

- Free swim vouchers for Donyngs Leisure Centre
- Other free activities including punch pads and tug of war rope, spider wall climbing frame with ejection slide (all on 11 September)
- Merstham run: join in the 500m run around the green. First 30 runners to complete receive a goody bag; others receive free water bottle.

With thanks to



Happy Healthy Merstham

10 - 17 September 2011

Free and fun events for everyone!

- Get involved in activities and workshops and learn something new
- Free swim vouchers available.



Schedule of events

Sat 10 Sep	<p>Holistic Harmony Holding a drama workshop. Places need to be booked in advance. Contact Louisa, 07957 361631, louisalawrenson@hotmail.com 2pm - 4pm ~ Village Hall, Station Road North</p>	Surrey Stop Smoking Find out what help is available to help you quit. Phone or pop in to surgery. To book your appointment phone 01737 642207. Moat House Surgery, Worsted Green		
	<p>Raven Housing Trust - dance workshop Break and street dance workshop for 8 to 16 year olds. 4pm - 6pm ~ Merstham Community Facility, 44 Portland Drive</p>		<p>Merstham Neighbours Coffee morning. 10am ~ Age Concern Centre, Weldon Way</p>	
Sun 11 Sep	<p>Activities Music, sport, climbing wall with slide and demonstrations. Contact Catherine, 01737 276125, catherine.gibson@reigate-banstead.gov.uk 11am - 3pm ~ Epiphany Green</p>	Tue 13 Sep	<p>New proposals for Merstham Come and find out about the redevelopment proposals for the Portland Drive area of Merstham. 10am - 1pm ~ Merstham Community Facility, 44 Portland Drive</p>	
	<p>First Steps Holding a stall.</p>		<p>Merstham dog drop in Free advice from local vet, reduced cost micro chipping (£10 per dog) for Merstham residents (bring proof of home address). Advice from Council's Dog Warden on dog handling and legislation. 2pm - 4pm ~ Epiphany Green</p>	
	<p>Action for Life Holding a stall.</p>		<p>Raven Housing Trust - dog handling Young people can sign up for a responsible dog handling certificate. 2pm - 4pm ~ Epiphany Green</p>	
	<p>New Proposals for Merstham Come and find out about the redevelopment proposals for the Portland Drive area of Merstham. 11am - 3pm Merstham Community Facility, 44 Portland Drive</p>		Wed 14 Sep	<p>Surrey Link Are you interested in the quality of Health and Social care services in your area? Come and find out about the Surrey Link and voluntary opportunities with them. 10am - 12pm ~ Merstham Community Facility, 44 Portland Drive</p>
	<p>Drumheads Learn to play an African drum at a djembe drum workshop. www.drumheadslive.com. 12.30pm ~ Epiphany Green</p>			<p>Merstham Neighbours Coffee morning. 10.30am ~ Portland House</p>
<p>Refreshments provided. 12pm - 3pm ~ The Church of Epiphany, Mansfield Drive</p>	<p>Neighbourhood Panel Discuss your issues and concerns with the local police. 7.30pm ~ Merstham Community Facility, 44 Portland Drive</p>			
Mon 12 Sep	<p>Richmond Fellowship Community Links "healthy living, healthy mind" Stand 1: Community Links: Find out what opportunities are available in your community. Stand 2: Old Moat and Queens Park Horticultural Service: Talk to staff and service users about how to get involved; also healthy herbs on display. 10am - 1pm ~ Merstham Community Facility, 44 Portland Drive</p>	Thu 15 Sep	<p>Holistic Harmonies CIC Complementary therapy workshops. 3pm - 7.30pm ~ Merstham Community Facility, 44 Portland Drive</p>	
	<p>Wildlife Walk with Surrey Wildlife Trust Come for a walk around Spynes Mere, your local nature reserve and join in activities including making your own bird feeder. 1pm ~ Merstham Community Facility, 44 Portland Drive</p>		Fri 16 Sep	<p>Action for Life and First Steps "walk the mind" An event to encourage healthy and happy minds and bodies. 10am - 12pm ~ Merstham Community Facility, 44 Portland Drive</p>
	<p>Opening of the new Redhill Youth Club Secondary school aged young people welcome. Come and chill out with pool, Nintendo Wii, Xbox and more. 7pm - 9.30pm ~ Youth Association Building, behind former Liquid and Envy nightclub site, central Redhill</p>			
Sat 17 Sep	<p>Arty Crafty Activities for dads and kids. 10am - 12pm ~ Merstham Community Facility, 44 Portland Drive</p>	Sat 17 Sep	<p>Arty Crafty Activities for dads and kids. 10am - 12pm ~ Merstham Community Facility, 44 Portland Drive</p>	