











Woking Groups

All meet at CornerHouse Woking, 2 Courtenay Road, Woking, Surrey GU21 5HQ unless stated
Last updated on 28th February 2018. Please see www.cornerhouse.cc/diary for latest timetable

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Depression Support (mild to moderate depression)		7.00 – 9.00 pm		1.00 – 2.30pm		Next Steps peer led Social activities for people attending a CornerHouse group
 Wellbeing Group (more activity based)					9.30 – 11.30am At: Parkview Centre, Sheerwater GU21 5NZ	
 Young Persons Group (18 – 25)	6.30 – 8.30pm					
Prenatal & Postnatal Depression Support Group	9.30am – 11.30am At: Parkview Centre, Sheerwater GU21 5NZ. Creche Available.					
Mindfulness		1 st & 3 rd afternoon of every month 2.30 – 3.30pm 2 nd & 4 th evening of every month 7.00 – 8.00pm				Speak to group facilitator or email nextstepssocial@gmail.com for details
 Walking for Health www.walkingforhealth.org.uk/walkfinder/south-east/woking-health-walks tasha@cornerhouse.cc		Starter Walks (max 30 mins) 10.45 for a 11am start Meet as on website		10.45 for a 11am start Meet as on website		

Woking Groups Continued



Group	Monday	Tuesday	Wednesday	Thursday	Friday
				Self Help Group 1 st & 3 rd of every month Carers Group 4 th Thursday each month 7.30 – 9.00pm	
Carers Support Groups For carers of people with mental ill health		Husbands/ Wives/ Partners 3 rd Tuesday of every month 7.00 – 9.00pm		All Carers 2 nd Thursday of every month 7.00 – 9.00pm	
Woking Mind info@wokingmind.org.uk	Drop In 10.00 – 2.00pm	Walking Group & Film Club 10.00 – 2.00pm	Lift Up Drop In 10.00 – 2.00pm		
 Asian Women Support info.shifawoking@gmail.com	Yoga & Swimming – contact SHIFA for details	Living Life in the UK 09:30 – 12:30pm Computer/iPad 1pm – 3pm		ESOL 9.30 – 12.30pm	Drop in & ESOL 9.30 – 12.30pm
 Break mental health stigma, raise awareness and funds				1st Thursday of month 4.00 – 5.00pm	
 Anxiety Support Group				Thursdays 6.30 -8.30 pm	
Safe Haven Out of hours drop-in centre, for anyone experiencing a mental health crisis or emotional distress	Monday to Friday: 6.00 – 11.00pm & Saturday, Sunday and Bank Holidays: 3.00 – 8.00pm At: The Prop, 30 Goldsworth Rd, Woking, GU21 6JT				

Runnymede & Spelthorne Groups

Last updated on 28th February 2018. Please see www.cornerhouse.cc/diary for latest timetable

For more information or to self refer please contact CornerHouse on 01483 757461 or email info@cornerhouse.cc

Group	Monday	Tuesday	Wednesday	Thursday
 Depression Support (mild to moderate depression)			<p style="text-align: center;">12.30 – 2.30pm Stanwell Community Centre, Mulberry Ave, Stanwell TW19 7SF</p> <p style="text-align: center;">7.30 – 9.00pm Addlestone Community Centre, Garfield Road, KT15 2NJ</p>	
 Wellbeing Group (activity based)	<p style="text-align: center;">1.00 – 2.30pm At: Virginia Lodge 68a Station Road, Egham TW20 9LF</p>			
 Walking For Health www.walkingforhealth.org.uk/walkfinder/south-east/woking-health-walks tasha@cornerhouse.cc		<p style="text-align: center;">1:15pm for a 1:30pm start <i>Meet as on website</i></p>		
<div style="background-color: #800040; color: white; padding: 5px; display: inline-block;">Eating Disorder Support</div>				<p style="text-align: center;">2.00 – 3.30pm Addlestone Community Centre, Garfield Road, KT15 2NJ</p>

Other useful contact organisations:

- Richmond Fellowship – Employment support. Contact: 01932 910942
- Catalyst & Welcome Project - 01483 590150