

## Epsom Playhouse Hosts a Little Horror.

24 November 2022



Leatherhead Operatic Society left the audience laughing and cheering with their opening night production of Little Shop of Horrors at Epsom Playhouse, a musical comedy directed by John Harries-Rees, choreographed by Louise E Wilson, and musically directed by Sam Fisher, based on the 1982 off-Broadway musical of the same name.

A failing flower shop on skid-row run by Mr Mushnik (Ben Horsburgh) is almost at the point of closure due to lack of clientele. A Venus flytrap-looking plant (Toby James) mysteriously appears during a 'total eclipse of the sun', attracting Seymour (Daniel Burns), the floral assistant, to purchase it and name it after his co-worker love interest, Audrey II (Ellie-Claire King). This plant, however, is not an ordinary plant—it speaks, sings and lives on human blood and flesh. But it does bring new customers and, along with that, money and a certain newfound reputation for the store.

At first, Seymour can sustain Audrey II with his own blood, but this won't be enough for the ravenous plant who promises Seymour all of his desires, a potentiality that could be 'bigger than hula hoops'. But what is the plant's goal? This is not the only question of morality that echoes throughout the performance: how far would you go for love, or fame, or wealth? And should you feed the sadist-dentist boyfriend of your co-worker love interest to your human-consuming plant in order to keep it growing and attract customers? The story examines the lengths to which individuals (Seymour, specifically) will go in order to be successful and fulfil one's own desires. The cast's performance was remarkable, exiting with the audience questioning what exactly is to be done in Seymour's situation, with each character producing an empathetic view of the situation. For those already familiar with the story, a different ending to the 1986 adaptation of Little Shop of Horrors alongside the stellar performances makes it worth experiencing for the first time, or again.

The opening night on Wednesday 23rd November was a resounding success, and the show will continue throughout the rest of the week. The performance will run until the matinée show at 2:30 pm on Saturday 26th November 2022.

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## Mental Health Services in Epsom and Ewell

24 November 2022



The number of people experiencing mental illness has risen in recent years.

The global pandemic, increased living costs and technological change are among the pressures affecting mental health. They are not the only causes, but changing ways of life are playing a part.

Stigma can make mental health problems worse by delaying or preventing treatment. Open conversations, and easy access to reliable information, are vital.

Mind provides a useful guide to different mental health problems and symptoms here:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems>

For young people under 18:

<https://www.mind.org.uk/for-young-people/introduction-to-mental-health/types-of-mental-health-problems>

Epsom also has a particular mental health history. The former psychiatric institutions known as the Epsom Cluster, once based in the Horton area, contributed to stigma around mental illness.

As London expanded during the Industrial Revolution, hospitals struggled to cope and some institutions were moved outside the city. The Friends of Horton Cemetery are now working to de-stigmatise mental illness by revealing the lives of 9,000 patients buried between 1899 and 1955 in the abandoned cemetery in Epsom.

More information: [www.hortoncemetery.org](http://www.hortoncemetery.org)

Conditions such as anxiety and depression can interfere with everyday life, physical health and emotional wellbeing. With one in four people in the UK experiencing a mental health problem each year, it is important that local resources are easy to find.

The Epsom and Ewell Times has compiled the following local information for those seeking help, or for family members and friends supporting someone they care about. This list is not comprehensive, but is intended as a starting point.

#### Love Me Love My Mind

Love Me Love My Mind is a registered grassroots charity based in Epsom. It aims to foster better understanding of mental health and to provide support for people who are struggling.

The charity runs drop-in services at St Barnabas Church, Temple Road.

On Mondays from 4pm to 6.30pm, anyone struggling is welcome to drop in for a conversation.

Between March and November, the charity also runs a “Warm Welcome Space” on Mondays from 1pm to 7pm, offering tea, a hot meal and arts and crafts.

Every Tuesday from 1pm to 3pm, it hosts “Men’s Pitstop”, a confidential peer-to-peer support space for men.

On Saturdays from 11am and Sundays from 12pm, it runs a Kids’ Art & Craft Workshop at Metropolis Epsom, Epsom Square.

These drop-in services offer refreshments, activities, community and confidential conversation for those who may feel isolated by mental health difficulties.

More information: <https://www.lovemelovemy mind.org.uk>

#### Horizon

Horizon is a Surrey community mental health and learning disabilities service hub. It opened in July 2021 and offers assessments and treatment for people experiencing mental health difficulties.

Its aim is to support people towards self-management and independence.

Horizon is based at:

28 Upper High Street  
Epsom  
Surrey  
KT17 4QJ

It is around a 7-10 minute walk from Epsom railway station.

Teams based at the hub include:

Early Intervention in Psychosis  
Mind Matters  
Community Mental Health Recovery Service — Epsom  
Community Mental Health Team for Older People — Mid Surrey  
i-Access East  
Perinatal Mental Health Service — South West  
ASD and ADHD Service — Surrey

Horizon accepts self-referrals, as well as referrals from GPs, IAPT talking therapy providers and social services.

More information:

<https://www.sabp.nhs.uk/our-services/mental-health/community-services/CMHRSEpsom>

#### Mary Frances Trust

Since 1994, Mary Frances Trust has specialised in mental health support for Surrey residents.

The non-profit organisation is based at:

23 The Crescent  
Leatherhead  
KT22 8DY

Its services include one-to-one support, wellbeing courses and physical activities. Its website also provides blog articles

and further information on specific mental health issues.

Mary Frances Trust states:

“Anyone over the age of 16 living in the Mole Valley, Epsom & Ewell, Banstead, Elmbridge areas of Surrey and experiencing any form of mental or emotional health issues can access our services.”

More information:

<https://www.maryfrancestrust.org.uk>

Crisis support:

<https://www.maryfrancestrust.org.uk/crisis-support>

Safe Haven: Epsom

The Epsom Safe Haven is a drop-in service for people experiencing a mental health crisis, as well as those looking for general mental health support.

It is located at:

Brickfield Centre  
Portland Place  
Epsom  
KT17 1DL

Safe Haven works in partnership with Mary Frances Trust and Surrey and Sussex ICB.

For those in crisis, the centre is open from 6pm to 11pm, 365 days a year.

Those looking for general mental health support can drop in between 6pm and 7pm daily.

A virtual Safe Haven also offers crisis support between 6pm and 11pm:

<https://nhs.vc/sabp/safe-haven-Epsom>

Safe Haven says it offers “a supportive environment for any adult in crisis during a time of need and when there may be no-one else around to provide it.”

The service is self-referral, meaning anyone in need of support can use it.

More information:

<https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>

Alcoholics Anonymous

For those struggling with alcohol addiction, there are several Alcoholics Anonymous meetings in and around Epsom and Ewell.

Many meetings operate on a first come, first served basis, and sessions vary from one hour to one and a half hours.

Monday, 8pm  
St Joseph’s Catholic Church  
St Margaret’s Drive  
KT18 7JQ

Friday, 1pm  
St Martin’s Church Hall  
Church Street  
KT17 4PX

Friday, 6.30pm  
All Saints Church meeting room  
KT19 9QZ

Saturday, 8pm  
St Martin’s Church  
Church Street  
KT17 4PX

Saturday, 10am  
Epsom Methodist Church  
11-13 Ashley Road  
KT18 5AQ

Mindworks Surrey

Mindworks Surrey is a service for children and young people’s emotional wellbeing and mental health.

Its services are delivered by a range of alliance partners and support children, young people, parents, carers, and organisations working with children.

Some services can be accessed directly, while others require a GP referral.

More information:

<https://www.mindworks-surrey.org>