

EPSOM MENTAL HEALTH WEEK

10-16 OCTOBER 2010



CHANGING ATTITUDES, CHANGING LIVES
www.epsommentalhealthweek.org.uk

WELCOME TO EPSOM MENTAL HEALTH WEEK

Throughout the Week:

At Ebbisham Centre, 7 The Derby Square, Epsom KT19 8AG,
Exhibition by organisations able to offer help and support.

At Yo Yo Drop-in Centre, 24 South Street, Epsom KT18 7PF.
Experiences of Being - Art by Epsom young people

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

Our journey through life - Interactive exhibition

Also Patient Advice & Liaison Service available to answer questions

Free Refreshments

All events free & booking not required (except where indicated *)

SUNDAY 10 OCTOBER

(WORLD MENTAL HEALTH DAY)

All events today at St Barnabas, Temple Road (KT19 8HA)

10.15am Church Service for Peace and Hope
Bishop Michael Baughen 'A God of love in a world of suffering?'

OPENING EVENT

12noon Welcome by the Mayor of Epsom & Ewell,
Councillor Clive Smitherham

12.10pm Opening by Robert Douglas CBE, High Sheriff for Surrey

12.20pm Performances by Laine Theatre Arts

12.45pm Hot lunch (no charge)

1.30pm World record holder Ken Owen and his bed of nails

2.00pm *'How to survive as a mental health patient or relative'*
Dr Glenn Cornish, consultant psychiatrist.

3.00pm The Caribe All Stars Steel Band

3.30pm Finale of the bed of nails

4.00pm The Caribe All Stars Steel Band play us out

During the afternoon:

Face painting Fire Engine visit Bouncy Castle

Kim Wisdom (daughter-in-law of Sir Norman Wisdom)

shares her experiences of caring for someone with Alzheimer's.

MONDAY 11 OCTOBER

Living well and losing weight - Why is it so difficult?

10.30-11.45am St Barnabas, Temple Road

Professor Linda Morgan leads the discussion.

Also available for private conversation after the meeting.

It is good to talk

12noon-1pm St Barnabas, Temple Road

Jonathan Clark, mental health professional and broadcaster, reflects on self-harm and suicide.

Nurture & nutrition – for life!

2-3pm St Barnabas, Temple Road

Chris Taylor, midwife, counsellor and mother.

Helping mothers and babies to bond.

A mental health intervention that will make you laugh...

2-4pm St Barnabas, Temple Road

Obinna Ugoala and Sandra Young, Community Development Workers, Southside Partnership.

An interactive workshop including DVD *Bringing the outside in*.

Weekly Drop-in

4-7pm St Barnabas, Temple Road

Coffee, tea and cake, hot meal, activity.

This week - Music and poetry with Sarah and Wayne.

Be still and know that I am God

8-9pm St Barnabas, Temple Road

An encounter with the Divine through meditation, music and ritual.

Led by Fr David Camilleri.

EPSOM MENTAL HEALTH WEEK

For full information about events and speakers see

www.epsommentalhealthweek.org.uk

TUESDAY 12 OCTOBER

What are the different types of mental illness?

10-11am St Barnabas, Temple Road

How to recognise when someone may need help and how to get that help.

Dr Raj Persaud, psychiatrist and broadcaster.

Keeping things together

Work & mental health in a time of recession

A forum for business.

12.30-2pm Council Chamber, Epsom Town Hall,

The Parade KT18 5BY

Mick McCormick and Sheila Counihan

Faculty of Health & Social Care,

Open University

Lunch included.

Can't learn, Won't learn, Don't care.

ADHD and related learning difficulties.

2-3pm St Barnabas, Temple Road

Fintan O'Regan, international lecturer.

Work Stress solutions

3.15-4.15pm St Barnabas, Temple Road

An interactive talk by Debbie Brewin on enhancing skills and confidence in returning to work, including information about Cognitive Behaviour Therapy.

The power of dance

5-6pm St Barnabas Temple Road

Kathy Maskens leads a dance therapy session.

Down the road

6-6.45pm St Barnabas, Temple Road

Laura Collins shares writing and reflects on life's ups and downs.

Multi-Cultural music

7-9pm St Barnabas, Temple Road

This fun-filled evening will bring together music from a variety of multi-cultural groups across Surrey including Women of Courage. A sing-along with Beth Hill, Regional Development Advisory Teacher from The Voices Foundation, will conclude the evening. *Followed by refreshments.*

Time for mum

A day of pampering, good food and the chance to learn new skills in coping with the joys and challenges of life as a mum.

At Pound Lane Children's Centre

10am-12noon

Look Good, Feel Good

How to take care of yourself

2-3pm *Time for you*

How to pamper yourself

10am-3pm

Indian Head Massage

(5min slots - book on arrival)

At St Barnabas, Temple Road

10am-12noon

Wellbeing Morning with

Holistic Harmony and

Let's Link. Try a range of

complementary therapies

including Indian head

massage and Reiki.

Therapists available all

morning - Drop-in.

12.30-1.30pm *Lunch*

Teddy bears' picnic

Bring your favourite bear.

2-3pm *Eat well to feel good*

with WEA.

Creche through the day

WEDNESDAY 13 OCTOBER

Wednesday morning Drop-in

10-10.45am St Barnabas, Temple Road

Come for coffee and tea, cake and singing.

Carers' cafe

10.30am-2pm St Barnabas, Temple Road

Time to share coffee and cake, get information and receive some support.

Resilience - better futures for all

11am-12noon St Barnabas, Temple Road

A talk by Gillian Bridge on how resilience helps and how to build up your own.

Suraa Asian Drop-in

1-2pm Acer House, East Street

(just before Kiln Lane turning), KT17 8EA

Learn about life from an Asian perspective and enjoy a genuine curry.

Surviving Suicide

A mother's experience

3-4.30pm St Barnabas, Temple Road

Carol Anne Milton speaks from the depth of her experience.

Window on the Mind *

7.30-9.30pm Epsom Library,
Ebbisham Centre,

7 The Derby Square, KT19 8AG

An exciting opportunity to join this panel event with authors Adam Foulds, Samantha Harvey, and Gabriel Weston.

Doors open at 7pm

Tickets £5 (incl refreshments) available from Epsom Library – Epsom.library@surreycc.gov.uk

Call 01483 543599

for credit/debit card sales.

Managing our own depression

5-6.00pm St Barnabas, Temple Road

Rev Cathy Wiles on the new initiative of Co-creating health.

Time to act

8-9.30pm St Barnabas, Temple Road

Andy Smith from Laine Theatre Arts helps us act out our stories, fears and feelings.

EPSOM MENTAL HEALTH WEEK

For full information about events and speakers see

www.epsommentalhealthweek.org.uk

THURSDAY 14 OCTOBER

Reflexology, Indian Head Massage, Hand Massage Drop-in

9.30-11am St Barnabas, Temple Road

Valerie Boucher from the WEA

PROVIDING FOR BETTER MENTAL HEALTH IN EPSOM

11.30am-12.30pm St Barnabas, Temple Road

Opportunity to put questions about mental health provision, treatment, and future plans to our panel of speakers:

Fiona Edwards, Chief Executive, Surrey & Borders NHS Foundation Trust,

Rabbi Danny Rich, Chief Executive, Liberal Judaism in England,

Jill Tonks, Cognitive Hypnotherapist and NLP practitioner,

Dave Sargeant, Asst. Director, Personal Care & Support, Adult Social Care
Surrey County Council,

Suzanne Akram, Manager, Bridging the Gap, Surrey Community Action.

Followed by lunch.

Healthy Diet = Healthy Mind!

2-3pm St Barnabas, Temple Road

Eat well for good health and happiness with Nikki den Hollander.

Includes tasting session!

Psychotherapy and the fear of change

2-3pm St Barnabas, Temple Road

Question & Answer session with Surrey Downs Psychotherapists.

Caring for the body, Caring for the soul

The interrelatedness of mind, body and spirit.

3-4.30pm St Barnabas, Temple Road

Rabbi Danny Rich, Chief Executive, Liberal Judaism, shares from the wealth of his experience.

Revitalising Psychiatry

5-7.00pm St Barnabas, Temple Road

Dr Bob Johnson, Consultant Psychiatrist

Proactive workshop on the Cognitive Emotion Method - training your mind to do what you want.

Out of Sight, Out of Mind?

Sources for the history of Surrey's Mental Hospitals 1770-c1990

8-9.30pm St Barnabas, Temple Road

It sounds a serious topic but Julian Pooley speaks with entertaining good humour and provides a fascinating insight into our local history.

FRIDAY 15 OCTOBER

Pregnancy, Cultural Values and Postnatal Depression

An Asian View

9-9.30am St Barnabas, Temple Road

Narinder Ranger

Asian Faith Co-ordinator, Surrey & Borders Partnership NHS Foundation Trust

Hope where there is no horizon

Caring for those with unremitting illness - a Christian perspective

10-11am St Barnabas, Temple Road

Entering the depths and heights of what it means to be human.

Dr Gareth Tuckwell, Chief Executive, Burrowswood Hospital and former Epsom GP.

Gathering and sharing the fruits of my life

11.15am-12.15pm St Barnabas, Temple Road

Christina Kitchen MBE, Geoff Bridle and Dianne Mahboubi share their reflections on getting older and facilitate a discussion.

Come and ask your questions and share your wisdom.

'SICK'

12noon-12.30pm Odeon Cinema, 14 Upper High Street, KT17 4QJ

Film of one person's journey through mental ill health.

Followed by discussion with director, Mike Rymer.

HARD QUESTIONS FOR HARD TIMES

12.30-2.00pm St Barnabas, Temple Road

Chris Grayling (MP for Epsom & Ewell) and **Chris Naylor** (researcher King's Fund independent health think tank) debate proposed changes to the NHS with special reference to mental health.

Plenty of opportunity for questions. *Includes lunch.*

Mental Illness

Misrepresented, Mythologized, Mystified, Missed

2.30-3.30pm St Barnabas, Temple Road

Dr Paul Bailey, The Priory Hospital, Woking.

Radio Jackie Roadshow

3.30-6.00pm St Barnabas, Temple Road

Food, prizes, anti-bullying and awesome sound system.

Drop in on your way back from school/college.



Therapy in action: how does it work and what happens?

7-8.30pm St Barnabas, Temple Road

Using a DVD filmed at the Anna Freud Centre, Dr Jim Wilson, recently retired NHS psychotherapist, explores what it is like when a mother cannot love her baby and what may help.

SATURDAY 16 OCTOBER

Harvest Celebration Brunch

11.30am-2.00pm *The Old Moat Garden Centre, Horton Lane, KT19 8PG*

Come and sample seasonal dishes created by the Community Chef, Robin van Creveld. Learn to cook tasty, healthy food. Lots of ideas and inspiration. Free!

The Human Library

12.30-4pm *Epsom Library, Ebbisham Centre, 7 The Derby Square, KT19 8AG*

Real people can be "borrowed" for a 20 minute conversation on many aspects of mental illness.

Celebration

7-10.30pm *St Barnabas, Temple Road*

Party time with Drumheads, Acoustic Fairground and Anthony Fairweather with good food and company.

EPSOM MENTAL HEALTH WEEK

For full information about events and speakers see

www.epsommentalhealthweek.org.uk

Epsom Mental Health Week is organised by *Love Me Love My Mind*
St Barnabas Church, Temple Road, Epsom, Surrey KT19 8HA
Reg. Charity no. 1125595

Love me

Love my mind

Contact us:

Info@epsommentalhealthweek.org.uk

Tel: 01372 721518



Bishop of Guildford's Foundation



Surrey & Borders Partnership
NHS Foundation Trust



St Barnabas Epsom



ROSEBERY
HOUSING ASSOCIATION