

## Runnymede & Spelthorne Support Programmes

Last updated on 25<sup>th</sup> April 2018. Please see [www.cornerhouse.cc/diary](http://www.cornerhouse.cc/diary) for latest timetable



Group	Monday	Tuesday	Wednesday
  <b>Depression &amp; Anxiety</b> (mild to moderate depression)			<p style="text-align: center;"><b>Improving Confidence &amp; Wellbeing</b>  <b>12.30 – 2.30pm</b>                      Stanwell Community Centre                      Mulberry Ave, Stanwell TW19 7SF</p> <p style="text-align: center;"><b>Depression &amp; Anxiety Support</b>  <b>7.30 – 9pm</b>                      Addlestone Community Centre                      Garfield Road, KT15 2NJ</p>
  <b>Activity Based Wellbeing Group</b>	<p style="text-align: center;"><b>Healthy Living and Coping Skills</b>  <b>1pm – 2.30pm</b>                      At: Virginia Lodge                      68a Station Road,                      Egham TW20 9LF</p>		
  <b>Walking for Health</b> <a href="http://www.walkingforhealth.org.uk/walkfinder/south-east/woking-health-walks">www.walkingforhealth.org.uk/walkfinder/south-east/woking-health-walks</a>		<p style="text-align: center;"><b>Regular Walk</b>                      (max 90 mins)</p> <p style="text-align: center;"><b>1:15pm for a 1:30pm start</b>  <i>Meet as on website</i></p>	

For more information or to self refer please contact CornerHouse on 01483 757461 or email [info@cornerhouse.cc](mailto:info@cornerhouse.cc)

### Other useful contact organisations:

- Richmond Fellowship: Employment support. Contact: 01932 910942
- Welcome Project: 1-2-1 support. Contact 01483 590150
- Cognitive Behavioural Therapy: [www.nwsurreyccg.nhs.uk/your-health/looking-after-your-mental-health/iapt](http://www.nwsurreyccg.nhs.uk/your-health/looking-after-your-mental-health/iapt)