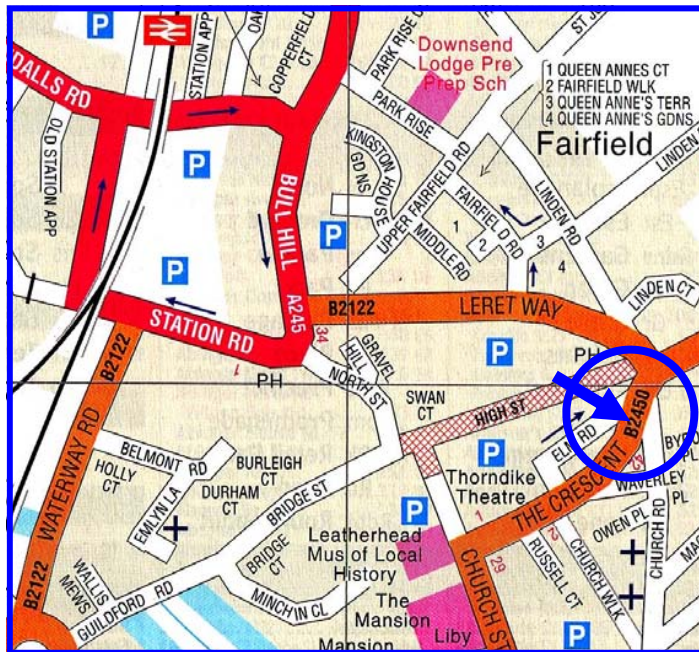


Becoming a member

We welcome self referrals, or via someone else, for example General Practitioners (GPs), Community Psychiatric Nurses (CPNs) or Care Co-ordinators. Anyone with a history of mental health problems is eligible. Just contact us to arrange a visit.

We look forward to hearing from you.



Contact us:

23 The Crescent

Leatherhead

Surrey

KT22 8DY

Tel: 01372 375 400

Fax: 01372 372 349

Email:

info@maryfrancestrust.org.uk

www.maryfrancestrust.org.uk

Charity No. 1055113

Company No. 3189443

Leatherhead Clubhouse



MaryFrancesTrust
innovation through involvement

Leatherhead Clubhouse

Mental health problems will affect one in four of us in any one year, yet it remains one of the last taboo subjects in our society. Society's reaction to mental illness combines with the illness itself to create difficulties in every aspect of our lives, in particular family and social relationships, money, independence, education, and employment. The Mary Frances Trust is a Leatherhead based charity established in 1994 to support people coping with the consequences of their mental health problems. Our founding principles, derived from the Clubhouse movement, include user involvement, respectful and equal relationships between staff and members and a sense of ownership and community. During a typical Clubhouse day, members and staff together undertake all the tasks and responsibilities of a small business. This enables people to rebuild their confidence, their self-esteem and their social networks.

We offer a range of groups that include-

- well-being groups
- arts and leisure groups
- walking/cycling groups
- computer tuition leading to an eDCC qualification
- support for individual members to access employment, education, arts, leisure and faith activities

Our one to one support for our members includes a free and confidential advocacy service. This assists members to resolve issues and feel in control of their lives.

We also have a very active social programme which includes monthly trips to places such as London, the seaside, local restaurants, the cinema etc. These trips are arranged for weekends so it is possible for members who have moved on to employment or education to still keep in touch.

All of these various activities have one aim- to support our members to achieve their individual goals and aspirations.

Clubhouse Timetable

- more activities and events are regularly added

Monday: Open 9am-4pm

Morning: Discussion group, gardening group

Afternoon: Stop smoking drop-in

General activities: food prep, snack bar, administration, finance, newsletter, reception

Tuesday:

Morning: Open art group

All Day: Computer Sessions

Wednesday: Open 9am-5pm

(General activities - same as Monday)

Afternoon: Weekly house meeting

Thursday:

Morning: Cooking group

Afternoon: Art group and computer sessions

Friday: Open 9am-2.30pm

(General activities - same as Monday)

Morning: Complementary therapy

Afternoon: Walking group or café trip