



# Epsom Mental Health and Well-Being Festival



## Seeds of Hope in Uncertain Times

3rd - 10th October 2020

All are Welcome

The Festival is online this year with Festival at Home Packs for people without access to the internet. More details in September on our website.

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

Love me  
Love my mind

Follow us @ [lmimmepsom](https://www.instagram.com/lmimmepsom)    

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

## Welcome to this year's Epsom Mental Health and Well-Being Festival.

It's all online this year and is free and open to everyone.

Just log into our website  
[www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk) and join in!

Or, if you don't have access to the internet, get a friend to request a **Festival at Home Pack** via the website. More details will be on our website in September.

## Mental Health Questionnaire

One of the roles of the Festival is to help develop good mental health care and this year there is a new way of doing so.

Please could you complete the short questionnaire, to be found on our website [www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk) from mid-September.

If you would prefer a paper copy, please email [info@lovemelovemymind.org.uk](mailto:info@lovemelovemymind.org.uk) or phone 01372 721518.

Thank you so much for your help.



This year has been very strange and unsettling for a lot of people. In fact, I doubt there is a single person that hasn't struggled in one way or another since the Covid-19 pandemic struck. It's seen our usual routines and rhythms thrown up in the air. Human beings tend to be creatures of habit, and so the dramatic changes that have taken place in the way we live our lives as a result of the virus and the subsequent lockdown has been very disconcerting and distressing for people. So much seemed to change and so quickly – from who we can see and when, to what we can do in our leisure time, even how and where we shop. So many things we took for granted seemed lost and many of the strategies we usually use to cope with difficulties such as seeing friends, were suddenly out of bounds. But out of all this uncertainty and upheaval some good things have emerged.

But as the lockdown has eased and life has slowly started up again, albeit rather different to how it was, it's a good opportunity to look back and reflect on what has happened and consider what positive things we might take from the experience. That's not to diminish the difficulties people have faced or the impact of the situation on people – for many, the lockdown has been incredibly tough and had profound, lasting financial, emotional and psychological effects that are likely to go on for years. But within psychology it's often thought helpful to not just think about the difficulties, but to focus on the positives too. Clinicians often talk about 'Post Traumatic Growth' meaning that, sometimes, experiencing traumatic events, struggling with adversity and being under pressure can actually be helpful in the long term for people. It helps them develop skills and qualities as people, challenge the status quo and allows people to appraise and evaluate things and make permanent changes. There will doubtless be much discussion for years to come about what went wrong with the crisis. But let's not forget that even out of darkness can come light and that it's possible to take some positive things out of this difficult time.

Dr Max Pemberton [www.maxpemberton.com](http://www.maxpemberton.com)

## USEFUL INFORMATION

Since March 2020, the members of the **Monday Evening Drop-In** are in connection with one another via a weekly newsletter. There is an opportunity to share news, occasionally take part in an activity at home and enjoy an edible treat. Please email, ring or write if you would like to join in: you'd be very welcome.

**Let's Talk Epsom.** Members currently support one another by email. Again, you would be very welcome to join in by emailing or phoning one of the following contact details.

We hope that the groups and the Festival will be able to once again be able to meet face to face in 2021.

### **Love Me Love My Mind**

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

**Tel: 01372 721518**

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

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

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

Follow us @ [lmmepsom](https://www.instagram.com/lmmepsom)    

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

### **Epsom Mental Health and Well-Being Festival October 2020**

Epsom Mental Health and Well-Being Festival is organised by local charity, Love Me Love My Mind.

### **About Love Me Love My Mind**

Few if any of us had any idea what this year was to hold for our planet. It has been a time of sorrow, grief, anxiety, fear, uncertainty, so many emotions pouring into and out of our hearts and minds.

Our Monday drop in and Let's Talk Epsom now keep in connection via letter, phone and email and will continue to do so until it is safe to once again meet in groups.

This year's Festival will be happening online, with a Festival at Home pack for anyone who does not have access to the internet or social media.

At our planning meeting in January the idea of nourishment was discussed as a theme. We hope that the diverse events during the Week will indeed provide nourishment for body, mind and soul. But in the light of covid-19 we realised that we needed to address these changing times, and so Seeds of Hope in Uncertain Times became our strapline.

No-one has remained untouched by the events of these last months. I hope that as we journey through the Week together, we may find space to scream, cry, be refreshed, find a seed of hope for a new and unknown future.

*Sue Bull*

Chair, Epsom Mental Health and Well-Being Festival and Love Me Love My Mind.

# Saturday 3rd Oct

## Creating Community together with representatives of local organisations.

### 10.00am The Old Moat Garden Centre and Café.

The Old Moat Garden Centre and Café is not just a garden centre. We help plants and people grow! Part of national mental health charity Richmond Fellowship, we reinvest all our profits into supporting the recovery of local people living with mental ill health. Our goal is to help them gain confidence, skills and qualifications working alongside our staff and volunteers in a safe, supportive environment that encourages them to overcome challenges and obstacles and move on to the next step on their recovery path. We support around 50 people at any one time, but the ripple effect touches hundreds more as their families and friends gain peace of mind, waiting lists in doctors' surgeries and hospitals are reduced, employers gain qualified confident staff, and the community is enriched by the increased participation of the people we support.

### 11.00am Richmond Fellowship Employment Service - Question and answer session.

If you have a mental health issue and have a question about finding work or are struggling trying to keep your job, please come along to our online Question and Answer session during Epsom Mental Health and Well-Being Festival.

We are a specialist mental health charity and 3 of our Employment Advisors will be available on the day to guide you through issues you may have - or perhaps you would like to ask a question on behalf of a friend or family member.

These are difficult times and more and more people will be facing losing a job and having to find new work or even retrain for a new career. We can help you with vital information and support. You may also have seen your mental health suffer during the lockdown and be worried about returning to your job. Please do ask us your question. If it's complex and requires more time, you can refer yourself to our service for 1-2-1 specialist support. Please note - we do not give legal advice but can signpost you to those who can.

### 1.00pm Epsom Riding for the Disabled - Benefits of riding and volunteering for well-being.

Epsom Riding for the Disabled Association, St Ebba's Farm, Hook Road, Epsom Surrey KT19 8QW.

**Website:** [www.epsomrda.org.uk](http://www.epsomrda.org.uk) **Email:** [epsomrda@outlook.com](mailto:epsomrda@outlook.com)

Epsom Riding for the Disabled Association (Epsom RDA) was founded in 1969 on a small field in Epsom with four volunteers and a Shetland pony called "Bubbles." Today has its' own 16 acre site at St Ebbas Farm in Ewell where the charity provides over 300 disabled people with the opportunity to ride to benefit their health and well-being. Holding true to their roots this is all delivered by volunteers.

In this live-streamed talk, find out more about the local charity and how its' activities have a positive impact on the well-being of its volunteers and disabled riders. There will be an opportunity to speak with volunteers from Epsom RDA in a live online Q&A session.

### 2.00pm-4.00pm How to turn the pandemic negatives into positives.

Joint Session with Mary Frances Trust and Safe Haven.

Mary Frances Trust will be sharing with you how they have adapted to the pandemic to ensure they continue to support the people of Surrey with their mental health and emotional wellbeing despite the restrictions and challenges of the pandemic, as well as what positives have come out of this experience and what their plans for the future are. You'll hear from their CEO, Area Co-Ordinators and Safe Haven team who will explain how they've had to completely change the way they deliver their services via phone, online or using new platforms, and how they have been able to reach new audiences as a result. You'll also get a taster of the charity's ambitious online programme with interviews from facilitators and participants who will explain how joining activities online has been crucial to maintaining their wellbeing during lockdown. You will be treated to some poetry reading by members of their Creative Writing group as well as a Mindfulness Meditation session, craft video lesson and much more.



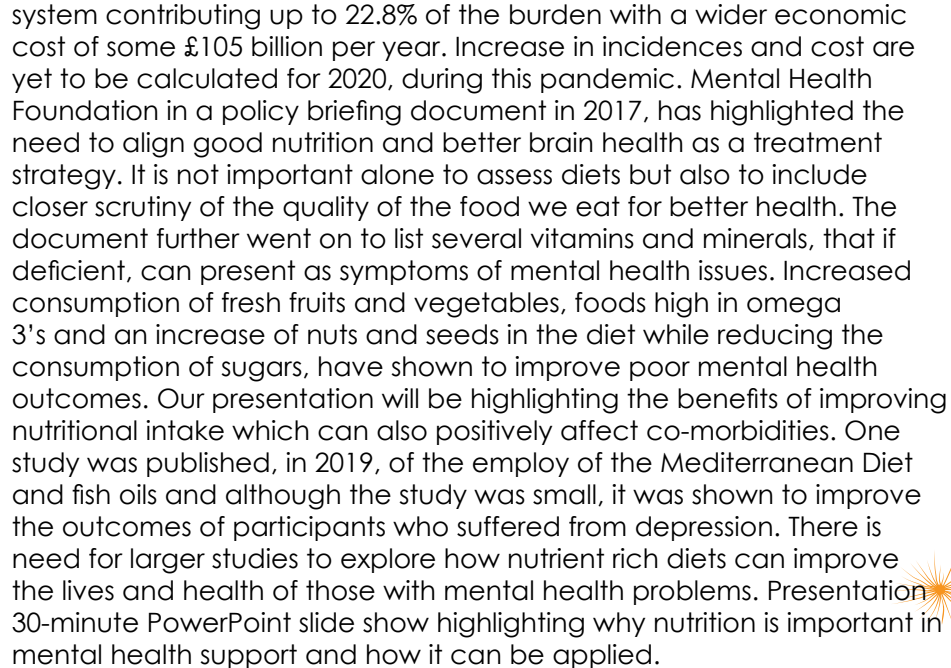
#### 4.00pm Pranic healing.

This session will include:

A live, c20 minute relaxation session to include a meditation.

- A 20 minute documentary called "A Life in Peace". This has been directed by a final year student, Owen O' Brien who has just graduated from Ravensbourne University. It follows the journey of a fire fighter and ex-soldier, his struggles with Post Traumatic Stress Disorder and the resolution he found through Pranic Healing.
- Q&A session following the documentary.
- Short Introduction to the techniques taught in Pranic Healing.

#### 5.00pm Why nutrition should be an integral a part of mental health support.



With Marcia Howard from Work Stress Solutions. Marcia writes: Mental Health Illness, in the UK, is the single highest disability to the health care system contributing up to 22.8% of the burden with a wider economic cost of some £105 billion per year. Increase in incidences and cost are yet to be calculated for 2020, during this pandemic. Mental Health Foundation in a policy briefing document in 2017, has highlighted the need to align good nutrition and better brain health as a treatment strategy. It is not important alone to assess diets but also to include closer scrutiny of the quality of the food we eat for better health. The document further went on to list several vitamins and minerals, that if deficient, can present as symptoms of mental health issues. Increased consumption of fresh fruits and vegetables, foods high in omega 3's and an increase of nuts and seeds in the diet while reducing the consumption of sugars, have shown to improve poor mental health outcomes. Our presentation will be highlighting the benefits of improving nutritional intake which can also positively affect co-morbidities. One study was published, in 2019, of the employ of the Mediterranean Diet and fish oils and although the study was small, it was shown to improve the outcomes of participants who suffered from depression. There is need for larger studies to explore how nutrient rich diets can improve the lives and health of those with mental health problems. Presentation 30-minute PowerPoint slide show highlighting why nutrition is important in mental health support and how it can be applied.

30-minute Question and Answer period.



Reference.


<http://pubmed.ncbi.nlm.nih.gov/30620820>



#### 6.00pm How Well is your Well-Being? - an introduction to Mind-Growth Mastery Community Interest Company.

A 10 question quiz covering aspects of physical and emotional health to gauge your knowledge and needs, followed by a 'Meet the Team' video of each of our six associates. We will outline their roles and what we can offer to encourage physical and emotional growth to enable you to bounce back from difficulties and sow the seeds of hope.

#### 7.00pm Remembering the forgotten with Lionel Blackman.



Lionel is a solicitor who established his practice in Epsom over 30 years ago. During his legal career Lionel represented many patients who resided in Epsom's cluster of psychiatric hospitals. Despite the many kinds of personal difficulties they suffered from he always recognised their individuality and the importance of recognising them as equal human beings. Lionel is Director of the Solicitors International Human Rights Group and regards the neglect of the resting place of so many patients and others in the Horton Cemetery as a breach of their beyond life right to dignity and respect.

# Sunday 4th Oct

**11.00am Reflecting and Remembering** with Rev Paul Dever, Senior Associate Minister at St Paul's Church, Howell Hill.

**12.10pm Introduction** by the Mayor of Epsom and Ewell, Councillor Humphrey Reynolds.

**12.20pm Laine Theatre Arts.**

**1.00pm Virtual Lunch** with Eddie and James.

**2.00pm A talk about the importance of sharing our thoughts and feelings, and how our actions can not only lead to the help and support for our own mental health, but other's too.**

With Tony Samuels, Chairman of Surrey County Council

**2.30pm-4.00pm Thoughts from the frontline** with Dr Max Pemberton, Patron of Love Me Love My Mind.

What was it like on the front line during the Covid-19 pandemic?

How did the NHS change and respond to the crisis?

Max was at work throughout the pandemic, was part of the team that reconfigured mental health services in his area and was redeployed to a covid ward, so witnessed the pandemic first hand. In this talk he discusses his experiences, what the NHS got right, what it got wrong and his hopes for the future. He will also talk about the positive things we can all learn from the pandemic.

**4.15pm Rebuilding community after the pandemic** with Councillor Bernie Muir.

**4.30pm - 5.30pm How our understanding of mental distress and learning disability has advanced over the years** with Councillor Liz Frost.

**6.00pm CYP Safe Haven for young people** with Ben Blackman, including 'What causes mental distress?'

Any media

# ARTCOMPETITION

The theme for this year is **Seeds of Hope in Uncertain Times**

The competition is open to everyone.

You can use paints, pottery, poetry, words, pen and ink, fabric, any media to create your work of art.

The rules of the competition are necessarily different this year.

Please make an electronic version of your work of art.

If it is a physical creation please take a photo.

Entries should be emailed by you, *or a friend if you do not have internet access*, to [info@lovemelovemy mind.org.uk](mailto:info@lovemelovemy mind.org.uk)

**By 4pm on Saturday 26th September.**

Please include your name contact details, and the age group that you are entering.

Age groups:

0 -11 £100 prize

12-18 £100 prize

19+ £100 prize

By entering the competition you will be confirming that your entry is your own unaided and original work.

Visitors will be able to vote online on our website from 9am Tuesday 29th September.

Voting will close at 9pm Tuesday 6th October.

A panel of judges will agree the winners on Wednesday 7th October.

Prizes to be presented by Chris Grayling, MP of Epsom and Ewell at 2pm Friday 9th October.

All entrants will receive a Certificate as a thank you for entering the Competition.

The prizes are partly funded by the family of Daun Morris, who was a very passionate supporter of the Festival.

# Monday 5th Oct

**9.00am-9.30am** Time of stillness with candle/music.

**9.30am-9.50am** Epsom Downs Primary School Steel Band.

**10.00am-12noon** **What's new in the field of mental health drug discovery?** With Professor John Atack, Director, Medicines Discovery Institute at Cardiff University. Including coffee break at 11.00am and opportunity for Q&A at 11.15am.

**12.15pm-1.15pm** **Trauma and psychotherapy** with Alex Gibson.

**3.00pm** **Annual General Meeting of Love Me Love My Mind, the charity responsible for the Festival.** Everyone is very welcome to attend but you'll need to be a member (free to join) if you'd like to vote. Further details and Membership forms from:  
**Email: [team@lovemelovemy mind.org.uk](mailto:team@lovemelovemy mind.org.uk)**  
The Meeting will include short talks by Alan and Poppy.

**4.00pm** **Hope in changing times** with Rabbi Danny Rich. Rabbi Danny Rich JP is a trustee of Love Me Love My Mind and Jewish Chaplain in a number of places including Surrey and Borders NHS and Kingston Hospital Trusts. He was for nearly two decades the rabbi to Kingston Liberal Synagogue and has recently stepped down as Senior Rabbi to Liberal Judaism. He is a social justice activist and a Labour Party Councillor in the London Borough of Barnet. He delights in the company of his four children, his five grandchildren and other Divine gifts of nature.

**5.00pm-6.00pm** **Poetry workshop: How unlikely people write sublime poetry - sharing and discussing our own or favourite poems.** Facilitated by Anne Sturton. Anne Sturton is a former project manager who works with LMLMM as part of the schools and colleges liaison team. She enjoys literature and arts and crafts as well as her garden and the countryside.

**6.00pm** **Smoking and mental health** with Barclay West and Greg Mell.



Join One You Surrey's specialist mental health advisor, Greg, and their engagement officer, Barclay, as they discuss the relationship of smoking and mental health.

The session will include:

- Introduction of the service
- The relationship of smoking and mental health
- Support available from One You Surrey
- How to access the service
- Live Q&A

Contact details.

**Email: [Hello@oneyousurrey.org.uk](mailto:Hello@oneyousurrey.org.uk) Phone: 01737 652168**

One You Surrey are Surrey's specialist stop smoking service, commissioned by Surrey County Council.

**7.00pm** **Lewis Stephens shares the highs and lows of his cycle ride around Britain's coastline in aid of mental health.**

Lewis Stephens cycled 5000 miles over 4 months around the UK last year on his 1970 vintage bicycle 'Claud' (A Claud Butler) experiencing his country in the most unique of ways. He and his team raised money for the male suicide prevention charity CALM fundraised by various challenges relying on the heart of communities to aid him around. Featuring on BBC Radio and every coastal newspaper there was found him camping anywhere from bowling alley floors to ancient Chinese Abbey ruins. Returning from the tour, he had a new-found thing for diversity, as he had met so many people. Finding a new-found respect for community, as he had seen the power of so many. Finally, he discovered an appreciation for the podcast, as he had spent many nights alone in a tent listening to them. Thus, he returned home with the idea for the 'Why Aren't You Normal Epsom' podcast. Now every Tuesday in Epsom Hospital Radio Lewis and Producer Alex sit in their borrowed hospital radio studio and boom - An episode of WAYNE is born.

**Recipe of the day** with Eddie and James - see our website on the day.

# Tuesday 6th Oct

**9.00am-9.30am Time of stillness with candle/music.**

**9.30am-9.50am Sing as if no one is listening.** (Song words on website).

**10.00am Anne Sturton speaks** with members of staff from local schools about their participation in the national children's wellbeing practitioner service trial and how children can best be supported and aided in their development in the current new normal.

**11.00am Social media and young people/mental health of young people during and after lockdown** with Helen Keevil.

Helen is the Assistant Head in charge of pupil welfare at Epsom College, with a focus on online safety and well-being. She trains senior student peer mentors, cybermentors and delivers regular INSET to teachers, students, parents and matrons on pastoral issues, safeguarding and online safety updates. She is a trained MHFA practitioner and heads the PSHE programme for pupils aged 11 to 18 years old. She tutors pastoral leaders for the Boarding Schools Association, sitting on their Gender Agenda working party and enjoys raising awareness of positive mental health issues through local charity work.

**12.15pm-12.45pm Home-Start: Imagine being a new mum in Lockdown....** with Home-Start Epsom, Ewell and Banstead.

We are there for parents when they need us the most because childhood can't wait.

**1.00pm James Goodhand** is author of 'Last Lesson', a novel that focusses on male mental health and the dangers of the 'man up' culture. In this interactive session James will introduce his work before discussing with the audience their own writing ideas, offering advice where possible and information on how to become published.

**2.00pm-3.15pm People Trafficking and mental health care** with Surrey Police.

**3.30pm -4.45pm Money management when times are very tough** with Christians Against Poverty and Citizens Advice Epsom and Ewell.

**5.00pm-5.30pm Streetlight:** Streetlight UK provides a specialised support service for women involved in prostitution across Sussex, Surrey and London. We support women and help them overcome the challenges that limit their choices: such as the lack of education, training and employment opportunities as well as the physical and emotional barriers before them.

**5.45-6.45pm KiGong** with Sam. Stretching and Meditation suitable for all ages and abilities. Gently move your body with your breath to achieve a calmness in your mind and suppleness in your body. No previous experience needed. Suitable for all ages and abilities.

Equipment: Comfortable clothes for ease of movement and yoga size mat or chair.

Sam writes: I'm a 51 yr old mother of two teenagers and I live in Epsom. I'm a teacher at the Body and Brain Centre in Epsom and a QiGong and armchair yoga teacher for seniors working closely with a charity called 'Brighter Living'. I have a new outreach Body and Brain class in Epsom and an ongoing class at a senior centre in New Malden called MILAAP which is now conducted weekly on Zoom.

**7.00pm A master class** with artist in residence Charles Duncan Twigg.

If you want to, bring with you any media, or several, and be prepared to take risks. and have some fun.

We will have a go at being really free and loose, and lets see what happens. Making a mess can be jolly good fun.

I have some sunflower heads and also some cornflower heads, which we can have a go at. You might have a favorite flower or nature object to paint, bring them along, that would be very good.

You don't have to paint, if you want to, watchers only will be very welcome, but you will have more fun if you join in.

**Recipe of the day** with Eddie and James - see our website on the day.



# Wednesday 7th Oct

**9.00am-9.30am** Time of stillness with candle/music.

**9.30am-9.50am** Dance like there is nobody watching...

**10.00am-11.30am** 'How to Grow a Grown Up: parenting tips for the 21st century' by Dr Dominique Thompson.

Join award winning GP and author Dr Dominique Thompson for an enlightening and entertaining talk with Q&A about raising teenagers to thrive in the modern world.

The talk is based on her book How to Grow a Grown Up, a Finalist in the 2020 People's Book Prize, and is aimed primarily at parents of all secondary school age children, but it will also be of interest to teachers, and those who work with young adults everywhere.

Dominique has been interviewed about the book on Sky TV and in The Times.

Parenting in the 21st century means navigating a very different world to the one in which we grew up. Our children are under 24/7 pressure to be 'always on' and their 'best self' and they are often less prepared for a challenging world.

Feedback from a 16 year old audience member.

**"It's so good that someone knows what world I have to live in. She speaks sense Mum."**

Dr Dominique Thompson is the UK's leading GP on student mental health and she will reveal why young people may be struggling more, and what we can all do to help our children develop the life skills they need to thrive in this new and changing world.

Whether you are supporting a young person struggling with academic pressure, school or university life, or you are curious about what lies ahead for your younger child, How to Grow a Grown Up will help you to build your child's confidence and resilience - so they can become a strong, happy and independent adult.

**Praise for Dominique's previous talks:**

"The talk was great. For me as a parent it is good to know what kind of behaviour I can see in my children, why it is happening with us and what to do or not to do in some cases. It was explained why young people have mental health problems. The talk was very useful. Many thanks!"

"Dom was brilliant and such an informative talk - interesting and helpful material covered".

"Excellent, Dominique Thompson always manages to give me something else to think about- she is a really engaging speaker".

**11.45am-12.45pm** 'the burden of choice - abortion in the context of prenatal diagnosis'. This presentation will draw on Antenatal Results and Choices (ARC)'s extensive experience of supporting women and couples through the complex circumstance of ending a pregnancy after a prenatal diagnosis and our work with professionals providing their care. Jane Fisher, Director of ARC, will explore the parental experience and discuss how we can best meet the practical and emotional needs of women and couples in these challenging circumstances.

**1.00pm-2.00pm** Homelessness and desperation with Angela, Gail and Lisa from The Meeting Room.

**2.15pm-3.45pm** I for Insight with Ioulia Hapeshis.

Ioulia is a Performing Arts graduate. She has worked in various businesses within support over the years and had become intrigued about the way people think in the present moment that is reality, beyond the storytelling of the actor and writer singer-songwriter. As a result, she has taken up a course on mindset and belief systems, certifying as Rapid Transformation Practitioner in July 2019. She continues to practice the skill at present and is very enthusiastic about utilizing this ability for people who have personal and/or professional goals.

**4.00pm-5.30pm** Rachel Kelly: How to Sing in the Rain.

Rachel shares her own experience of depression and recovery. She shares strategies and exercises to help the audience 'sing in the rain', to see the positives in the negatives and build up their own toolbox of wellbeing strategies in this Covid age. This talk is inspired by Rachel's latest book Singing in the Rain: An inspirational workbook which is based on numerous psychological studies.

**5.45pm-6.00pm** Stoneleigh Job Club.

**6.30pm-7.30pm** Circus skills workshop with Bezerkaz Circus.

**Recipe of the day** with Eddie and James - see our website on the day.

# Thursday 8th Oct

**9.00am-9.30am Time of stillness with candle/music.**

**9.30-9.50am A Virtual tour around The Patchwork Garden Project** followed by some peaceful music.

**10.00am-10.30am Bread making** with John and Isabel.

There is something special about the smell and taste of freshly baked bread. It puts a smile on most people's face. We hope you join us to learn how to bake your own rolls for lunch.

You will need:

Equipment: Oven, bowl, baking sheet, spoon.

Ingredients: Strong bread flour, dried yeasts, salt, sugar, warm water, oil.

**11.00am-11.30am Flower arranging** with Ruth and Betty.

To take part in this activity you will need:

A medium sized vase.

Green "Oasis" (which has been soaked in water) or chicken wire or small stones - anything which will hold the flowers in place.

Some greenery - leaves, berries, etc.

Flowers available such as gladioli, chrysanthemums, sunflowers, gerberas, roses.

**12.00noon-12.30pm Sewing** with Isabel Lobo and Anne Sturton.

Sewing is a very useful skill in everyday life and it is also a lot of fun. If you fancy yourself as the next Sewing Bee but have not yet tried your hand at stitching this is for you. We will have fun looking at some basic sewing principles and we will complete a small project together. If you are already a pro your help and knowledge will be very welcomed, please join us.

You will need:

Scissors, needle and thread, two buttons, a piece of fabric that you like but are happy to cut, (thimble if you have it available).

**1.00pm-2.30pm Knitting and crochet** with Helen. Join Helen for a live knit and natter session via video. Bring whatever craft you are working on and get ready to chat. We regret it will not be possible to teach any craft skills during this session.

**2.45-3.45pm Art and its benefits** with Shona Bradbury, Manager of Appleby House, Epsom.

**4.00pm Challenging stigma creatively** with Megan Aspel.

**time to change  
surrey**

let's end mental health discrimination

Time To Change Surrey, commissioned by Surrey County Council, is the county campaign to address and reduce mental health stigma. To date it is coordinated by Megan Aspel from mental well-being charity Let's Link.

Acting Out Productions is a not for profit project affiliated to mental wellbeing charity Let's Link that contributes to Time To Change Surrey, bringing alive the real stories of people with mental health problems through live or remote / virtual dramas and short scenarios.

We're delighted to be contributing to Epsom Mental Health Week. Join Megan Aspel, with one of our professional actors for a quick 'tour' of how we use drama to show people the impact mental ill health can have on individuals and those around them and raise awareness of the stigma many people experience.

**6.00pm Eric, a four-footed friend from Therapy Dogs Nationwide**, stars in a short video about his work.

**7.00pm-8.00pm Breaking the barriers!**

The new challenges for a more inclusive community with The Sunnybank Trust.

**Recipe of the day** with Eddie and James - see our website on the day.



# Friday 9th Oct

**9.00am-9.30am** Time of stillness with candle/music.

**9.30am-9.50am** Musical interlude including Blenheim School The Climb video and The Metropolitan Police Choir.

**10.00am** Exploring holistic care at the end of life. A conversation between a doctor and a social worker.

**11.00am** The Good Grief Trust with Linda Magstris.

**11.30am-12.45pm** Self-harm and Suicide prevention with Tope Forsyth of Surrey and Borders Partnership NHS Foundation Trust and Nanu Chumber-Stanley of Surrey County Council.

**1.00pm** Lessons to be learnt from the past year with MP for Epsom and Ewell, Chris Grayling.

**2.00pm** Announcement of Art Competition winners.

**4.30pm** Sexual identity and mental health with Darren Garland-Bonner from Outline Surrey.

**6.00pm** Field of Grace: support for people with eating disorders.

**7.00pm** Imam Joynal Ahmed reflects on the times in which we live.

**Recipe of the day** with Eddie and James - see our website on the day.



# Saturday 10th Oct

**9.00am-9.30am** Time of stillness with candle/music.

**10.00am-11.30am** A virtual walk with Jim Rice from The Woodland Trust. Join us for a recorded 'virtual' walk around Langley Vale Wood, where we will show you how we are protecting existing ancient woodland, creating new woodland, restoring rare open habitats, bringing natural and cultural history to life, and providing free-access green space for people to enjoy.

With the use of photos, videos and maps we will show how we are in the midst of transforming this site, which is within the grip of the M25 immediately to the south and London's urban heartland a few miles to the north, into a resilient landscape for nature, whilst creating a safe, atmospheric place for people.

We will look at how the thousands of young trees we planted with community volunteers are already having an impact. Helping to buffer, link and strengthen the existing ancient woodland, a habitat that plays a unique role in providing a home to hundreds of other vulnerable and threatened species of insects, invertebrates, birds and small mammals.

The site is also the Woodland Trust's Centenary Wood for the First World War, and we will see how the young trees, and other very special features, create a living tribute to all those affected by the conflict.

Along the way we hope to show you examples of the wild flowers, orchids, butterflies, birds and animals that are now thriving in their new home - Langley Vale Wood.

**12noon-1.00pm** Dancing mindfulness with Vicky Cruz.

**Dancing Mindfulness** is a gentle form of exercise that involves the freedom to move the body with awareness, without having to learn specific steps and with no attachment to an outcome or performance. Instead, there is the potential for ease, authenticity, embodied awareness, and joy of being in the moment. A simple experience of letting go.

### What can one expect in a Dancing Mindfulness session?

There is a general shape to the dance, starting with stillness and grounding, moving through a process of more animated movement, shaking, releasing - sometimes using props - followed by rest, relaxation, and integration of the experience.

There are seven primary attitudes of Mindfulness as coined by Jon Kabat-Zinn (2011). These are - **non-judging, patience, beginner's mind, trust, non-striving, acceptance, and letting go.** We dance, with facilitated guidance, observing these qualities and with a respect for one another in the space, knowing that one cannot get 'it' wrong! One simply moves in the moment as the music invites you.

### Who would benefit from Dancing Mindfulness?

Anyone can benefit from Dancing Mindfulness. No previous dance experience is required - just a willingness to participate with a group of like-minded people who enjoy music, movement, and the simple pleasure of moving to a beat. We can all get so caught up in our thoughts. It is important to notice and include our bodies to re-address the balance.

### What do I need to wear?

Bring a yoga mat and any props to allow for comfort sitting or laying on the floor and wear loose comfortable clothing.

### About myself.

Vicky is an Accredited BACP Gestalt psychotherapist. She has been working in private practice and the NHS for over 12 years. She has a particular interest in the mind/body connection and the impact of trauma on the body.

**1.30pm-2.00pm Lunchtime cabaret** with Autumn Willow

**2.30pm-3.30pm Mindful self-compassion in our vulnerability/ THE VOICES IN MY HEAD?** with Kathryn Lovewell of the Kind Mind Academy.

**Recipe of the day** with Eddie and James - see our website on the day.

### With very grateful thanks to all who support us, including:

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Community Foundation for Surrey - supporters of the Monday Drop-in  
Councillor Bernie Muir  
Downsend School  
Epsom Quakers  
Jackie Spring  
Sainsburys Local Stoneleigh  
Surrey and Borders Partnership NHS Foundation Trust  
St Barnabas Church  
St Martin's Church  
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White Stuff



Design by Caroline Wright  
Email: [Caroline@lovemelovemymind.org.uk](mailto:Caroline@lovemelovemymind.org.uk)