

# ADVICE CAFE

Welcome Pack

**FRIDAYS  
10AM-12PM**

Free drop-in hub with cake and refreshments for advice on debt, benefits, and other important issues.

**St Barnabas | KT19 8HA | 020 8224 9838**

Our regular advisors can help with:

**Mental Health**

**Physical Health**

**Debt Help**

**Employment**

**Housing**

**Benefits**

Other areas of support are also available, please get in touch to find out if we can help support you.

St  
**BARNABAS**



**Harry Lamaison**  
Vicar

[harryl@stpbc.org.uk](mailto:harryl@stpbc.org.uk)

## Welcome to St Barnabas Advice Café

At St Barnabas we want to help see more hope and community in our area. Hosting the Advice Café is one of the ways we do that; working with other charities and organisations to support people.

We also run many different activities including:

- Barneys Toddler Group
- Courses and Groups to explore faith
- Mental Health and Bereavement support
- Prayer and listening
- Sunday services and much more.

In this booklet you'll find out about the organisations who attend our Advice Café. Each of them offers different types of support. Come along, have a cup of tea and a slice of cake and feel free to talk to any of the advisors here.

### CAP

At CAP we support people with debt advice and a route out of debt. We provide practical help and encouragement so that money worries don't have to control your life. Our friendly team can guide you through managing bills, dealing with creditors, and finding a long-term solution that works for you. Whether you need urgent debt support or just want to build stronger money skills for the future, we're here to help you find hope and freedom.

Lucy Bahiti, CAP Epsom and Ewell Debt Centre Manager and Advice Café coordinator. Email: [lucybahiti@capuk.org](mailto:lucybahiti@capuk.org)



### Key to when organisations are at the Advice Café



Every week



Every two weeks

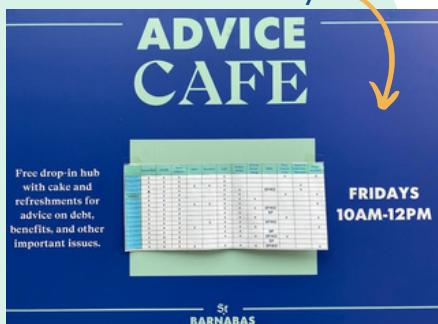


Every four weeks



Every three months

See the timetable in our foyer



## Good Company

We're here to help you if you're facing financial difficulties. At Good Company, we provide practical support and guidance to help you manage debt, access benefits, find housing advice, and connect with other services that can make life easier. We also offer emotional support and work with the community to make sure you don't have to face challenges alone. Come and speak to us at the Advice Café – we're here to listen, guide, and help you take the next steps.

**Alison Mitchelmore, Support Worker**  
Email: [support@goodcompany.org.uk](mailto:support@goodcompany.org.uk)



## Waythrough

Are you in need of support to return to work, support to speak to your employer regarding adjustments in the workplace or support to find new employment? Waythrough offers support to those who are suffering with a health barrier that is impacting their employment or their ability to work. Through the Workwell service, we have a dedicated Workwell Coach who can support you. This isn't just about employment. It's about listening, wellbeing, lifestyle, and motivation – all aspects of someone's health and wellbeing. We will be based at the Advice Café every other Friday, or please feel free to pick up a leaflet from the café and you can access our referral form there.

**Kelly-Marie Taylor, Service Manager**  
Email: [kelly.taylor@waythrough.org.uk](mailto:kelly.taylor@waythrough.org.uk)



## Age Concern

Age Concern Epsom & Ewell is a local independent charity dedicated to empowering older residents of Epsom and Ewell to live active, independent and fulfilling lives. Sal will be at the Advice Café to speak to older residents to offer guidance about the local services we can offer.

**Sal Bacon, Outreach Support Worker**  
Email: [sal.bacon@ageconcernepsom.org.uk](mailto:sal.bacon@ageconcernepsom.org.uk)  
Telephone our Information and Advice Desk:  
01372 732456 9:30am-1:00pm Monday to Friday



## Mary Frances Trust

Mary Frances Trust (MFT) offers free community-based mental wellbeing support for Surrey residents aged 16 and over who are experiencing mental or emotional health challenges. Our services include one-to-one support, wellbeing activities, peer support groups, and practical advice on issues that can affect wellbeing—such as debt, housing, and benefits. We also provide volunteering opportunities and partner with individuals who have lived experience of mental health challenges to help deliver our services and support.

For a full list of activities and services, please visit:  
[www.maryfrancestrust.org.uk/how-we-help/](http://www.maryfrancestrust.org.uk/how-we-help/)

Parvin Ahmed, Area Coordinator for Banstead, Epsom & Ewell  
Email: [parvin@maryfrancestrust.org.uk](mailto:parvin@maryfrancestrust.org.uk) / Mobile: 07380857701



## One You Surrey

One You Surrey, funded by Surrey County Council, provides free, non-judgemental support from trained stop-smoking advisors. We'll help you set a quit date, supply quit aids including patches, gum, mouth spray and vapes, and offer up to 12 weeks of personalised, one-to-one support to help you become smoke-free for good.

Claire Goddard, Community Outreach and Inclusion Officer  
Email: [hello@oneyousurrey.org.uk](mailto:hello@oneyousurrey.org.uk)



## Epsom and Ewell Hub

If you are struggling in work and find your performance is low, or you are struggling to find a job for the same reasons, WorkWell coaches can work with you to get the right support for your needs. Whether that's employment skills, mental health and wellbeing or physical activity plans, it's there for you and free and simple to get started. We have friendly advisors who can support you in creating a CV, guiding you through the best way to search for a job, interview skills, career guidance.

Vanessa McCormack, WorkWell Coach Lead  
Email: [vanessa.mccormack@surreylp.org.uk](mailto:vanessa.mccormack@surreylp.org.uk) / [workwell@surreylp.org.uk](mailto:workwell@surreylp.org.uk)



## Home-Start Epsom, Ewell and Banstead

Home-Start makes sure the earliest years of childhood count so that no child's future is limited. We support families from all backgrounds who are experiencing challenges, including mental or physical health issues, children with additional needs, bereavement, and financial worries. Our support is provided through Home-Visiting volunteers, community programmes, perinatal mental health services, parenting support for over 5s and SEND, support for new fathers, and other tailored services.

**Hayley Ronald, Family Support Lead**

Email: [hayley.ronald@hseeb.org.uk](mailto:hayley.ronald@hseeb.org.uk)



## Love Me, Love My Mind

Love Me Love My Mind is a registered mental health and wellbeing charity based in Epsom and Ewell. We have served our local community since 2006 providing a weekly drop-in session and our annual Epsom Mental Health Week, and in addition to our core services we have recently started a men's peer support group, a gardening volunteer project, Let's Talk Epsom peer support group and a kids art and craft club at the weekend. for me information about our services please visit [www.lovelovelovemymind.org.uk](http://www.lovelovelovemymind.org.uk)



**Allen Price, Chief Officer**

Email: [allen@lmlmm.org.uk](mailto:allen@lmlmm.org.uk)

## Prayer Ministry

Ceri is a member of the St PB Prayer ministry team and is available to pray at St Barnabas Advice Café on the second and third Friday of the month.

In the gospel of Matthew in the Bible, Chapter 11, Verses 28 to 30 Jesus says: 28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light." Jesus loves to give you rest and lighten your burdens through prayer.



## Social Prescribing Service

The Epsom PCN Health & Wellbeing Social Prescribing Service is a free service through your GP that puts you in touch with a wide range of local activities to support you and improve your wellbeing.

This can be through, but not limited to, lifestyle and health coaching or motivating and signposting to voluntary and community sector organisations.

**Lisa Duncan, Health and Wellbeing Practitioner**

Email: [lisa.duncan4@nhs.net](mailto:lisa.duncan4@nhs.net)



## Citizens Advice

Citizens Advice Epsom & Ewell is a local charity, independently financed and operated. Our key function is to give free, confidential, impartial and non-judgemental advice for all who live, work or study within Epsom & Ewell.

With food costs and energy bills continuing to rise, many people in our community are still struggling to make ends meet. We are at the Advice Café weekly to provide general advice such as benefits, debt, housing, etc. We know it's stressful, isolating and frightening and that's why we are here for everyone with a listening ear and a friendly face. For more information on our services visit: [www.caee.org.uk](http://www.caee.org.uk)

**Marie O'Rourke, Outreach Adviser**

Email: [outreach.adviser@caee.org.uk](mailto:outreach.adviser@caee.org.uk)



## Citizens Advice Energy Specialist

Citizens Advice Epsom & Ewell are providing advice and support to residents concerned about their energy use and anyone struggling to pay their bills or in energy debt. We offer advice on reducing energy consumption, carbon monoxide safety including free CO alarms, help with grants and benefits, and support with contacting or switching energy providers. We also assist with warm home discounts, crisis support, and understanding or installing smart meters.

**Anna Tickle, Energy Adviser**

Email: [energy2@caee.org.uk](mailto:energy2@caee.org.uk)



## Epsom and Ewell's Home Improvement Agency

Epsom and Ewell's Home Improvement Agency (HIA), based in the Town Hall are here to ensure residents of the Borough are safe, independent, and healthy in their home through various grant assistance. We are here to help our residents; whether you own your property, privately rent or you are a housing association tenant.



- We fund mandatory disabled adaptations and our discretionary grants cover minor adaptations, repairs, and security improvements.
- The Dementia Support Grant helps residents with dementia make their homes safer, while the Prevention Grant funds assistive technology, telecare alarms, palliative care and hoarding clearance.
- Our Handyperson Scheme supports small household jobs and includes free grab rails and banister rails for residents aged 65+ or those on a means tested benefit and registered disabled.

**Karen Ordoyno, Senior HIA Officer**

Email: [kordoyno@epsom-ewell.gov.uk](mailto:kordoyno@epsom-ewell.gov.uk) / [HIA@epsom-ewell.gov.uk](mailto:HIA@epsom-ewell.gov.uk)

## Epsom and Ewell - Community Development

Serena brings nearly 40 years of experience of working and volunteering in the borough and has built close links with most of the voluntary, community and faith groups. She works in the council's Community Development team and is here to help answer any questions you may have about services in the area – or can connect you with someone who can. Whether you're looking for advice, support, or simply don't know where to start, Serena is a great first point of contact.



**Serena Powis, Community Development Officer**

Email: [spowis@epsom-ewell.gov.uk](mailto:spowis@epsom-ewell.gov.uk)

## Town and Country Housing

Town & Country Housing are a social landlord with stock across Surrey, Sussex and Kent. We are a subsidiary of Peabody – one of the largest and longest established social housing providers. We offer benefits advice to our residents. Approach us for help with benefits, grants and discounts. [Awaiting replacement advisor.](#)  
In the meantime, please email Sue More at [sue.more@tch.org.uk](mailto:sue.more@tch.org.uk)





Our regular advisors can help with a variety  
of areas of support.

St  
**BARNABAS**