



Our activity and office hours over Christmas 2020

We recognise that Christmas is not an easy time for many people and have done our best to keep as many activities going as we can in the run up to Christmas. Please be aware that we have had to make some adjustments to our schedule so that the team can have a break.

Week beginning 14th December – all our groups are running as usual
Join us on Thursday 17th December at 2.30 pm for the Coalition Christmas Quiz special!

Week beginning 21st December

Monday 21st December – café running as usual (with a volunteer for the tech room!)

Monday 21st December – ‘limitless’ discussion group running as usual

Tuesday 22nd December – Craft club running as usual

Wednesday 23rd December – story sharing running as usual

Thursday 24th December – **no quiz today**

Friday 25th December (Christmas Day)

10.30 am – 11.00 am ‘don’t mention the C word’

12.00 noon – 1.00 pm full-on Christmas!

Week beginning 28th December – no virtual groups are running this week so that the team can have a break

Week beginning 4th January – we will all be back up and running as usual

Office hours over the Christmas period

Please be aware that the office/phoneline will be closed from mid-day on Thursday 24th December through to 9.00 am on Monday 4th January.

Crisis support and assistance over the Christmas period

Mental Health Crisis support

Surrey's Safe Havens remain open for people in crisis to visit in person every day of the year. You can find out [more information here](#).

Surrey and Borders Partnership NHS Foundation Trust (SABP) and the Community Connections providers have launched virtual Safe Haven's. The virtual Safe Haven's are open from 6.00pm to 11.00pm every day of the week for people in crisis.

The IMHN (Independent Mental Health Network) produced a guide to using the virtual Safe Haven service and you can find this here in your preferred format:

<https://www.imhnsurrey.com/usefu-documents>

Virtual Safe Haven Links

Safe Haven provider Virtual Safe Haven link

Epsom Safe Haven	https://nhs.vc/sabp/safe-haven-Epsom
Guildford Safe Haven	https://nhs.vc/sabp/safe-haven-guildford
Redhill Safe Haven	https://nhs.vc/sabp/safe-haven-redhill
Woking Safe Haven	https://nhs.vc/sabp/safe-haven-woking
Aldershot Safe Haven	https://nhs.vc/sabp/safe-haven-aldershot

[SABP Crisis line](#): 0800 915 4644 (Surrey and Borders NHS Foundation Trust)

SABP SMS Crisis line (for people who are Deaf or Hard of Hearing): 07717 989 024

[Samaritans](#): 116 123

[Shout](#): TEXT 85258

For more general support and assistance

[Surrey Community Helpline](#) : 0300 200 1008 or (for people who are Hard of hearing or Deafened) by SMS text on **SMS**: 0786 0053 465 for Deaf and hearing impaired residents only (**Monday to Friday**: 9am to 5pm)

