ADVICE CAFE

WELCOME PACK

Free drop-in space offering information, advice, support, and a welcoming place to connect with others.

Merland Rise Church, KT20 5JG | 01737 362440

WEDNESDAYS
10AM – 12PM



Christina Lane
Operations Manager
admin@merlandrisechurch.org.uk

Welcome to Merland Rise Advice Café

Merland Rise Church is a vibrant and friendly community in Tadworth where everyone is invited to belong. From inspiring Sunday services to a relaxed café space, with barista coffee, delicious food and a soft play area for under 4s, there's something for everyone. We are passionate about connecting people, supporting families, and making a real difference in the local community. It's also the perfect home for the weekly Advice Café, offering a warm, welcoming space where you can get guidance, support, and meet friendly faces. Come in, feel at home, and discover all that Merland Rise Church has to offer!

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.

Key to when organisations are at the Advice Café

- Every week
- Every two weeks
- Every four weeks



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

CAP

At CAP we support people with debt advice and a route out of debt. We also offer budgeting courses and support. Alongside this, we walk with you step by step, offering 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 Email: lucybahiti@capuk.org

Hear for you

Hear for you offers a listening service, in a relaxed and safe environment, to all who may find life hard, or may feel lonely or struggle with building relationships. As a church, here at Merland Rise, we can also offer many other things to our surrounding community e.g. for children, young adults and the seniors; we have numerous and exciting clubs and social activities. A new initiative is our NAIL IT programme which is a support group for those who struggle with any type addiction in our community. Present at Merland Rise Advice Café weekly with coffee or tea in hand!



Dave Thomas
Email: dbthomas@hotmail.co.uk

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 that enable people to contribute to our work, help deliver our services and support our co-production ethos of working in partnership with individuals who have lived experience of mental health challenges. For a full list of activities and services, please visit: www.maryfrancestrust.org.uk/how-we-help/

Parvin Ahmed, Area Coordinator for Banstead, Epsom & Ewell
Email: 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

Citizens Advice



Reigate and Banstead Citizens Advice Outreach Service offers help with Benefits, Housing, Debt, Immigration, Family and Relationships and Consumer issues to name a few areas, but we are happy to help or signpost with any problem. We liaise with all the other agencies at the Advice Cafe and hope to give you the best possible advice and support, to improve your life and wellbeing. If you know anyone in need of help but can't come to the Advice Cafe, we also offer telephone appointments or home visits. Please let us know how we can help...

Helen Howe, Outreach Project Coordinator
Email: hhow@carbs.org.uk

Raven Housing Trust

Our Moneywise Team offers support to Raven tenants over the telephone, at Raven House offices or in your home with:



- Applying for benefits you might be entitled to
- Challenging benefit decisions if you think they may be incorrect
- Help with change of circumstance notifications
- Applying for grant schemes
- Budgeting and prioritising debts
- Accessing other organisations that might be able to help such as food banks, food clubs, Citizens Advice and LEAP
- Making an application to Raven's Customer Support Fund.

Vicki Preedy and Katrina Rihan, Benefit and Money Advisers
Email: moneywise.team@ravenht.org.uk

Dementia Support Service



Our Dementia Support Service supports people, families and carers living with dementia. We provide support, advice and signposting in the community. This is always delivered with care and compassion.

Sue Cook and Jenny Gale, Dementia Coordination Sevice
Single point of Access (SPA) - 0208 296 4488

Reigate and Banstead Borough Council



My role is to help local people to come together and make positive changes in their community.

I can support you with:

- Connecting people to hyper local services
- Referring and signposting to support services
- Helping people set up community groups to improve the neighbourhood they live in
- Bringing local partners together through a quarterly meeting (Preston Partnership Group)

Maria Hewson, Community Development Worker for Preston/Tattenhams
Email: maria.hewson@reigate-banstead.gov.uk

Free and low-cost community activities at Merland Rise Church

- Soft Play – A fun soft play session for children aged 4 and under, running on Thursdays and Fridays at 9:30am, 11am, 12:15pm and 1:15pm. £2.50 per session.
- Tiny Tots – A relaxed drop-in group for parents and babies to meet others and enjoy time together, meeting Wednesdays from 11:45am–1:15pm.
- Bible Buds – Stories, crafts and fun for preschoolers, meeting Fridays at 10:30am.
- Rock Solid – Crafts, games, stories and fun for children aged 7–11, running Mondays at 6:15pm. 50p per week.
- Table Tennis – A friendly table tennis session for all abilities, meeting Wednesdays from 9:45am–12:15pm.
- Thursday Group – A welcoming group for friendship and optional crafting, meeting on the 1st and 3rd Thursday of each month from 1:15–3:15pm.



Merland Rise Church Café, open Wednesdays, Thursdays and Fridays from 9:30am–2:30pm, serving breakfasts, lunches and homemade cakes.

For more community activities, visit: https://www.merlandrisechurch.org.uk/calendar/

MERLAND RISE CHURCH



MFT Mary Frances Trust – Inspiring Mental Wellbeing

christians against poverty CAP

citizens advice Reigate & Banstead

Raven Housing Trust

Surrey Downs Health & Care NHS

good company – supporting our community

Reigate & Banstead Borough Council – Banstead | Horley | Redhill | Reigate

Hear For You

One You Surrey

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