







We are all in this together

Epsom Mental Health
and Well-Being Festival
9th - 16th October 2021

www.epsommentalhealthweek.org.uk

Love me
Love my mind

Follow us @
lovemelovemymindepsom  
lmmepsom  

Welcome from our Patron, Dr Max Pemberton.

The theme of this year's festival is 'we're all in this together'. What an important message for us all to remind ourselves of. It's been a tremendously difficult year for many for a variety of reasons. People have been scared about the virus, worried about finances and their job security. Some people have felt lonely while others have struggled spending so much time confined inside with people. Some people have managed to keep on working more or less the same, while others have experienced dramatic changes, with many being furloughed or having to juggle working life with caring for, and even teaching, their children. But while all our circumstances and challenges might be different I've been struck by how people have come together and supported one another during the pandemic. I think it's fitting that this year's festival should celebrate this and encourage us all to think about how we can be brought together in adversity and how this makes us stronger and more resilient as a community.

As ever, we have a packed schedule for you to choose from this year. There are talks and discussions on a wide range of topics from feeling anger and fear to nutrition, immunity and mental health. There's Haiku writing, male grooming and line dancing, just to name a few.

And something new this year: the pandemic has changed the way lots of us work and interact. Many of us were forced to become more technologically savvy – even luddites like me have had to get used to doing more and more online. While many of us bemoaned having to conduct so many meetings over Zoom, for others technology was a life-line, providing ways of connecting with family and friends that they might otherwise not have seen. We were aware that some people may, for various reasons, still not be able to meet in person but we wanted to help them feel included too, so for the first time we are making our talks available on line.

The week is open to absolutely anyone and everyone, whoever you are and wherever you live. Come to one event, some or all. Come on your own or with family, friends, carers, whomever you would like. All events are free, as are the refreshments. Do come along – we look forward to welcoming you as part of our community.

Dr Max Pemberton www.maxpemberton.com

Useful Information

All events, except where indicated, will be held at:
St Barnabas Church, Temple Road, Epsom, KT19 8HA.

All events are free and open to everyone. There is no need to book.
Just come along.

There will be free refreshments throughout the week.

Travelling to St Barnabas...

Car parking at:

St Barnabas Church.

Court Recreation Ground (Restrictions apply before 10.00am).

Hook Road paying car park KT19 8TR.

Easy walking distance from Epsom Train Station.

Buses 418 & E5 from Market Place to Hook Rd.

Alight opposite Miles Rd and walk through the alleyway to
St Barnabas.

For further information visit our website at:

www.epsommentalhealthweek.org.uk

Or

Email: **info@epsommentalhealthweek.org.uk**

Tel: **07719 014411**. *Please note new telephone number*

Especially this year...

Space to remember, mourn, grieve, be angry...

Memorial book and wall

And also...

Books on mental health available to read throughout the week

Jigsaws, board games, someone to listen

Wall space to thank our neighbours for their care; write our hopes for
what Epsom & Ewell will become after the pandemic; display our poetry.

Artist in residence from Monday to Friday inclusive: Charles Twigg

Wednesday 12noon-2.00pm

Activities for children outside Metrobank, 91a High Street, Epsom KT19 8DR.

Festival on Zoom

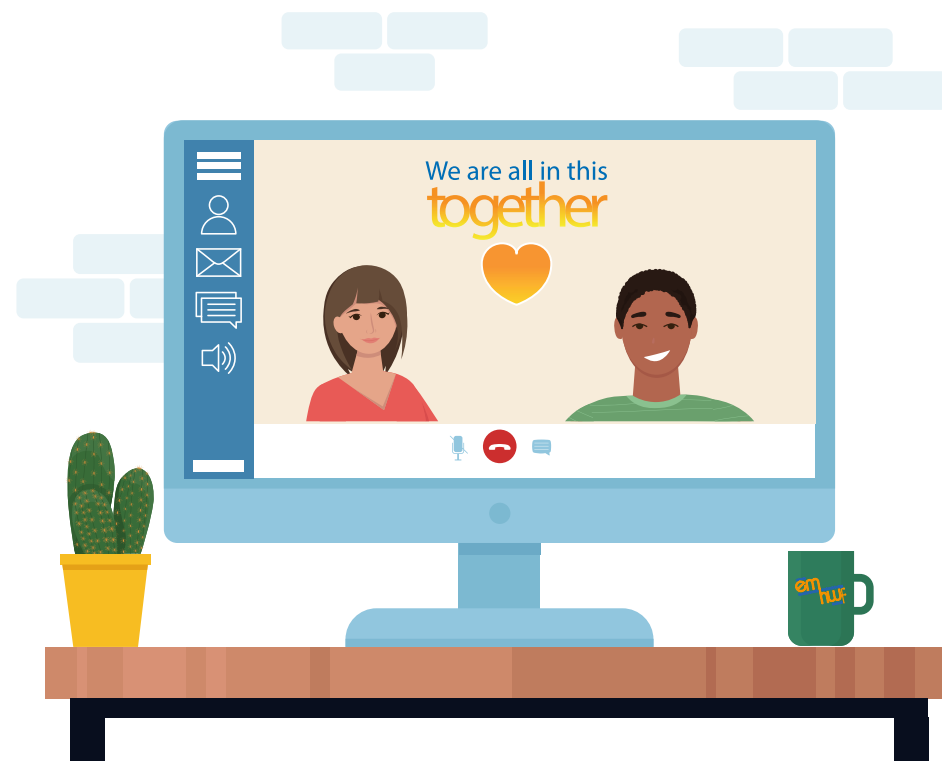
We are hoping that most of the sessions will be available online for people who cannot attend the Festival in person.

The **Zoom** address will be on the website from:

9.00am on Saturday 9 October.

Recordings of sessions will be made available on the website:

www.lovemelovemymind.org.uk



Art Competition

The theme this year is

What I have learned in Lockdown.

All entries must be submitted to:

"Art Competition"

Epsom Methodist Church, 11-13 Ashley Road, Epsom, Surrey KT18 5AQ
by Sunday 3 October 2021

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.

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

Judging to take place during
Epsom Mental Health and Well-Being Festival.

Prizes to be presented by
Chris Grayling MP
Friday 15th October at 2.00pm
At St Barnabas' Church, Temple Road, KT19 8HA.

In memory of Daun Morris.

Art without the Competition

It may be that you would like to share your artistic gifts at the Festival without entering the Competition.

If so, please submit them to:

"Art without the Competition"

Epsom Methodist Church, 11-13 Ashley Road, Epsom, Surrey KT18 5AQ
by Sunday 3 October 2021.

All entries for the Art Competition and Art without the Competition will be on display at St Barnabas throughout the Festival and will be available for collection on Tuesday 19 October from EPSOM METHODIST CHURCH, 11-13 Ashley Avenue, Epsom KT18 5AQ.

Throughout the Festival we shall be taking some little gifts to organisations in our Borough who helped care for us during the pandemic.

And to everyone who will help make the Festival possible, with gifts of time, money, abilities, accommodation, technology, volunteering, attending events, a huge and very heartfelt **THANK YOU.....**



Saturday 9th Oct

Welcome back

9.30am Coffee.

10.00am-11.30am Caring through COVID: where do we go from here?
With Katie Davey, Action for Carers Surrey.

Unpaid, family and friend carers have been one of the groups most affected by the pandemic. Already isolated and stressed, carers were left to care alone, under huge pressures with virtually no support. However, Surrey charity Action for Carers remained open, supporting carers aged 5-95. Hear about the challenges faced and how the charity adapted, and how carers feel now about the future.

12.00noon-1.00pm Anger.
With representatives of the Mary Frances Trust.

Something that we all experience. But what is it? How can we safely express it? What happens to us if it remains bottled inside?

1.00pm-2.00pm Lunch.
An opportunity to look at the exhibition, talk to one another, and listen to live music from Terry Finch on the guitar.

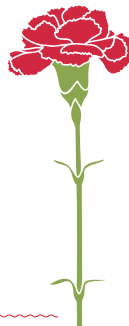
2.00pm-3.00pm It's ok not to be ok: the impact that the pandemic lockdowns have had on young people.
With Helen Keevil, Assistant Head: Pupil Welfare & E-safety Officer, Epsom College.

3.30pm-5.00pm Coming back into the community after the pandemic.
With Angie Muscio.

I don't want to: I am scared. An opportunity to share our fears in a supportive and understanding environment.

5.15pm-6.00pm Meditation - a time to be still.
With Ricky Boezalt.

7.30pm-9.00pm Songs of Lament: Songs of Thanksgiving
With the Metropolitan Police Choir.



Sunday 10th Oct

World Mental Health Day
Theme: Mental Health for all.

10.15am-11.15am God's compassion through our seasons.
A Service of remembrance led by Rev Harry Lamaison, curate of St Paul's Howell Hill and St Barnabas, with the opportunity to have the names of loved ones read out.

12.10pm The Mayor of Epsom & Ewell, Councillor Peter O' Donovan, will ask what we want the Borough to become after the pandemic. (Board for ideas available through the week).

12.25pm Laine Theatre Arts reflect on Holding onto the good from Lockdown, via song, poetry, dance, and acting.

1.00pm Home cooked meal.

2.30pm 'Covid's impact on mental health will last years, royal college warns'. (The Guardian, 28 December 2020, written by Ian Sample, Science Editor). What can we do to help? With Dr Max Pemberton.

4.00pm Afternoon tea.

Monday 11th Oct

What a year....

9.00am-9.30am A time of stillness at the beginning of the day.

10.00am-11.15am If vaccines are so good at fighting Covid, why can't we have one for mental illness?

With Prof John Atack, Director, Medicines Discovery Institute, University of Cardiff.

11.45am-12.45pm Nutrition, immunity and gut health.

With Marcia Smith-Howard.

1.00pm-2.00pm Lunch.

Jackie Rose from Surrey and Borders Partnership NHS Foundation Trust will be available to answer questions about Well-Being.

2.00pm-3.30pm Anxiety, worry and stress.

Emotions that we have all probably experienced in the last months. Are there strategies that may help?

With Gayle Young.

4.00pm Monday drop in.

This week's activity at **4.45pm** Circus skills with Bezerkaz Circus.

5.45pm Hot meal.

7.00pm-8.00pm Writing Haiku poetry.

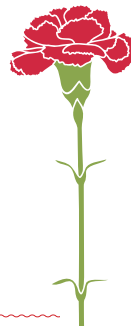
An opportunity to share our creativity. No previous experience needed. We will be able to write our poems throughout the week and share them on a creative wall space, before they are included in a book.

With Anne Sturton and Jill Walters

8.15pm-9.30pm Adjusting to life after Lockdown.

Treasuring and making the most of what we have, whilst holding our current reality lightly. Please come along and share your views, wisdom and experience.

With David Waddell, Senior BBC News producer, responsible for breaking news.



Tuesday 12th Oct

Beginning to make sense of things...

9.00am-9.30am A time of stillness at the beginning of the day.

10.00am-11.15am Wire sculpture.

Making anything, such as rabbits, flowers out of wire; you will surprise yourself and enjoy the fun at the same time. We normally laugh a lot doing this.

With Artist in residence Charles Twigg.

11.30am-12.30pm Looking for work and struggling with the work that we may have. Stress, pains, expectations, disappointments.

With Peter Webb from the Stoneleigh Job Club.

12.30pm-1.30pm Lunch, and an opportunity to talk to and share our stories and experiences with each other.

1.30pm-2.30pm Line Dancing with Graham. No previous experience needed.

2.45pm-4.15pm Depression. What causes it? What helps?

With Cyril Derage, Mental Health Specialist Practitioner from Surrey and Borders Partnership NHS Foundation Trust.

4.30pm-5.30pm Why I tried to take my life.

How employers and colleagues can help support us at the most difficult times.

With Lee Glynn.

6.00pm-7.00pm Male grooming: hair/hands/shoulder massage/self care/beard trimming.

With Emma Barrett.

Monday 11th Oct

Tuesday 12th Oct

Thursday 14th Oct

Ways to help us feel better.

9.00am-9.30am A time of stillness at the beginning of the day.

10.00am-10.45am Bread making.

With John and Isabel.

11.00am-12noon Learning to look, in still life.

Fun painting in water-colour, ink, pencil, etc., etc., learning how we see when looking at ordinary objects, like sea shells, fossils, fruit etc.,

With Artist in residence Charles Twigg.

12noon-12.45pm Sew/Make a greetings card

With Anne and Isabel

12.45pm-2.00pm Lunch, and an opportunity to hear local poet Audrey Arden-Jones read some of her poetry and Fabricio Mattos, an international classical musician, to accompany her on the guitar.

1.30pm-2.30pm Come join us for a Cup of Tea, Crochet, Knit & Knatter.

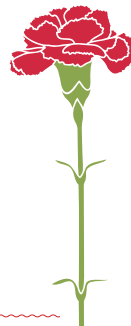
With Adele Whittaker.

2.30pm-4.30pm Pets as Therapy.

An opportunity to receive unconditional love from some four-legged friends.

4.30pm-5.30pm Climate change, faith and mental well-being.

With Adrian Haefford, senior geologist on the Upstream International Subsurface Information team at IHS Markit.



8.00pm The Epsom Whitby line:- the story of our lockdown songbook.

Steve Dyke lives locally and is a regular here at St Barnabas and works for local learning disability charity Mid Surrey Mencap. He has dabbled in poetry, performance poetry, song and comedy writing over the years. Always able to think of lyrics and tunes in his head, lockdown and furlough gave him a chance to try and master the basics of the guitar to bring his songwriting potential to fruition. He needed someone to help and phoned his friend Phil.

Phil Martin is a composer, performer and teacher now based in Whitby, currently working on his third solo album. He has played in bands from the early eighties on. These included Red Harvest, Defrosting the Fridge, The Long Decline, The Bitter Springs, Vic Godard and The Subway Sect, Kindred Spirit and Steve's favourite band Doctor Millar and the Cute Hoors. His current band is The Age of Reason.

This performance tells the story of their collaboration over the last 18 months via technology and the burgeoning songbook they have created. The songs you will hear tonight are a mix of poignant, amusing and serious takes on a lot of life situations touching on the history of our town.

Friday 15th Oct

Private grief and public speaking.

9.00am-9.30am A time of stillness at the beginning of the day.

10.00am-11.00am Bereavement, loss and grief.

With Dr Sophie Dilley, Senior Counselling Psychologist at Surrey and Borders Partnership NHS Foundation Trust.

12.00pm Lunch with local MP, Chris Grayling.

1.15pm Trust and truth in public life.

With MP for Epsom and Ewell, Chris Grayling. (subject to parliamentary business).

2.00pm Presentation of Art Competition prizes.

3.00pm-4.00pm Drumming with Ray. No previous experience needed.

6.00pm Supper.



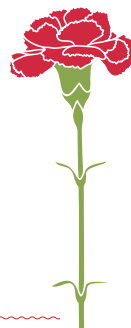
7.15pm It Would Be Nice To See People Smile Again.

A community performance devised by the cast to explore the feelings of the past 18 months.

If you would like to be involved in this production, rehearsals will be from 5.00pm-7.00pm on Fridays from 17 September at St Barnabas.

All very welcome.

Further information from SusieP@lovemelovemymind.org.uk



Saturday 16th Oct

The power of creation.

9.00am-9.30am A time of stillness at the beginning of the day.

10.00am Leaving St Barnabas' Church for a countryside walk via Horton Country Park and the Hogsmill River, with the opportunity to enjoy the beauty of the autumn colours. Led by Allen Price. The ground underfoot could be a bit muddy in places and the weather unpredictable, so please wear sensible shoes, bring a bottle of water and check the forecast before leaving home.

10.00am -11.00am I'm not enough and I'm not suffering like other people. Find out how Mindful Self-Compassion can help ease your suffering and relieve your painful thoughts.

Join Kathryn Lovewell Founder of Kind Mind Academy and author of The Little Book of Self-Compassion and the children's book The Voices in my Head.

1.00pm Lunch.

2.30pm - 4.30pm Theatre workshop for the Guides.

Facilitated by Eleanor Hill.

***At The Old Moat Garden Centre & Cafe, Horton Lane, Epsom KT19 8PQ**

10.00am-4.00pm Gardening is Good for your Mind.

On the final day of the Festival, we will be running an all-day drop-in session exploring the benefits of gardening for your mental health and wellbeing, benefits which have been well recognised and documented through the pandemic. Do drop in any time between 10am and 4pm, follow the signs and see what we have to offer, browse our literature and chat with our team. Free tea and coffee available.

Activities and Events

Weekly activities through the year.

Drop-in

Monday from 4.00pm-7.00pm is time for Drop-in at St Barnabas' Church. Everyone is welcome, especially those isolated by mental distress. Visitors will always find a warm welcome, coffee, cake and a home-cooked meal. There is also a varied programme of activities and outings chosen by Drop-in members.

Let's Talk Epsom

Wednesdays 7.30pm-9.00pm at Epsom Methodist Church, 11-13 Ashley Road, Epsom, Surrey KT18 5AQ. A self-help group where people who are affected by any kind of depression can meet to share experiences and coping strategies with others in similar situations. Further information at email: letstalkepsom@btinternet.com phone: 07719 014411.

Other Activities and Events.

Alcoholics Anonymous (AA)

Saturday 19 March 2022

10.00am-12noon

At Epsom Methodist Church, Ashley Rd, Epsom KT18 5AQ.

We'll talk about how we got sober in AA and answer any questions you have.

If you're drinking to excess, you're not alone. Becoming addicted to alcohol can happen quickly – and it can happen to anyone. Those of us in AA tried everything to control our drinking but we couldn't until we found Alcoholics Anonymous.

There's no disgrace in facing up to the fact that you may have a problem with alcohol. AA members come from all walks of life – and everyone in AA is an equal. All we want is to stay sober and to help others to get sober too. So come and meet some of the local AA members - we will be happy to talk to you and answer your questions!

Build your own paper boat sculpture with Charles Twigg



Saturday 14 May 2022

10.00am-4.00pm (lunch included)

At Epsom Methodist Church, Ashley Rd, Epsom KT18 5AQ.

Over the years, many people have admired Charles Twigg's paper boat sculpture that he brings to the Festival. Now is the opportunity to make one!

All materials provided, and Charles will be present to give full instructions. The day will be fun as well as demanding, don't be put off, but you will be a little stretched. Then at the end of the day you will be amazed at what you achieved.

Please note the image above is not the end result of a day's work.

Dates of Festival and planning meetings 2022

Mondays 12noon-2pm:

17 January

21 March

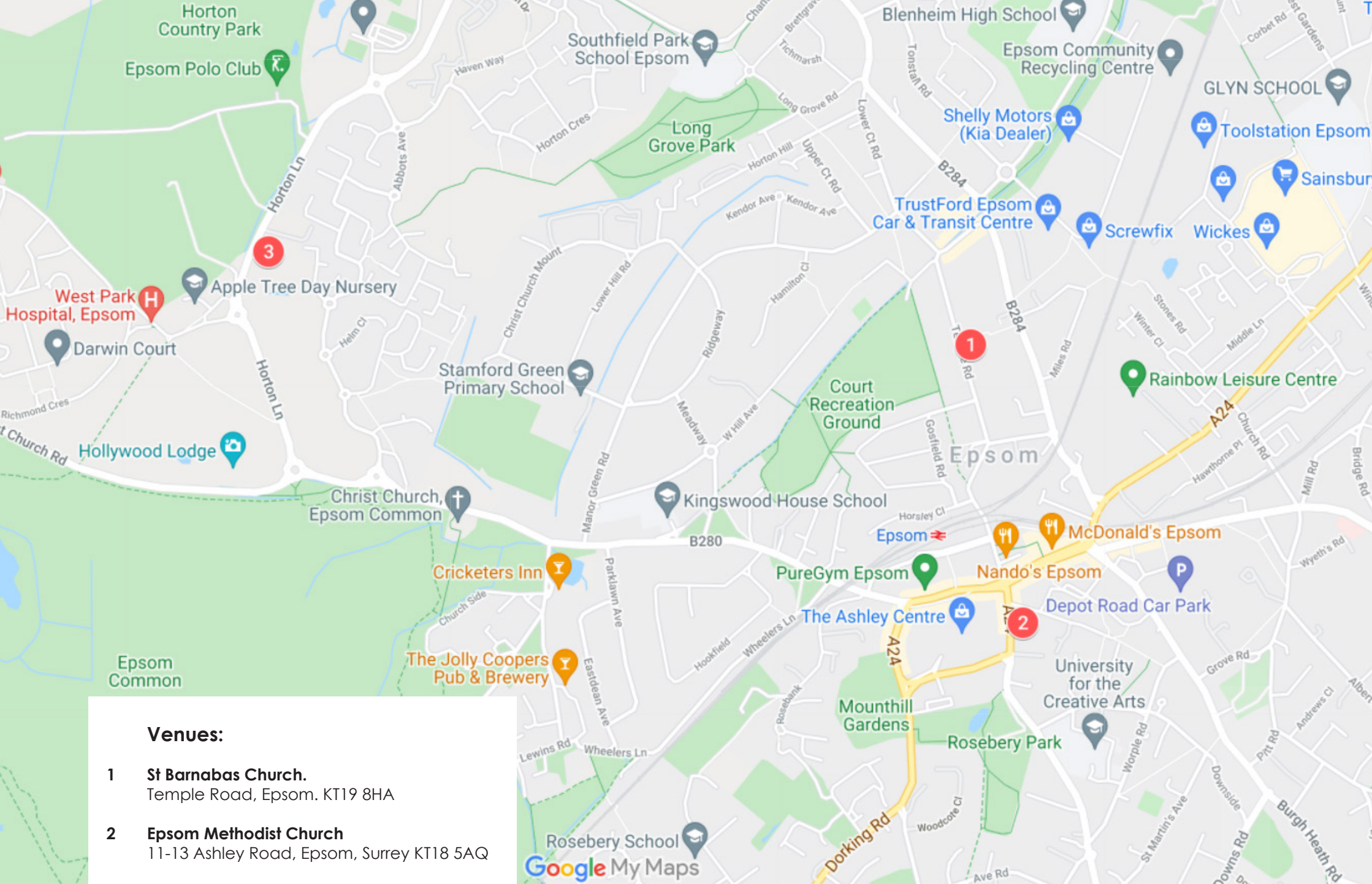
16 May

11 July

12 September

26 September

Festival: 8-15 October



Venues:

- 1 **St Barnabas Church.**
Temple Road, Epsom. KT19 8HA
- 2 **Epsom Methodist Church**
11-13 Ashley Road, Epsom, Surrey KT18 5AQ
- 3 **The Old Moat Garden Centre,**
Horton Lane, Epsom KT19 8PQ

Map data ©2021 Google

You can view the map online here:
<https://www.google.com/maps/d/edit?mid=1zCuPq018o6KkVENXYWMIHbTEDwRpEcve&usp=sharing>



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