EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

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Epsom Mental Health Week marks 20 years of local charity

25 September 2026

Epsom Mental Health Week will bring talks, exercise classes, creative activities and opportunities to meet others to venues across the town from Saturday 3 to Sunday 11 October.

The programme celebrates 20 years of Epsom charity Love Me Love My Mind. Working with the White House Wellness and Health Centre and other local organisations, it aims to make conversations about mental health welcoming and accessible to people of different ages and interests.

Events include a free children's art club, men's social walks on Epsom Downs, mindful colouring and tea, yoga and fitness classes, and talks on anxiety, burnout and domestic abuse. St Barnabas Church will host peer support sessions, an advice café and a performance by Epsom Male Voice Choir.

On Wednesday 7 October, Epsom Picturehouse will screen *Aftersun*, followed by a discussion of the film's themes of grief, memory and mental health. **Tickets must be booked** through the Picturehouse website.

The week's main gathering falls on **World Mental Health Day, Saturday 10 October**. A Wellness Day at Metropolis Epsom, 1 Derby Square, will run from 11am to 4pm, bringing together local support organisations and offering taster sessions. A free children's art and craft club will run there from 11am to 3pm.

Activities also take place at the White House Wellness and Health Centre in Waterloo Road, the Rainbow Leisure Centre in East Street and St Barnabas Church in Temple Road. The programme says events are free unless a listing states otherwise. Visitors should check individual booking details and contact the organiser about any accessibility requirements.

A further creative session for children aged seven and over is listed for Wednesday 28 October at Epsom and Ewell Family Centre, Riverview Road, West Ewell. Families can ask about that session on **01372 571178** or at **epsomewellfamilycentre@barnardos.org.uk**.

For the full programme and enquiries about Epsom Mental Health Week, contact Love Me Love My Mind at **info@lovemelovemymind.org.uk** or visit lovemelovemymind.org.uk.

Lionel Blackman

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- Epsom's Love Me Love My Mind celebrates 20 years of community care — 27 July 2026. epsomandewelltimes.com
- Epsom & Ewell residents invited to share 'Messages of Hope' for World Suicide Prevention Day — 10 September 2026. epsomandewelltimes.com
- Epsom counselling service aims to make therapy more accessible — 16 June 2026. epsomandewelltimes.com
- Epsom's Love Me Love My Mind week of healing — the 2024 Mental Health Week programme. epsomandewelltimes.com
- Sue Bull – a special lady. An obituary — the story of Love Me Love My Mind's founder and the development of the annual week. a special lady. An obituary.

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