909090 (UK)  
Email: [jo@samaritans.org](mailto:jo@samaritans.org) – website: <https://www.samaritans.org/> Confidential support for people in emotional distress.

**Surrey Mental Health Crisis Helpline – Surrey & North East Hampshire** - Tel: 0300 456 8342 (Crisis Line) - Text: 07717 989 024 - The Crisis Helpline is available out of hours 5.00pm – 9.00am Monday to Friday with 24-hour cover at weekends including bank holidays. If the lines are busy, the call will be diverted to an answerphone which will enable the caller to leave their contact details for someone to call back within half **an hour**.



## FUNDING NEWS

**Sponsored events, grant wins, corporate sponsorship, etc.**

As already mentioned, since the pandemic took hold, our normal activities (the Monday Drop In and the Let's Talk Epsom sessions) have had to be suspended and the Festival week had to be held online, so funding for these activities has not been as urgent. However, with the easing of lockdown rules, we are tentatively starting to make plans for when we are able to re-open our activities and funding will again be an essential requirement of our efforts.

We are very keen to recruit volunteers who can help us with this, so if you would like to help, please contact us via one of the methods at the end of the newsletter.

In other funding news:

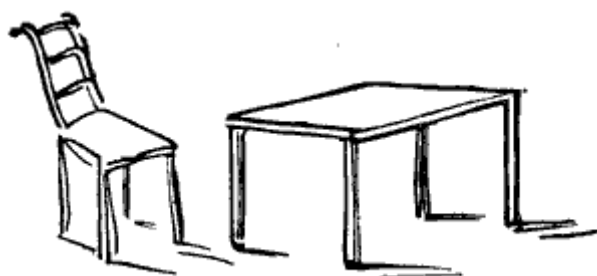
- We are happy to report that the Epsom Metrobank have contacted us and are keen to support us with an organized activity during the Festival in October. More on that next time!
- One of our trustees is itching to do a sponsored beard shave on behalf of the charity – again, more on that will be revealed once we have the sponsoring method set up on our website!
- A fundraising event happening at the end of the Festival, is already in advanced planning stages – a fish n' chip supper at the Epsom Club on 16<sup>th</sup> October, with music supplied by Utterly Unique. Further details including ticket information will be provided nearer the date. The Festival itself will once again be free with no tickets required.



## FUN PAGE

### The Table And The Chair.

By Edward Lear



Said the Table to the Chair,  
You can hardly be aware  
How I suffer from the heat  
And from chilblains on my feet.  
If we took a little walk,  
We might have a little talk;  
Pray let us take the air,"  
Said the Table to the Chair.

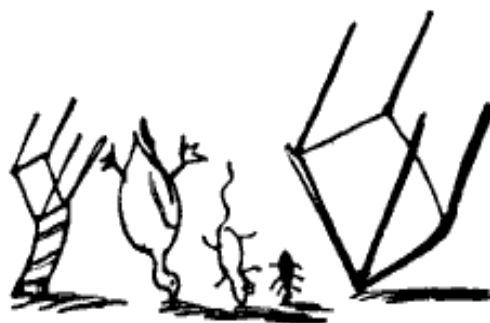
Said the Chair unto the Table,  
"Now, you know we are not able:  
How foolishly you talk,  
When you know we cannot walk!"  
Said the Table with a sigh,  
"It can do no harm to try.  
I've as many legs as you:  
Why can't we walk on two?"

So they both went slowly down,  
And walked about the town  
With a cheerful bumpy sound  
As they toddled round and round;  
And everybody cried,

As they hastened to their side,  
"See! the Table and the Chair  
Have come out to take the air!"

But in going down an alley,  
To a castle in a valley,  
They completely lost their way,  
And wandered all the day;  
Till, to see them safely back,  
They paid a Ducky-quack,  
And a Beetle, and a Mouse,  
Who took them to their house.

Then they whispered to each other,  
"O delightful little brother,  
What a lovely walk we've taken!  
Let us dine on beans and bacon."  
So the Ducky and the leetle  
Brownny-Mousy and the Beetle  
Dined, and danced upon their  
heads  
Till they toddled to their beds.







**... and finally...**

**... a word from our Chair, Sue Bull**

For the next few months, I plan to use this space to thank some of the many unseen volunteers at LMLMM who have helped keep the charity going before and during the pandemic.

And so, a huge thank you to Aisling for all her work during last year's online Festival and for creating such a helpful newsletter. Please do let us know what you would like included in future editions!

And an equal thank you to Jackie, for creating such beautiful handmade cards for sale. Jackie gives all the money received from card sales to the charity.

And another equal thank you to Anne, for creative ways of keeping in touch with the schools and colleges before and during the pandemic.

And thank YOU for reading this newsletter and for your support of the charity. Please stay safe and I hope that you will have a peaceful month.

**Kindest regards,  
Sue**

**Contact details:**

If you wish to contribute to, or comment on, this newsletter, please email us at:  
**[info@lovemelovemymind.org.uk](mailto:info@lovemelovemymind.org.uk)**

**Love Me Love My Mind**

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*Please leave a message on our answer machine when the office is closed*

Website: **[www.lovemelovemymind.org.uk](http://www.lovemelovemymind.org.uk)**

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**@lmlmepsom**

All information provided in this newsletter has been verified as correct to the best of our knowledge at the time of publication.

**Love Me Love My Mind is a Registered Charity no. 1177683**