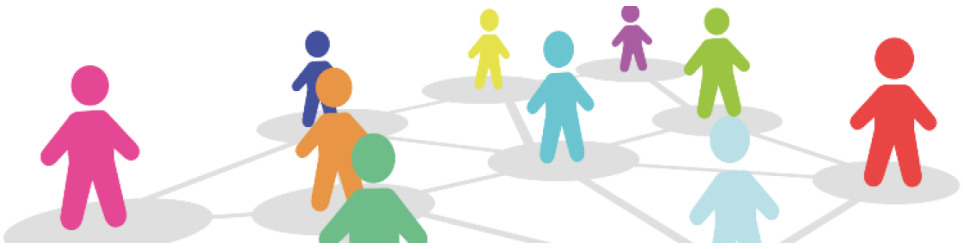
MaryFrancesTrust

Christmas Survival Guide 2017

Christmas can be a challenging time for stress levels, even more so if you have concerns about your wellbeing. We have put together a some information and contact details to help you through the festive period. We hope you find these useful.



The Lead for Community Mental Health Services in Mole Valley, Epsom & Ewell, Banstead and East Elmbridge

Tel: 01372 375400 Text: 07929 024722,

www.maryfrancestrust.org.uk,

www.communityconnectionssurrey.com, info@maryfrancestrust.org.uk .

Registered Charity no 1055113. Company Limited by Guarantee:3189443

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Emergency phone Numbers

NHS DIRECT (For referral and direct advice on health)

Call this 24 hour free service on 111

SAMARITANS Available 24 hors a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

National Helpline: 116123 (free call) or email jo@samaritans.org

Leatherhead & Mid Surrey Samaritans: 7 Church Road, Leatherhead. 01372 375555.

North West Surrey Samaritans: Ledger Drive, Addlestone KT15 1AT. 01932844444.

Easy Surrey Samaritans: John Williams House, 4b High Street, Reigate,

SANELINE (mental Health Support line)

Open daily 6pm-11pm Tel: 0300 304 7000

SURREY & BORDERS NHS FOUNDATION TRUST

Out of Hours Crisis Line, Open 5pm until 9 am Monday to Friday and 24 hrs at weekends including bank holidays: 0300 456 8342

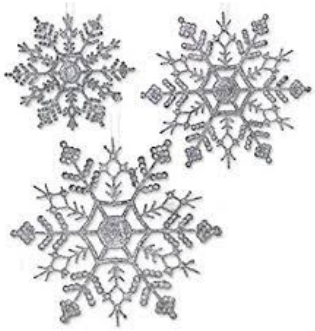
CITIZEN ADVICE BUREAU

www.citizenadvice.org.uk

DOMESTIC VIOLENCE

National Domestic Violence Support Helpline:08082000247

Surrey Domestic Abuse Helpline/Your Sanctuary 01483776822 (9am-9pm Mon-Sun)



Surrey & Borders Community Mental Health Recovery Services (CMHRS)

Elmbridge—0208 7833950

Epsom/Ewell & Banstead– 01372 204000

Guildford CMHRS-01483 443551

Mole Valley CMHRS-01306 502 400

Reigate & Banstead CMHRS-01737 272301

Runneymede CMHRS– 01932 723392

Spelthorne CMHRS- 01932 794848

Surrey Heath CMHRS– 01276 605522

Tandridge CMHRS-01883 385481

Waverley CMHRS– 01483 528100

Woking CMHRS-01483 756318

PHARMACY OPENING TIMES

For Surrey Pharmacy opening times please use the following link:

https://www.england.nhs.uk/south-east/wp-content/uploads/sites/45/2017/12/surrey-xmas-hours-17-18.pdf

SUBSTANCE MISUSE SERVICES

Surrey & Borders i-Access team

Open 9 am– 5pm, Mon-Fri

0300 222 5932

Talk to Frank

24 hr Helpline

0300 123 660

Catalyst (Closed 25th &26th December)

Surrey Wide Support– 01483 590150

Surrey Drug & Alcohol Care

24 hr Helpline

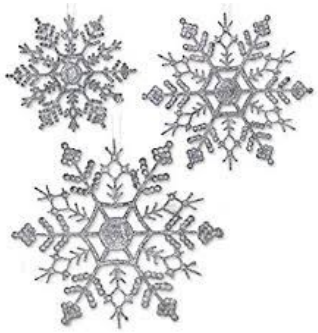
0808 802 5000

SAFE HAVENS AND OUT OF HOURS CRISIS SUPPORT IN SURREY

If You need urgent face-to –face mental health outside normal working hours, Safe Haven is here for you. You can drop in to any of the safe Havens without an appointment.

OPENING TIMES

	Aldershot The Wellbeing Centre 121-123 Victoria Road, Aldershot GU11 1JW	Epsom The Larches 44 Waterloo Road Epsom KT19 8EX	Guildford Oakleaf Enterprise 101 Walnut Tree Close, Guildford GU1 4UQ	Redhill Wingfield Resource Centre St Annes Drive, Redhill RH1 1AU	Woking The Prop 30 Goldsworth Road, Woking GU21 6JT
Fri 22 Dec	6-11pm	6-11pm	6-11pm	6-11pm	6-11pm
Sat 23 Dec	12.30-11pm	6-11pm	6-11pm	6-11pm	3-8pm
Sun 24 Dec Xmas Eve	12.30-11pm	6-11pm	6-11pm	6-11pm	3-8pm
Mon 25 Dec Xmas Day	12.30-11pm	6-11pm	6-11pm	6-11pm	3-8pm
Tues 26 Dec Boxing Day	12.30-11pm	6-11pm	6-11pm	6-11pm	3-8pm
Wed 27 Dec	6-11pm	6-11pm	6-11pm	6-11pm	6-11pm
Thurs 28 Dec	6-11pm	6-11pm	6-11pm	6-11pm	6-11pm
Fri 29 Dec	6-11pm	6-11pm	6-11pm	6-11pm	6-11pm
Sat 30 Dec	12.30-11pm	6-11pm	6-11pm	6-11pm	3-8pm
Sun 31 Dec New Year's Eve	12.30-11pm	6-11pm	6-11pm	6-11pm	3-8pm
Mon 1 Jan New Year's Day	12.30-11pm	6-11pm	6-11pm	6-11pm	3-8pm



CHRISTMAS DAY LUNCHES IN SURREY

WAVERLEY

The Haslemere Pre- Christmas Lunch is being held at Haslewey Community Centre, Weyhill, Haslemere. A traditional turkey dinner with all the trimmings or Nut Roast and dessert. Tickets £12 and all are welcome, pre-booking is essential
tel: 01428 648716 email: info@haslewey.org

Churches Together in Farnham's, Christmas Day Lunch starts at 1.00pm at The Gostrey Centre, East Street, Farnham GU9 7SB. The lunch is for people who live locally and who would otherwise spend Christmas Day on their own.
Booking essential.
To book a place please ring before 9th December;
Mariola Boyd 01252 716785 or Michael McDonnell 01252 712600
Transport provided if required.
There is no charge for lunch or transport.
Volunteer helpers welcome (especially drivers). To volunteer please ring:
Jo Rendall 01252 737162

Alfold and Loxwood Parish are performing a Live Nativity at Alfold Sports & Social Club, from 3:30 - 6:00pm on Saturday 16th December
Followed by Carol Singing, Mulled Wine and Mince Pies
For further details from Church Office
tel: 01403 753821 email alflox.parish.off@btinternet.com

The Baptist Church in Ewhurst following their morning service at 10:30am they will be hosting the Village Christmas Day Lunch, 12.15 for 12.30.
For more details please contact: Cherry Matthews on 01483 277895 or matthewscherry@btonternet.com
The Street, Ewhurst, Surrey,GU6 7QA

Churches Together in Godalming for many years has organised a Christmas Day Lunch at the **Baptist Church** for people who would otherwise spend the day on their own and it has proved very popular. Transport assistance may be possible for Godalming residents. After lunch there is entertainment and everyone is given a small gift. Volunteers are needed for a variety of roles, preparing food and setting tables on Christmas Eve, providing transport on Christmas Day, helping in the kitchen with serving and washing up, hosting on the day, providing entertainment and to clear away afterwards.
email: gwenwheatman@hotmail.co.uk
Godalming Baptist Church, Queen Street, Godalming, GU7 1BA

Mole Valley

St Nicolas Church, Great Bookham, run a friendship lunch to be held at 12 noon on **Sunday 26th** November in St Nicolas Church Pastoral Centre (KT23 3PW). This lunch is a chance for those who would normally eat lunch alone to gather together, and these are held at various points in the year. There is a £5 per head fee which is payable on the door.
Also they hold a coffee morning every Tuesday 10am-12noon (Tuesday coffee will run until December 19th this side of Christmas and then pick up again in the new year) in the Pastoral Centre which is open to all. All are welcome, more info from our parish office.
tel: 01372 450709 email: office@stnicolasbookham.org.uk
Christmas family fun Saturday 2nd December 2pm-4pm Christmas crafts, activities & fun for all ages including a baby play area. There'll be a story time with carol singing and a Café serving seasonal treats. EVERYTHING IS FREE but all children must be accompanied by an adult responsible for their care.

St. George's Christian Centre, Barnett Wood Lane, Ashtead, KT21 2DA
members of St George's congregation are again opening a place at their Christmas table over the festivities. They have their café open on 20th, 21st, 22nd December for light lunches tea & coffee's
Also are also running Evergreen our Social club for the over 75's on the 13th December 2.30-4.15
To find out more please contact Jacqui Kershaw (Outreach for the elderly)
01372 813200 Jacqueline.Kershaw@ashteadparish.org

Fetcham Village Hall– Contact Graham Peddie on 0777 5798047 or themeetingrrom@gmaiil.com

Elmbridge

St Paul's East Molesey, Church Road, KT8 9DR are welcoming people to their Christmas lunch for all in the Parish room (next to the church) on Tuesday 5th December at 12:30pm. The lunch will be preceded by a service of Holy Communion if you wish to attend. The meal of 2 courses followed by tea or coffee costs £5.
Please ring Judy Lanaway to book on 020 8979 0014.

St Andrew' Cobham warmly invite you to their Christmas Day lunch from 1pm – 4:30pm at church Gate House. Please reserve your place by contacting the Parish Office: tel: 01932 867883 or email:parishoffice@standrewscobham.org.uk

St Christopher's, Hinchley Wood, are holding a Christmas Lunch Together on Saturday 10th December at 12.30pm – 3pm. Please ring the parish office on 020 8398 9095 to book a place (there may be a small charge)

St. Mary's Church Long Ditton are holding a Christmas Buffet Lunch (cost £8.00), 12.30pm on Monday 11th December in the community hall adjacent to the church. Children from the local Infant School will be singing carols and there will be a raffle for a Christmas Hamper. Booking is essential through Diana Jemmett. tel: 020 8398 1184 email: diana.e.jemmett@btinternet.com
St. Mary's Church Community Hall, Church Road, Long Ditton, KT6 5HH

Woking

Christmas Day Community Lunch at St John's Church, West Byfleet
Alone on Christmas Day? Come and join us for lunch.
Plan for the day: Welcome drinks from midday, Traditional Christmas lunch served at 1pm, Time for chatting, with optional quizzes & carols, Tea and mince pies, Depart by 4pm
To **book your place** or for further information, please email christmaslunch@stjohnswestbyfleet.org.uk or contact the Parish Office on 01932 342263. They hope to be able to help with transport where it is most needed; please contact us them to discuss.

The **Moorcroft Day Centre** in Woking GU22 9LY, **a**re hosting a free traditional Christmas lunch, for older people who are on their own. Christmas Guest booking is required. Transport may be possible. No volunteers are needed.
For bookings and further enquiries please contact :
anneroberts3@ntlworld.com Tel: 01932 403292

Guildford

FOOTSTEPS drop-in centre is open on Christmas Day in Guildford town centre at Beverley Hall in Haydon Place. Their aim is to help homeless and needy people in and around Guildford. They open for coffee and mince pies from 10.30 am and serve a meal at 12.30pm, closing at 3pm. Beverley Hall Community Centre, 71 Haydon Place, Guildford, GU1 4ND, email: info@footsteps.org.uk

St Nicolas' Church, Guildford on Friday 29th December are having Coffee & Cake from 10:30am which will be followed by a Festive Feast in their Community Centre, Bury Street, GU2 4AW from 11:30 – 1:30pm. There is a small charge (£7) and booking would be appreciated. They hold a lunch on this basis, all in aid of USPG, on the last Friday of every month, no booking required.
Please contact them via email: parishoffice@saintnics.com or
tel: 01483 564526

On **Christmas Day between 10am and 12pm, Bills Restaurant** will be opening for free coffee and cake for people over 60. Transport may be possible but needs to be discussed with them. Tel: 01483 455187
1 Angel Gate, Guildford Town Centre, GU1 4AE

Epsom & Ewell

Churches together in Ewell are hosting a Christmas Day lunch at
Stoneleigh Baptist Church.
'Together at Christmas' will run from 12.30 – 4.15pm for local residents who might otherwise be on their own on Christmas Day. There is no charge for this lunch, If you are interested or know of anyone who may be, please contact them at Christmas.dinner@dsl.pipex.com or tel:) 020 8397 7307 or 0208 393 3011
This event is Kindly supported by Ewell Rotary Club

Epsom Methodist Church will be hosting Christmas Day Lunch which is via invitation only to those in the borough (and couples) who would otherwise be on their own on Christmas Day). They rely on local business support for donations of food etc but otherwise the Church fund this event. Transport may be possible, depending on needs but only within the borough of Epsom. We have a limited number of drivers so transport cannot always be guaranteed but they'll do their level best.
Lunch is from 12.30 until 4.00 p.m. With a little light entertainment in the afternoon and possibly a visit from Father Christmas!
To book a place please contact Tony Blakeburn tony.blakeburn@ntlworld.com
Epsom Methodist church tel: 01372 728535

Reigate and Banstead

Alone at Christmas? **Banstead Methodist Church together with The United Church of St Mark (Tattenham Corner)** will be hosting a Christmas Day lunch for anyone who finds themselves alone. Our day begins in the morning, when our guests are picked up from your home and transported to Banstead Methodist Church for the Christmas Day service. Afterwards there is some light entertainment before enjoying an excellent Christmas lunch when there is an opportunity to chat to the many other people. After watching the Queen's speech, we will transport them home with a packed tea and present. There will be no charge.

Contacts: Janet Willock, The United Church of St. Mark, St Marks Road, Tel (01737) 353138
or Sara Watkins, Banstead Methodist Church, The Drive, Tel (01737) 359056

Hart

Victoria Hall, Hartley Witney RG27 8RE is hosting a Traditional Christmas lunch for all ages in the Community hall. To find out more or to book a place please call the number below. Please note the Closing date 18 December 2016
For more information please contact:
Chris Cornwell tel: 01252 843251 email: over55forum@yahoo.co.uk

Churches Together in Fleet, supported by Fleet Town Council, are organising a lunch for 40 people from Fleet or Church Crookham on Christmas Day for those who are lonely and would otherwise be spending Christmas alone. The lunch will be held at The Harlington. If you would like to attend/know someone who would benefit from attending, then please contact: Charlotte Benham (Fleet Town Council) tel: 01252 625246

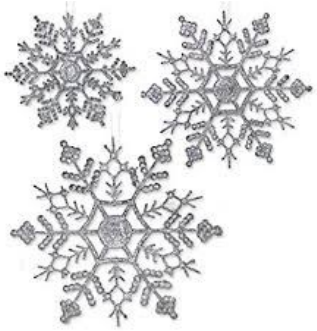
East Hampshire

Petersfield Area Churches Together are again hosting a Christmas Day Lunch will take place from 12:30 to 3:30 pm at the Petersfield Community Centre, Love Lane. GU32 3EB. Transport to and from the Community Centre may be possible
Guest booking is required and Volunteers are needed. For further information, please call Katie Wigley tel: 01730 260213 pactchristmaslunch@gmail.com

Runnymede

Egham St John's Church "The St John's Christmas Kitchen will again be open this year at the new Easter Centre, Manor Farm Lane, Egham (located behind the Church) They will be open from 11am to 2pm on Wednesday 20th December with hot drinks and a hot meal being served. They will also be open for a traditional Christmas lunch on Christmas Day between 12 noon and 3pm and can arrange a lift for guests who wish to join them and who rely on public transport. May this ministry continue to show God's love to our community
Please contact Lesley Pocock if you wish to join them for lunch on Christmas Day. mob 07833307629 email: lesleypocock@aol.com

Other sources of information **http://communitychristmas.org.uk/** tel 0800 0639285 and www.premier.org.uk/christmasalone



COMMUNITY CONNECTIONS OPENING TIMES OVER THE HOLIDAY PERIOD.

MaryFrancesTrust

Leatherhead Crescent Centre closed 25th & 26th December. The Butterfly Café will run as normal on Wednesday 27th December. Normal activities resume as of 2nd January 2018

The Brickfield Centre is closed until 2nd January 2018

catalyst
HELPING PEOPLE CHANGE

Closed 25th & 26th December 2017 and 1st January 2018

RICHMOND FELLOWSHIP
MAKING RECOVERY REALITY

The centre will close at Midday on Friday 22nd December and will re-open on the Tuesday 2nd January 2018. Please note this is only for the Community Connections East Surrey (Redhill) office.

oakleaf
MAKING LIFE WORK WITH MENTAL ILLNESS

Closed 25th, 26th & 27th December

Groups run as normal on 28th & 29th

Closed 1st January 2018

wellness with a goal

Monday 25th December - Monday 1st January 2018 - OFFICE CLOSED.

Monday 25th December - OFFICE & GROUPS CLOSED

Tuesday 26th December - OFFICE & GROUPS CLOSED Wednesday 27th December - Friday 29th December OFFICE CLOSED - GROUPS AND COMMUNITY ACTIVITIES WILL RUN AS NORMAL

Saturday 30th December - JOSEPH PALMER CENTRE CLOSED - GROUPS AND COMMUNITY ACTIVITIES WILL RUN AS NORMAL January 1st 2018 - OFFICE & GROUPS CLOSED

January 2nd 2018 - OFFICE RE-OPENS AND GROUPS WILL RUN AS NORMAL

CornerHouse

Monday 25th December - CLOSED - NO ACTIVITIES / GROUPS Tuesday 26th December - CLOSED Wednesday 27th December - Lift up, Drop In service and User led depression support group still taking place. No other community activities on. Thursday 28th December - User led depression support group on. No other activities taking place. Friday 29th December - No activities on this day. Saturday 30th December - Next Steps Social group is on. Monday 1st January 2018 - CLOSED - NO ACTIVITIES / GROUPS