

**February 2019 Welcome to our Winter Edition Newsletter**

**Meeting others**

Our weekly day and evening drop-ins are your chance to meet others with similar experiences and share information and support in a safe and relaxed setting.

If you haven't been in a while, you're always welcome! Steph will be here to answer any questions or concerns you may have. Food is provided.

If you don't want to come along to a group but you would like to meet up with someone for a bit of extra support 1-2-1 from a peer support buddy, please call Steph who will try to arrange this for you.



**We Have Moved**

Our new address is:

Flat 1—3 The Old Bakery  
South Road  
Reigate  
RH2 7LB

**Do come along and have a look at our new offices and drop in area.**

**What's On**

**Tuesdays:**

**Drop in: 11am—3pm except 2nd Tuesday of the month which is 4pm - 8pm**

**Yoga— 1st Tuesday of every month 14.00—15.00**

**Wednesdays:**

**Appointments morning and afternoon**

**Zumba: 12.15pm to 1.15pm**

**Thursdays:**

**Drop in: 4pm - 8pm except 2nd Thursday of the month which is 11.00—15.00**

**Counselling: by appointment only. Usually every other Thursday.**

**The website is updated weekly so check back for details of upcoming events or contact Steph if you are interested in joining us for outings.**

**[www.stpetershouse.org.uk](http://www.stpetershouse.org.uk)**

**Service User Forum**

The Service User Forum was cancelled for January as not everyone could make this date. We will be rescheduling and if you have anything that you would like discussed please let Steph or one of the Forum members know. All notes from the meeting will be put on the notice board and the SPH website for everyone to read.

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# Past Events

## Fundraising update

**Steve had asked Costa to put in one of our collection tins and raised a total of £119.13.**

**If you know of any shop, office or pub that you think would put a collection tin in for us; please let us know so we can contact them.**

## CHRISTMAS AND NEW YEAR

The Christmas party went well. Staff and service users all enjoyed the festivities including the food, drink and the raffle.

In the New Year we went to see "The Rocky Horror Show" in Brighton. Everyone who attended really enjoyed themselves.

If you would like to join us for future excursions or events please look at the SPH web page which will give you all the information or contact Steph.

# WOMEN'S GROUP

We are looking at holding a women's group once a month on a Saturday afternoon.

A couple of service users have suggested it would be nice to have a space away from the men to talk, have a snack, and maybe meet new people and make friends. This might perhaps give women a better understanding of how others cope with issues relating to HIV.

If you have a child they may attend with you, but please note that they will be your responsibility as we don't have a crèche.

If you are interested in this group please call Steph for a chat and let her know what you would like to see happen within the group. Its peer support led and will give you an opportunity to get together.

# What's On

## Get Active

We hold Zumba every Wednesday from 12.15 to 1.15pm, and yoga every 1st Tuesday of the month from 2pm – 3pm. Please let Steph know if you would like to come along as we only have room for a certain amount of people



We also go walking, weather permitting, in the local park or wherever you would like to walk. We usually finish with a hot / cold drink and sometimes a snack in the café at the park. We meet at the SPH office first, usually leaving by about 11.30, but you can always meet us on the walk. Let us know if you are interested or just turn up and join in. It's fun and good for your health.

## Raising Awareness About HIV

We will be holding a drama event to raise awareness about living with HIV. We are going to work with an actress to develop a theatre production, which will be held later in the year.

Do look on our website for the date and any updates:  
[www.stpetershouse.org.uk](http://www.stpetershouse.org.uk)

## Information and Advice with Benefits

Helen Miller from the CAB will be coming into SPH on Thursday 28th February to run a workshop on benefits. She will be doing an overview on benefits and Universal Credit. She will answer questions you may have. Please let Steph know if there is anything you would like to ask Helen. It is being held in drop in which starts at 11.00. Helen will run the workshop from 12.30. Refreshments will be provided.

**Please let Steph know if you wish to attend for catering purposes**

The CAB have offered for their advisors to come into SPH to assist with completing benefit forms, if you do not feel comfortable going into their offices. We have asked if their advisors could attend once a month to assist with completing forms and this may be something that they can help with in the future.

## Supply of Food

We normally collect food on a Monday night from Tesco and this is handed out on a Tuesday as fresh food, and consists of bread, cakes, vegetables and fruit.

We still have some tinned/dry food if you need it. We also have vouchers for collecting food from St Matthews Food Bank.

Please contact Steph .

## Counselling

Counselling takes place with Judi from Just Wellbeing on alternate Thursday mornings. Counselling is initially for six sessions but can be ongoing.

If you think you would benefit from counselling, please get in touch with Steph to book an appointment.

# What's On

## Helen Miller from CAB

Benefits Workshop — Thursday 28th February 12.30am to 15.00pm

## David Carter from Surrey Community Action will be holding the following sessions:

Thursday 14<sup>th</sup> March – Fuel Poverty, Energy Advice

Thursday 16<sup>th</sup> May – Scam Awareness

Thursday 11<sup>th</sup> July – Living on a low income

David will be holding the sessions from 11.30 and will be available afterwards to answer any specific questions that anyone might have whether in the group or privately 1:1.

He will be happy to offer some 1:1 time for those that are unable to attend the sessions that have been agreed. This is in case you are unable to attend at the time due to work commitments.

# Support for St Peters House

## How you can support us

As a small charity, we are increasingly reliant on the support and generosity of people like you! Here are some ways you can help:

- Organise a coffee morning or cake sale - get friends and family together, have fun and raise money at the same time!
- Easyfundraising: you can support St Peters House Project by shopping online through [Easyfundraising.org.uk](https://www.easypfundraising.org.uk). with almost 3000 retailers to choose from, you can buy online and we receive a donation - at no extra cost to you!

 amazon.co.uk

 John Lewis

 ebay

 M&S

 Boden

 GAP

 Argos

 Booking.com

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