

Epsom Mental Health and Well-Being Festival

October 2022



You may be aware that we are not holding a full week of Festival this year, to give some time to reflect on the way forward in a changed and changing world. But there are going to be some wonderful events, open to everyone at no cost. There is no need to book. Just come along. You will be made very welcome.

Monday 5 September - Monday 10 October

TIME TO REMEMBER

Epsom used to have the largest cluster of psychiatric hospitals in Europe (and possibly in the world). Near the Hook Road arena is the Horton Cemetery, where over 9000 former residents of the hospital are buried in largely unmarked graves.

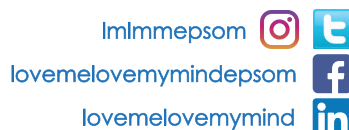
As part of this year's Festival, every individual, family, charity, community group and organisation in the Borough is invited to paint a ceramic flower, obtainable from the Friends of Horton Cemetery stall in Epsom Market Place on Saturday 8 October or at St Barnabas' Church, Temple Road, Epsom KT19 8HA on 10 October.

It is hoped that 900 flowers will be painted and, in 2023, laid in memory of those who died.

www.lovemelovemymind.org.uk



Follow us @



Epsom Mental Health and Well-Being Festival is organised by Love Me Love My Mind, a charity dedicated to promoting understanding about mental health issues. Registered charity no: 1177683 Phone: 07719 014411

Saturday 8 October

A CELEBRATION OF MENTAL HEALTH AND WELL-BEING

10.00am-4.00pm

Epsom Market Place, KT19 8BJ will be the place to be to help make mental health and well-being a priority. As part of the celebration, there will be information about the help available from the following organisations:

Love Me Love My Mind
Adult Social Care
Age Concern Epsom and Ewell
Artist in Residence – Charles Twigg
Brigitte Trust
Child and Adolescent Mental Health/CYP Haven
Citizens Advice Epsom & Ewell
Epsom & Ewell Borough Council
Friends of Horton Cemetery/King's College London
Good Company: Foodbank/Refuge Network/Epsom Pantry
Mary Frances Trust (MFT)
Rainbow Centre
Safe Haven Epsom SABP/MFT
Surrey Police
The Horton Arts Centre
The Meeting Room
The Old Moat Garden Centre/Richmond Fellowship
The Sunnybank Trust
Work Stress Solutions

Information about many of the above organisations can be found on pages 6-21 of this booklet.

Monday 10 October

WORLD MENTAL HEALTH DAY

10.00am-10.00pm

At St Barnabas' Church, Temple Road, Epsom KT19 8HA.

Eddie and James are already preparing the menus for what promises to be a brilliant day. (All food and activities free to everyone).

9.00am Eddie and James' big breakfast

10.00am Gaining some peace through mindfulness with Suzette Jones

11.00am Painting for peace with artist in residence, Charles Twigg.

Throughout the day Charles will be offering art workshops on painting flowers, wire sculpture, water colour, ink, looking at nature and talking space. No previous experience needed. Everyone welcome. All abilities or none, just talking is fine.

12noon Lunch Time to chat with friends old and new, listen to Terry Finch play the guitar and sing, and to talk with volunteers from the Friends of Horton Cemetery and the History Department of King's College London.

1.00pm-3.00pm A walk to the Cemetery, time to hear some of the stories of people buried there. Returning to St Barnabas in time for tea. For those who prefer not to go on the walk, the opportunity to paint a ceramic flower.

4.00pm Weekly drop in 4.45pm – Drama workshop with Sue Curtis.

5.45pm Art Competition prize giving ceremony followed by hot meal

7.45pm Laine Theatre Arts reflect on Finding peace with our past.

8.30pm Friends of Horton Cemetery and King's College London History Department available to share some of their experiences and hopes, with a buffet and party time to finish the day.

LOVE ME LOVE MY MIND

Love Me Love My Mind (registered number 1177683) is a local charity that seeks to break down stigma about mental health issues, signpost people to resources and build community. It also organises the annual Epsom Mental Health and Well-Being Festival.

To make connection with Love Me Love My Mind, please email info@lovemelovemymind.org.uk phone **07719014411** or explore our website www.lovemelovemymind.org.uk

Art Competition

The theme this year is

Seeking Peace



All entries must be submitted to:
"Art Competition"

The Horton Arts Centre,
Haven Way,
Epsom KT19 8NP
by Wednesday 28 September

Please include your age group,
address and phone number.

Age groups:
0-11 £100 prize
12-18 £100 prize
19+ £100 prize

The competition is open to everyone, and you can use paints, pottery, poetry, wood, pen and paper, DVD, whatever you like to express the theme.

Entries are submitted at owner's risk - though of course we will do our best to take very good care of them.

All entries will be on display at
The Horton Arts Centre, Haven Way, Epsom KT19 8NP
9.15am-5.00pm Tuesday 4 to Saturday 8 October

Prizes to be presented
Monday 10th October at 5.45pm
At St Barnabas' Church, Temple Road, KT19 8HA.
Please ensure that you have access to a UK Bank account so that your prize money can easily reach you.

In memory of Daun Morris.

A CELEBRATION OF MENTAL HEALTH AND WELL-BEING 2022

The following pages contain information about some of the amazing local charities and organisations that will be represented in Epsom Market Place on 8 October. They support and help many of us, they make a real difference to our lives, they were there for us and our families during the pandemic and are still walking alongside us as life begins to return to normal.

You may be looking for support and help for yourself. Or you could be a relative or friend of someone who is currently finding life a struggle and who is not sure which way to turn. Whoever you are and however life is, please feel free to reach out to the support and help that is freely available to everyone.

INFORMATION & ADVICE

Our Information & Advice line is open
9:30am - 1:00pm Monday - Friday
We provide free and confidential
information and advice on a wide range of
issues that affect older people.

MEDICAL TRANSPORT

Do you need transport for your medical
appointments? Our team of volunteer
drivers will collect you from your home,
take you to your appointment and then
bring you home again.

HOME VISITING

Our Home Visitor can assist you with
applications for Blue Badges, Attendance
Allowance and much more. In the comfort
of your own home we are able to refer
you onto other organisations with more
specific skills for your needs.

BEFRIENDING

Are you feeling lonely and/or isolated? Do
you know someone who may be feeling
lonely?

Our Befrienders are volunteers who spare
an hour or two a week to visit a lonely or
isolated older person.

IT SUPPORT

Would you like to get to grips with your
computer, phone or tablet, one of our IT
volunteers can help. All visits take place
in your home so that you can learn at
your own pace and with your device.

MEN'S GROUP

Would you like to share activities and
interests with like-minded men, over the
age of 65, in Epsom and Ewell?
This social group organises and engages in
a range of activities and planned day trips.

FOOT CLINIC

Our friendly and experienced footcare
practitioners can cut toenails, file hard
skin and give general advice on footcare
in our community based clinic. This
service is available to anyone who lives in
or around Surrey.

For all enquiries please contact Age Concern Epsom & Ewell on

01372 732 456

Our offices are open Monday- Friday 9:30am-1pm

info@ageconcernepsom.org.uk

www.ageconcernepsom.org.uk

Age Concern Epsom & Ewell, The Old Town Hall,
The Parade, Epsom, KT18 5AG
Registered Charity Number 1139652



The Brigitte Trust

Helping people live well
beyond diagnosis

Bereavement Support Group

The Brigitte Trust is running **FREE** structured
8-week bereavement programmes run by a
professional facilitator for anyone in Surrey
struggling with their own grief and bereavement.

Visiting people facing life limiting illness

If you, a family member or friend is diagnosed with a
life limiting illness it can be really hard to cope - not
just with hospital visits and treatments but also
practical tasks at home. It is often hard to share the
many fears serious illness brings.

Volunteer

One of the greatest gifts you can give is your time! We
support people facing a life-limiting illness but we also
need volunteer support. Contact us or visit our website for
details on our free training courses.

Coffin Club

Join us to plan your perfect send-off. A
free 6-week course to learn everything
you need to plan, execute and cost your
unique end-of-life celebration. You can even purchase and
decorate your very own eco reinforced cardboard coffin!



Email: admin@brigitte-trust.com
Tel: 01306 881816
Website: www.brigitte-trust.org





Bereavement Support Group

The Brigitte Trust is running **free** structured 8-week bereavement programmes run by a professional facilitator for anyone in Surrey struggling with their own grief and bereavement.

The aims of the programme are to:

- provide support with focus
- encourage mutual support
- share experiences
- learn new coping strategies
- develop some altered thought patterns

The sessions are limited to a maximum of 12 people and offered in different parts of Surrey according to need.

For more information or to book a place contact **Sarah Pattenden** on **07469 932192** or email **sarah.pattenden@brigittetrust.com**

Need Advice?

Are you worried about money or family issues? Perhaps you have been caught out by a scam or have a dispute with your landlord?

Whatever your problem, we are here to help.

All our advice is free and confidential.

Call us free on **0808 278 7963** or email **office@caee.org.uk**

Benefits | Debt | Consumer Rights
Benefits & Appeals Tribunals | Employment
Immigration | Family & Personal Matters



**citizens
advice**

**Epsom
& Ewell**



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caee.org.uk

Mid & East Surrey Mental Health Outreach Service

Free, confidential, independent advice for people with severe and enduring mental health problems in the East & Mid Surrey area (Epsom & Ewell, Mole Valley, Tandridge and Reigate & Banstead)

Benefits | Debt | Consumer Rights
Benefits & Appeals Tribunals | Employment
Immigration | Family & Personal Matters

For referrals please contact your healthcare professional

**citizens
advice** Epsom
& Ewell



© CAEE July 2022 Charity no. 1085779

caee.org.uk

Out of Sight, Out of Mind?

Remembering Epsom's Forgotten Residents

Did you know that the largest cluster of psychiatric hospitals in Europe was in Epsom?

And the unclaimed bodies of over 9000 psychiatric patients who died in these facilities were buried in the local graveyard, Horton Cemetery?

We want to restore dignity to the thousands of people buried in unmarked plots on this wasteland. Some were famous in their day (war heroes, a Titanic survivor, a popular comedy actor, and a model/artistic muse for Picasso), but countless others lived less-public lives.

Our project, supported by **Historic England**, seeks to recapture these stories and to create a crowd-sourced memorial, overcoming historical amnesia, neglect, and inaction.

We will be running 'chat and craft' workshops across the year, with the aim of painting 900 commemorative ceramic flowers – and the creation of a memorial garden.

This memorial garden will be 'planted' near the Cemetery in October 2023 and act as a powerful public marker. We want to do justice to these forgotten lives – as a first step towards putting Horton Cemetery into public hands and restoring community knowledge about and access to this historic site.

Come and paint a flower for free, to give testimony to these forgotten residents and find out more about these hidden lives.

**Market Square on
Saturday 8th October
10:00 – 16:00**



Email: hortoncemetery@gmail.com; Twitter: [@hortoncemetery](https://twitter.com/hortoncemetery)



SUPPORT WORK

We offer holistic support to help people address complex underlying needs. This includes practical assistance, such as essential household items, clothing, and energy top ups, as well as income maximisation to reduce people's reliance on the food bank. We also advocate on behalf of clients and offer emotional support and counselling.

FOOD BANK

We provide emergency food and other essentials to people in crisis, meeting their needs with kindness and compassion. We also signpost and refer clients to local agencies that can help them address other needs.

PARTNERSHIPS

We build partnerships with referral agencies and other local agencies to ensure holistic support is accessible to all who are struggling, through joint working and modelling our vision for tackling poverty.

POVERTY TRUTH COMMISSION

We listen to and empower people with lived experience to help raise awareness and understanding of poverty. We also advocate for systemic policy change through the East Surrey Poverty Truth Commission and other participative ways of working.

EPSOM PANTRY

We run a member-led community shop in Epsom, offering choice and low cost, nutritious food as a sustainable alternative to the food bank. We also offer volunteering opportunities and community activities to empower people to help themselves.

EPSOM REFUGEE NETWORK

We are building networks of support for refugees and asylum seekers through social events, English classes, and partnership working.

RESEARCH & DATA ANALYSIS

We are developing a strong evidence base to underpin our anti-poverty work and we share stories that offer a more positive narrative about how to tackle poverty.

Compassion

Building communities that listen, care and empower.

Justice

Changing local policy through participation and culture change.

Hope

Increasing resilience and developing pathways out of poverty.



Leading our community towards a poverty-free future

www.goodcompany.org.uk | Registered charity no. 1197943



Love me
Love my mind

Monday Drop-In

Need someone to talk to?

Are you struggling with...

Addiction
Anxiety
Employment
Depression
Loneliness
Mental Illness
Relationships
Stress

The Love Me Love My Mind drop in meets on Mondays at St Barnabas' Church, Temple Road, Epsom KT19 8HA. At 4.00pm We meet for refreshments and an opportunity to share the joys and sorrows of the week, if we would like. Each week we have an activity chosen by the group, including outings. A home cooked meal is available at 5.45pm and the evening finishes at 7.00pm.

Everyone is very welcome to come to any part or all of a meeting. Cost:£2 per evening to include all refreshments and activity.

To make connection with Love Me Love My Mind, please email info@lovemelovemy mind.org.uk phone 07719014411 or explore our website www.lovemelovemy mind.org.uk

Love me
Love my mind



Need someone to talk to?

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Addiction
Anxiety
Employment
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Loneliness
Mental Illness
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Stress

Let's Talk Epsom is a weekly
self-help group that takes place on

Wednesdays 7:30 - 9:00 pm

We meet to share our experiences
of mental health and ways we can
support each other during
challenging moments.

Epsom Methodist Church, 11-13 Ashley Rd, Epsom KT18 5AQ
For further information contact us at: letstalkepsom@yahoo.com



Looking for
support?

We're here
for you!



MFT is the lead for Community Connections
Mental Health Service for Surrey Downs
Integrated Care Partnership.
www.communityconnectionssurrey.com



@cc_surrey
@MaryFrancesTrst
Mary Frances Trust
MaryFrancesTrust

Contact Us

Tel: 01372 375 400
Text: 07929 024 722 (SMS only)
E: info@maryfrancestrust.org.uk
www.maryfrancestrust.org.uk

23 The Crescent
Leatherhead
KT22 8DY

Funded by:



Registered Charity: 1055113
Company Limited by Guarantee: 3189443

mind
matters
surrey

**Feeling low,
anxious or
stressed?**

**Mind Matters
Surrey can help.**

Free NHS talking therapies

www.mindmattersnhs.co.uk



part of
TALKING THERAPIES
Surrey

NHS
Surrey and Borders
Partnership
NHS Foundation Trust



Let Us Help You Grow...

The Old Moat supports people living with mental ill health to build confidence and skills in a supportive environment.

You could be working alongside our experienced trainers and playing an integral role in the operation of our garden centre and café. You will receive full training and support allowing you to work and develop at your own pace. We provide regular one to one support sessions where you tell us how we can help you reach your recovery goals.

Contact Debbie today for an informal visit!

The Old Moat Garden Centre

T: 01372 731971 or 07825054018

E: debbie.dibble@richmondfellowship.org.uk

Come and visit us: The Old Moat Garden Centre
Horton Lane, Epsom. KT19 8PQ

The Old Moat is part of **Richmond Fellowship**, a national mental health charity making recovery reality for thousands of people.
Registered charity No. 200453

**RICHMOND
FELLOWSHIP**
MAKING RECOVERY REALITY

Mental health Safe Havens

Safe places for evening and weekend mental health support

If you're looking for urgent face-to-face mental health support outside normal working hours, Safe Haven is here for you.

Get expert help and advice and meet others with lived experience of mental ill-health in a safe, relaxed and friendly environment.

You can talk as much or as little as you want. Whatever support you need we are here to help you - whether you are at crisis point yourself, seeking support as a carer or for someone you know.

Come along and see us: you can drop-in to any of our Safe Havens in Surrey and NE Hants and you don't have to book an appointment.



Where to find us

Aldershot 8 Andover Way, GU11 3RJ	<ul style="list-style-type: none"> 6pm - 11pm, Monday - Friday Weekends and bank holidays: 12.30pm - 11pm
Epsom Brickfield Centre, Portland Place, KT17 1DL	<ul style="list-style-type: none"> 6pm - 11pm, 365 days a year
Guildford Oakleaf Enterprise, 101 Walnut Tree Close, GU1 4UQ Redhill Wingfield Resource Centre, St Annes Drive, RH1 1AU	<ul style="list-style-type: none"> 6pm - 11pm, 365 days a year
Woking The Prop, 30 Goldsworth Road, GU21 6JT	<ul style="list-style-type: none"> 6pm - 11pm, Monday - Friday Weekends: 12.30pm - 11pm

A partnership between:



Surrey and Borders Partnership NHS Foundation Trust
Surrey Community Connections Providers
and Surrey and North East Hampshire's
Six NHS Clinical Commissioning Groups



CREATIVE COURSES THEATRE LIVE MUSIC COMEDY TALKS DANCE FAMILY SHOWS EXHIBITIONS

Visit the free exhibition exploring the history of Epsom's Hospital Cluster.

NOW OPEN

Check website for opening times

thehortonepsom.org

[f](#) [ig](#) [t](#) [v](#) @thehortonepsom

The Horton, Haven Way, Epsom, Surrey, KT19 8NP



The Sunnybank Trust supports adults with learning disabilities in North East Surrey to live without prejudice and have confidence, opportunities and control over their own lives.

What we do

We work with our partners to provide advocacy support, social activities, community connections and to develop essential life skills.

Voices

Our Advocacy team helps people speak out and have their voices heard. They support our partners in issues such as benefits, accommodation, safeguarding, healthcare and financial abuse and scams.



Choices

Our Choices team offer a wide range of activities and social events for our partners to enjoy. Our activity schedule is driven by our partners and the things they enjoy, with a mix of online and face-to-face clubs. Some of our most popular activities include our Swag Disco, Sensory Book Club, Pub quiz, Drama club and Gardening club.




Futures

Our Futures programme supports young adults who have left education to develop essential life skills and build confidence. The bespoke programme covers issues such as employment, independent travel, independent living, friendships and community resilience.

Sunny Sessions radio

Our twice-weekly inclusive radio show is made for and by the learning disability community. In collaboration with Surrey Hills radio, our show aims to reduce isolation, provide connections within the community and to entertain.

If you would like to know more about The Sunnybank Trust, please do get in touch: info@sunnybanktrust.org

www.sunnybanktrust.org   

The Sunnybank Trust is a registered charity. Charity number 1143663 Company number 7759018

Work Stress Solutions

Who are we?

We are a Surrey charity that supports and empowers anyone who is vulnerable or isolated, who need help taking steps towards employment, education or voluntary work.

What can we offer you?

We are currently running the following:

- **WE HEAR YOU** Free and low cost counselling
- **Make Technology Work For You** Technology drop in event every Friday
- **Volunteer work experience group**
- **Buddy project** (name TBC)

How do I get in touch?

Call or text: Parvin 07759303225 or Amy 07918618752

Or email us on:
admin@workstresssolutions.org.uk or
WSS_admin@workstresssolutions.org.uk

Work
Stress
Solutions

Make Life Work for You

Notes and Jottings

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Art Competition

The theme this year is

Seeking Peace



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