ADVICE CAFE

Welcome Pack

FRIDAYS 10AM-12PM

Free drop-in hub with cake and refreshments.
A friendly place to connect, get information, and find support when you need it.

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

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Harry Lamaison
Vicar
harryl@stpb.co.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

christians against poverty CAP

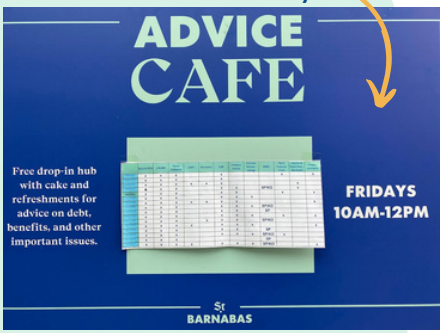
At CAP we support people with debt advice and a route out of debt. We provide practical help and encouragement so that money worries don't have to control your life. Our friendly team can guide you through managing bills, dealing with creditors, and finding a long-term solution that works for you. Whether 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

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

North Surrey Domestic Abuse Service

NSDAS is a charity dedicated to supporting survivors of domestic abuse including adults and children within Epsom & Ewell, Elmbridge, and Spelthorne. We can offer emotional support, practical advice, and guidance on safety planning, housing, legal matters, and child contact. To speak to one of our Outreach Workers our phone lines are open Monday-Friday from 9am - 4pm. Alternatively, you can make a professional or self-referral using the form on our website: https://www.nsdas.org.uk

Outreach Worker
Email: outreach@nsdas.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 Cafe 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
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/

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

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, our Skills and Employment advisors 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.

John Moriarty, Skills and Employment Advisor
Email: john.moriarty@surreyllp.org.uk/epsomandewellhub@surreyllp.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

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.lovemelovemymind.org.uk

Allen Price, Chief Officer
Email: 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.

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 / 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

Social Prescribing Service

Epsom primary care network
Working together for better healthcare

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

Citizens Advice

citizens advice Epsom & Ewell

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

Anna Tickle, Energy Adviser
Email: energy2@caee.org.uk

St BARNABAS

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