## Talking Mental Health - Autumn Newsletter

## Page 1

Welcome to the joint Newsletter for the Independent Mental Health Network (IMHN) and Forum of Carers and People who Use SaBP NHS Services (FoCUS)Talking Mental Health Autumn Newsletter.

**What we do**
Engaging with service users and carers to hear their experiences of using Adult mental health services. We provide a voice for people in Surrey and North East Hampshire on the mental health topics that matter to them.

Hearing directly from people who use services really helps to highlight the challenges people face and has helped to make improvements. We regularly share and contribute at decision making meetings to help people that will require the services in the future.

Both IMHN and FoCUS have a network of individuals who have experienced mental ill-health, as well as carers. Together, they collaborate with the NHS and social care service providers to improve mental health care in Surrey and North East Hampshire.
Their collective efforts aim to enhance services, advocate for better support, and create positive change.

FoCUS is ‘focused’ on the people and topics about Surrey and Borders Partnership NHS Foundation Trust adult services.

IMHN looks at the wider Mental health network; working closely with Surrey Heartlands, NHS Frimley ICB. Suicide Prevention Strategy and Surrey County Council.

We want to hear your experiences.

## Page 2

Photo description: Group photo of the FoCUS and IMHN team: Immy, Jennie, Guy and Wendy.

Shape mental health and SABP services across Surrey and North East Hampshire from your lived experience.

“FoCUS feels like you are being heard by people who care.” - FoCUS Member

Join and become a member for free!

Work with others to improve support and care in your community.

Have your voice heard – improve services together.

## Page 3

**Updates**

**New lMHN logo!**

Introducing the new logo for the Independent Mental Health Network Surrey & NE Hants (IMHN). Our team have been working with Jasmine, the Digital Communications Coordinator at The Coalition to refresh our logo. We wanted to keep the same speech bubble style as our previous logo but with a more modern look through colour and font.

Photo description: IMHN logo with two orange speech bubbles, one speech bubble has 'IMHN' letters in it. Below are the words 'Independent Mental Health Network Surrey & NE Hants'.

**New donation options on website**

Now that we are a registered charity, you or one of your family members can help us by signing up to regularly donate by direct debit to the Surrey Coalition of Disabled People.

We know that not everybody will be able to help, however, no matter how big or small your donation is, it will help us to continue providing free services for our members to benefit from. Link for donating: [Donate to The Coalition - Surrey Coalition of Disabled People](https://surreycoalition.org.uk/donate-to-the-coalition/)

**Save the Date! Thursday 27th November 2025**

Join us for the launch of our brand new shiny 3-year charity strategy. It'll be an opportunity to get everyone together to learn more about the future of the charity, hear interesting talks and get involved in some fun workshops. And we'll treat you to lunch!

More details coming soon but please put the date in your diary for now.

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**Contribute towards The Coalition's new strategy!**

In September, Surrey Coalition of Disabled People are working on our next 3-year strategy to guide the development of the charity and our work and want to shape it together with the people we serve and work with. Your views matter, and your thoughts will help us decide what we focus on going forward between now and the end of 2028.

If you would like to share your thoughts with us please fill in one of the surveys below, they should take about 10 minutes. There is a survey for members and people who have used one of our services, as well as one for professionals who work regularly with the Coalition. The surveys are open throughout September.

Strategy survey link for members: [Surrey Coalition of Disabled People 3 Year Strategy](https://forms.office.com/pages/responsepage.aspx?id=04NEH2vc8EK8yuEL94UVu3mBZVQp8xxFuGalF7KjgylUMlBWWkhYQ08xRzhLWllDRk1JN1UxMjFaTi4u&route=shorturl)
Strategy survey link for professionals who work with the Coalition: [Surrey Coalition 3 Year Strategy Survey for Partner Organisations](https://forms.office.com/pages/responsepage.aspx?id=04NEH2vc8EK8yuEL94UVu3mBZVQp8xxFuGalF7KjgylUNzNSV01QSEpINUNaOFk5OUlENlRPWUVBWS4u&route=shorturl)

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**IMHN (Independent Mental Health Network) update**

**New chair and vice chair of IMHN**
We’re excited to announce the new IMHN chair, Jacob and Vice Chair Danny.

Jacob - Chair of IMHN

Hi! I’m Jacob, the new Chair of the IMHN.
I’ve been involved with the IMHN for a little while now, most recently as Vice-Chair. I’m really excited about stepping into the role of Chair for the coming year – and having the opportunity to work with such an amazingly diverse and talented group of people!

My own journey includes 15 years of using mental health services here in Surrey. I’ve experienced many of the frustrations first-hand: support not being there when it’s needed and, when it is, not always being heard, involved or kept informed. I’ve also seen and experienced examples of excellent care and, more often than not, these were achieved through coproduction.

Photo description: Jacob the new IMHN Chair, he is smiling, wearing sunglasses and on a boat.

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Involving people with lived experience in making the decisions that affect us isn’t just the right thing to do – it gives us more effective services that are easier to access, and better outcomes when we need to use them. That’s why I love Surrey Coalition! It’s not just about our vision of a fairer world, but also the collaborative and values-led way we work towards it.

A bit more about me…
I work in inclusion and community engagement for a mental health charity, where I recently finished my Peer Support Worker training. I’m also a Governor in the NHS and a charity volunteer and trustee.

Away from work, I love theatre and music (I play the piano – badly! – and I sing), and travelling to new and interesting places, exploring them through art, language and, of course, food!

A few last words…
I’d love to hear your thoughts on how we can work with mental health services and continue to develop the IMHN – please feel free to drop me a line via Guy (IMHN Coordinator)

We can’t change everything, and progress may not always come as quickly as we’d like – believe me, I know how difficult that can feel! But by sharing our experiences, listening to others’ perspectives and working together to find the best ways to apply them, I’m confident we can continue to grow our Network and amplify lived experience voices in Surrey and North East Hampshire.

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Danny - Vice chair of IMHN

My name is Danny and I live in East Surrey with my wife Sarah whom I married 6 years ago and our chocolate fur baby fudge.

When I was born back in 1976, I contracted Meningitis, and I spent the first year of my life in hospital, I was fitted with a shunt when I was a baby which helps drain excess fluid off my brain.

In August 2021, whilst I was at work, I had a fall, and despite nothing major happening until 27th December I thought I was ok, then on 27th December, Sarah noticed I was sleeping a lot more than usual ( I had been falling asleep at the dinner table on Christmas Day), she contacted 111 who advised her to get me to A&E, where they found nothing wrong with me and was going to discharge me, then a couple of days later I collapsed on the ward and I was then blue lit from East Surrey Hospital to St George’s Hospital where I was then rushed into Theatre, and I spent 9.5 weeks in hospital.

I was discharged from hospital in March 2022, and I decided to set up a group on Facebook called Meningitis Matters to try and help others like me, I then ended up back in hospital in December 2022 and only spent 48 hours in there.

Then in September last year I was diagnosed with Autism and ADHD, and so now trying to come to terms with that, I started taking ADHD medication today.

I am looking forward to being the Vice Chair for the IMHN, as I’d like to help others who are in the situation as myself, and I hope to bring a lot more positivity and clarity into the role, I’m also doing this to help myself become more aware and confident.

Photo description: Vice Chair Danny, he is smiling and wearing glasses.

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**David’s sponsored swim**

A huge congratulations to David Muir, IMHN member, who completed his sponsored swim challenge on 29th August at Camberley Leisure Centre. David is hoping to raise a total of £150 to be split between Surrey Coalition of Disabled People and Third Hand Care.

Please contact Guy if you would like to donate, it’s not too late!
David is already planning his next sponsored fundraising swimming event next May! Thank you so much David!

Has David’s sponsored swim inspired you to do a sponsored activity for Surrey Coalition of Disabled People? If so, get in contact with Guy.

Photo description: IMHN member David swimming in a pool.

**Godalming Staycation Wellbeing Accessible Karate**

Les Bubka the karate instructor, made everyone feel welcome and made sure that we all had a good time, were included and really enjoyed the class.

One comment afterwards was ‘It made me want to take up Karate’.

This wellbeing events project is generously funded by The National Lottery Community Fund.

Photo description: two photos of members and staff participating in the karate session.

## Page 9

**Surrey Hills Wellfest 27th June**

This event was held at Devere Horsley Place Hotel grounds, the Coalition and IMHN stand was manned by Guy, Immy and IMHN member David Muir. Other third sector groups were there including Luminus/Healthwatch Surrey, Andy’s Man Club and Mentell. There was a huge variety of stands including aerial/pole dancing, the Rock choir and Beating Hearts Merrow (who gave Immy a lesson on giving CPR and using a defibrillator) to name a few.

We were kept fairly busy and able to promote the work of the Coalition and IMHN, talking to lots of different people and we gave out plenty of leaflets. Thankfully it stayed dry for most of the day.

**Share your experience as a service user**

The IMHN is continuing to record people's experience as a service user or as a carer using mental health services today. If you or you know of someone who might be interested then please ask them to contact the IMHN Coordinator Guy Hill. Email: guy.hill@surreycoalition.org.uk SMS: 07305 009869

Photo description: Woman recording a video of her talking on her phone.

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Silverwood: Lived Experience Group

Silverwood has now been open for 6 months, which has given time for teams to settle into their new ways of working, and has allowed us time to understand whether the building is functioning as it should do, and fix some of the initial teething issues.

This final meeting will be an update on what’s been happening these past 6 months and include a look to the future for Silverwood. It will also be an opportunity to reflect on what’s been achieved, share how feedback has influenced the project, and offer space for people to talk about their involvement and its impact. Finally, we will close off with how you can be involved in future opportunities for co-production with meaningful ways to share your lived experience.

Photo description: the entrance at Silverwood.

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**Silverwood: Reflections and Next Steps**

The original team behind the design and build of Silverwood Mental Health Inpatient Service has now wrapped up their work, with the building officially handed over to the operations team. With that milestone reached, attention is turning to how Silverwood is working for the people it was built to support.

In May, Wendy from our Coalition Mental Health team visited the wards to hear directly from patients about their experiences. The overall feedback on the building itself was encouraging - people spoke positively about the bedrooms, appreciating their spaciousness, ample storage, fresh air from the windows, and individual temperature controls.

The open-plan lounge and dining areas were well received by most, although a few people said the space felt a little too open, leaving them feeling exposed at times. The ward gardens got positive reviews, and those who had used the sensory suite said it was a real help.

However, some issues were raised—particularly around the availability of therapeutic activities. At the time of the visit, there were staff shortages in the therapies department, meaning limited opportunities for hospital residents. New staff have since joined the team, and more activities should now be available.

Several people spoken to didn’t know about the on-site gym, music room, art therapy room, or multi-faith room—and expressed frustration that they hadn’t had the chance to use them.

Wendy was also involved in co-chairing the Lived Experience Group, which met regularly throughout the project to involve service users in shaping Silverwood's design. The final meeting of this group is now being planned for 30th September, to reflect on what’s been achieved, share how feedback has influenced the project, and offer space for people to talk about their involvement and its impact.

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**FoCUS Dates**
Share your experiences of Surrey and Borders Partnership

Come to a meeting, share your experiences, talk with other carers and people who use Surrey and Borders Partnership (SABP) NHS Mental Health Services.

**October Community FoCUS Local area groups**

SW Community FoCUS
When: Wednesday 1st October
Time: 1pm - 2.30pm
Where: Guildford Baptist Church and Online (zoom)

W & NEH Community FoCUS
When: Thursday 2nd October
Time: 1pm - 2.30pm
Where: Online (zoom)

NW Community FoCUS
When: Monday 6th October
Time: 1pm - 2.30pm
Where: Chertsey Halls and Online (zoom)

E+M Community FoCUS
When: Thursday 8th October
Time: 1pm - 2.30pm
Where: Online (zoom)

December Surrey Wide Festive FoCUS Social
When: Tuesday 9th December
Time: 12.30pm - 2.30pm
Where: SABP HQ Leatherhead

December Surrey Wide Online Drop-in to Share your experiences, want to chat or need signposting
When: Thursday 4th December
Time: 1pm - 2pm
Where: Online (zoom)

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**FoCUS**: Your Voice Matters – Join Our Forums

Living with mental health challenges, or supporting someone who does, can sometimes feel isolating. But your experiences are powerful - and they can help shape better care for everyone.

In Surrey and North East Hampshire, we run forums where people using mental health services, their families, and carers can come together. These forums are a safe and supportive space to share your lived experience, connect with others who understand, and give feedback on what is working well and what needs to change.

By joining, you’re not only helping yourself feel more connected - you’re also playing a vital part in improving services for the whole community. Every story matters, and your insight could help shape future mental health support in our area.

We’d love to hear your voice. Whether you want to share your journey, listen to others, or contribute ideas for change, you’ll be warmly welcomed.

**Get involved in Co-Production**
Would you like to get involved in co-production projects helping to shape services? Surrey and Borders Partnership are seeking people with lived experience to get involved. We are working with the trust to develop a Lived Experience Community - join us to get involved

**Can’t make a meeting? Use our online survey**
If you're not able to join your local FoCUS meeting we'd still love to hear about your experiences. You can share your experiences by filling out our ‘share your experience’ form.
You can access the form using the following link: [Share your experiences of mental health services in Surrey and North East Hampshire (Page 1 of 3)](https://forms.office.com/pages/responsepage.aspx?id=04NEH2vc8EK8yuEL94UVuypPPRnzlI9FvmP1R2n0PtpUOVRST0VVM0ZUNTBUUDRUR1lIWlg0SUxROS4u&route=shorturl)

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FoCUS Groups

There are 2 groups per area every three months
1 x Community FoCUS Area Group + 1 x FoCUS Combined Group

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FoCUS - Forum of Carers and people who use SaBP Services

FoCUS has raised several questions addressing key concerns in mental health services, including the following topics and themes; Trauma, Supporting Carers, Identifying alcohol or substance misuse, Dementia therapy, Upskilling carers, Neurodiversity, Co-Production, Out of area beds, Interim support, Isolation and Neurodiversity.

In July we held four Community FoCUS area groups. These meetings are more informal and allow local feedback and conversations with local members and community teams. Come along to October’s local area groups to share your experiences, make suggestions and connect with other people.

In September we held two Talk and Learn FoCUS combined groups. We heard from SABP about their current operational priorities for the year and the Quality Account report. Immy, from Surrey Coalition of Disabled People also spoke to members about Your Voice, Our Strategy: Surrey Coalition’s new 3-year strategy and co-producing the future of FoCUS.

More information can be found in the Minutes, for a copy get in touch with Lucy - lucy@lf-solutions.co.uk

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**FoCUS Reps**

The FoCUS Reps have been busy! Since taking up their posts in the summer, our fabulous area Reps have received training to help them in their role as a Rep, including an overview of SABP, governance, complaints and early resolution. They have participated in two Committee meetings at SABP Trust headquarters in Leatherhead and attended RecoveryFest at Stoke Park.

Coming up our Reps will be representing FoCUS at SABP Members Day, if you’re there come and say Hi. In November they will be learning more about different areas of mental health such as PSIRF, Carers programme/strategy & Triangle of Care and the Mental Health Act. They will also be helping to plan our Festive FoCUS Social for December and a workshop in January.

Photo description: FoCUS meeting with people sat around a table and look at a presentation.

Janice - “I joined Focus to help me understand more about the services that were being offered to my relative and how our family could also benefit. I found out that this was a good place to be able to comment on how well the service was doing and also explain what would improve things. Over time I learnt so much about the support offered by SABP and others and I was encouraged to become an area representative. This made it possible to directly meet with senior leaders of the Trust and provide useful feedback to them. This has led to changes for my relatives and our family.”

Your Reps

North West Surrey (NW): Ann, Sharan, Rosemary

East & Mid Surrey (E+M): Rachel, Stephanie

West Surrey + NE Hants (WNEH): Janice, David, Piara

South West Surrey (SW): Claud

Have you thought of becoming a Rep? Contact the FoCUS support team to find out more.

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Content warning: this section discusses suicidal feelings.

**Suicide Awareness Training**

Surrey Public Health are working with some experienced suicide prevention trainers to codevelop a suicide awareness training that includes safety planning for carers.

We would like to invite members of the network who has supported loved ones, who have had suicidal ideation to attend the half day pilot of the training on Monday 10th November and provide feedback on the training. There are 5 places available.

If you would like to attend, please email Nanu on: SPstrategyOnly@surreycc.gov.uk

**Suicide Awareness Day**

Every year on 10th September, people across the world come together to mark World Suicide Prevention Day. It’s a time to remember that suicidal thoughts are more common than many realise - and that support and hope are always possible.

If you’re struggling, please know you don’t have to face it alone. Talking about how you feel with someone you trust can make things lighter. Reaching out for help is a brave and important step, and support is always available.

It is a reminder that conversations can save lives. Supporting someone who may be experiencing suicidal thoughts can feel daunting, but you don’t have to have all the answers - you just need to listen, show kindness, and encourage them to seek help.

Where to get support:
- Surrey & Borders Mental Health Crisis Line – 0800 915 4644 (free, 24/7)
- Samaritans – 116 123 (free, 24/7)
- Safe Havens
- Contact your GP

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**Seasonal Affective Disorder (SAD)**

Seasonal Affective Disorder (SAD) is a form of depression that occurs at certain times of the year, most commonly in autumn and winter when daylight hours decrease. It’s linked to reduced sunlight, which can disrupt the body’s internal clock and affect mood-regulating hormones. Symptoms often include persistent low mood, tiredness, changes in appetite (especially craving carbohydrates), difficulty concentrating, and loss of interest in activities.

In many countries, clocks go back one hour in late October, shortening evening daylight and sometimes worsening these symptoms.

You can help manage SAD by spending time outdoors during daylight, exercising regularly, maintaining a steady sleep routine, using light therapy lamps, and seeking professional help.

 **FoCUS Quarterly Question - Drugs and Alcohol Services**

i-access (Surrey) and inclusion (North East Hampshire) offer specialist assessment, support and treatment to people who want help with problematic drug and/or alcohol use. FoCUS would like to gather insights from Surrey and North East Hampshire residents who have used i-access or inclusion as part of an internal review of the adult treatment provision.

If you or someone you care for has used these and/or other local support services we’d really appreciate your insights to feed into this work, understand any barriers, and improve drug and alcohol services going forward. Link - [WE'D LIKE TO HEAR FROM YOU ABOUT SABP'S DRUG & ALCOHOL SERVICES (Page 1 of 7)](https://forms.office.com/pages/responsepage.aspx?id=04NEH2vc8EK8yuEL94UVuypPPRnzlI9FvmP1R2n0PtpUQ05CUDVCVURITzlZV1o2MEhKN0k2TkQwRi4u&route=shorturl)

## Page 19

Surrey Hills Access Visits

Get involved in Surrey Hills access visits and Growing Together events with Surrey Coalition of Disabled People. As part of our group, you'll take part in guided visits to stunning locations across the Surrey Hills, providing valuable feedback to improve the visitor experience and enhance accessibility.

Photo description: Five photos of members on Surrey Hills Access Visits including West Horsly Place, Pierrepont Farm and a river with a bridge.

This is a wonderful opportunity to explore, learn, and make a meaningful contribution to something that positively impacts your local community while promoting inclusion and ease of access. Plus, you’ll get to meet with other members of the coalition!

You can also sign up friends or family to come along. If you need support booking, getting to or at the events please let us know and we will be happy to discuss options with you.

Events are FREE for Coalition, FoCUS and IMHN members.

Photo description: Group walking and wheeling along a path in the Surrey Hills.

Photo description: Historic house in Surrey.

Sign up using our online form or by contacting our involvement coordinator Jennie:
Sign up link - <https://forms.office.com/e/bZ2FM4qY1D>
Whatsapp / SMS: 07492342573
Email jennie.coulson@surreycoalition.org.uk

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**RecoveryFest Guildford - A Day of Connection and Learning**

Surrey Coalition’s mental health forums, FoCUS and IMHN, recently attended RecoveryFest Guildford, a vibrant event celebrating mental health recovery and wellbeing. The festival offered an excellent opportunity for people using services, carers, and professionals to connect, share experiences, and explore support options.

Photo description: A line of stalls at RecoveryFest.

Our volunteer FoCUS Representatives joined the event as part of their ongoing personal development. The day provided team bonding, new learning opportunities, and the chance to speak directly with people about mental health. It was a rewarding experience that strengthened confidence and built connections.

RecoveryFest reminded us of the power of community and the importance of coming together to celebrate progress, resilience, and recovery. We look forward to participating again and continuing to support people in their mental health journeys.

To find out more on the Recovery College go to: [Recovery College : Surrey and Borders Partnership NHS Foundation Trust](https://www.sabp.nhs.uk/our-services/mental-health/recovery-college)

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Get Together Wellbeing Sessions
Join our inclusive cycling session at Alice Holt Forest. Alice Holt has a variety of cycling circuits with good surfaces, flat terrain and a fleet of cycles to suit all needs.
Where: Alice Holt Forest, Farnham GU10 4LS
When: Wednesday 8th October at 10.30am

Photo description: two images from The Coalition at Alice Holt last year with members and staff on accessible bikes.

Please contact Katy or Guy to join and for any questions:
Katy - Phone/SMS: 07434865062 Email: katy.hubbard@surreycoalition.org.uk
Guy - Phone/SMS: 07305009869 Email: guy.hill@surreycoalition.org.uk

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Get Together Wellbeing Sessions

Join our FREE Forest Bathing experience at Box Hill - a slow mindful walk and wheel through nature, soaking up the atmosphere of the woods.

Where: Box Hill, The Old Fort Box Hill Road, Tadworth KT20 7LB

When: Friday 24th October at 10:00am - 12:00pm

Photo description: members walking and wheeling in a forest.

Please contact Katy or Guy to join and for any questions:

Katy - Phone/SMS: 07434865062 Email: katy.hubbard@surreycoalition.org.uk

Guy - Phone/SMS: 07305009869 Email: guy.hill@surreycoalition.org.uk

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Share your views: Accessing mental health services and support in Surrey

Work is underway to better integrate the services, teams and organisations that provide mental health support in Surrey's communities. The aim is to make it easier for everyone to access the level of support they need, when they need it, without being repeatedly referred to multiple services and to proactively support people with complex needs.

You can help develop this new Integrated Neighbourhood way of working by sharing your views on four questions about what you would like to see done differently, and how you access information, advice, and support with your mental health.

This survey is open to everyone, whether you have used mental health services or not.

The closing date is Friday 10th October 2025.

To complete the survey, please visit the following link: [Share your views: Accessing mental health services and support in your community](https://forms.office.com/pages/responsepage.aspx?id=04NEH2vc8EK8yuEL94UVu6liFCUocnNFnGe_3c1AGD1UMDNBVlNPSVIxWU5SNzMxTjhYODlGMzlZUi4u&origin=QRCode&route=shorturl)

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The Lighthouse Aldershot

Photo description: Front of the Lighthouse building in Aldershot.

Jennie recently visited The Lighthouse in Aldershot, a warm and welcoming community hub that hosts a free lunchtime drop-in every Wednesday 11.30am-1pm. The Lunch Club offers a friendly and inclusive space where people can enjoy lunch, connect with others, and have a chat.

Whether you come alone or with a friend, it’s a great opportunity to meet new people in a relaxed, supportive setting. The staff are incredibly kind, and the conversations are open and engaging.

During her visit, Jennie also carried out outreach on behalf of FoCUS, promoting the group’s work and listening to people’s personal experiences of mental health services. She spoke with attendees to hear their views, share information, and learn more about the local mental health groups and support available in the area.

The Lighthouse Aldershot offers a range of community services, including:

- Lunch Club, a free weekly drop-in every Wednesday, where people can share a meal, make connections, and enjoy a welcoming, social
atmosphere
- Free16 Youth, a weekly youth club for 11–17 year olds, held every Tuesday during term time, offering games, snacks, and a safe, welcoming space to connect
- Family Tea Time, relaxed after-school gatherings for carers and children;
- A Community Food Larder, providing essential groceries, toiletries, and cleaning supplies at each session or by appointment (supported by Rushmoor Borough Council)

In addition to Aldershot, The Lighthouse also has centres in Guildford, Woking, and Barnsbury, each offering a unique range of services tailored to the needs of their local communities. More information can be found online - [The Lighthouse | Our mission is to transform lives](https://the-lighthouse.info/)

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Surrey Heath Lived Experience Community

Are you currently using or have you previously used the Surrey Heath Community Mental Health Team for Older People?

Have your say & help shape the future of the service surrey heath lived experience community.
- a welcoming space where your voice matters.
- Share your experiences
- Help improve services for others
- Connect with fellow service users, unpaid carers & families
When?
Wednesday 11th February 2026
Wednesday 3rd June 2026
Wednesday 9th September 2026
Arrive at 10:45am for an 11am start, finish at 2pm

Where?
Theta, Lyon Way, Frimley, GU16 7ER
(Free lunch provided!)

How to get involved:
Call: 01276 454100
Email: surreyheathcmhtopadmin@sabp.nhs.uk
Or visit: Surrey Heath CMHT OP, Theta, Lyon Way, Frimley, GU16 7ER

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Dates
30th September 10am-2.30pm Silverwood LE Group Online (Teams)

1 October 1pm - 2.30pm Community FoCUS – SW Guildford Baptist
Church + Online (Zoom)

2nd October 1pm - 2.30pm Community FoCUS - WNEH Online (Zoom)

6th October 10am - 11am IMHN East & Mid Stakeholder meetings Online (Zoom)

6th October 1pm - 2.30pm Community FoCUS – NW Chertsey Halls + Online (Zoom)

7th October 12pm - 3pm SABP Members Day Leatherhead

7th October 12pm - 3pm Health and Wellbeing Fair Godalming Wilfred Noyce Centre

8th October 1pm - 2.30pm Community FoCUS - E&M Online (Zoom)
8th October 11am - 2pm Health and Wellbeing Fair Guildford Borough Hall Millmead

8th October 10.30am Wellbeing Get Together - inclusive cycling Alice Holt Forest

13th October 11am - 12pm FoCUS Reps meeting Online (Zoom)

15th October 10am - 11am IMHN NW Surrey Stakeholder meetings Online (Zoom)

24th October 10am - 12pm IMHN/Coalition Wellbeing event Forest Bathing Box Hill

27th November The Coalition Strategy Launch event Dorking Halls

9th December 12.30pm-2.30pm Festive FoCUS Social SABP HQ Leatherhead

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Do you need mental health support?

The Safe Havens in Surrey remain open for people in crisis to visit in person every day of the year. You can find out more information on the following link: <https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>.

Surrey and Borders Partnership NHS Foundation Trust (SABP) and the Community Connections providers have launched virtual Safe Havens. The Virtual Safe Havens are open from 6.00pm to 11.00pm every day of the year for people in crisis. Virtual Safe Haven Link: Safe Havens : [Safe Havens : Surrey and Borders Partnership NHS Foundation Trust](https://www.sabp.nhs.uk/our-services/mental-health/safe-havens)

Other sources of support

· Call Surrey and Borders' Mental Health Crisis Helpline on: 0800 915 4644 or by SMS text: 07717 989 024 · Contact Samaritans on 116 123 or email them at jo@samaritans.org

· Call 111

· Go to the Healthy Surrey website for more information about mental health and emotional wellbeing support in Surrey: <https://www.healthysurrey.org.uk/mental-wellbeing>

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Useful Links

<https://www.maryfrancestrust.org.uk/calendar/>

<https://www.catalystsupport.org.uk/activity-timetable/>

<https://www.richmondfellowship.org.uk/services/east-surrey-community-connections/>

<https://carersuk-news.org/cr/AQiMSBCk8OoGGKPq2sAEXIthOKYJItMtGh5CNrVkNjcifHhdJMumebx2B-rhOAU>

Useful mental health apps

Mind App Library

<https://mind.orchahealth.com/en-GB>

[Stay Alive app](https://www.stayalive.app)

[Available on the Google Play store and Apple App Store](https://www.stayalive.app), link: <https://www.stayalive.app/>

Photo description: NHS First Steps to Support poster. With the following text: Feeling stressed, worried or down? First Steps to Support phoneline can ease the pressure. Phone: 0333 332 4752 Text: 07860 026657