





## Woking Support Programmes

**All meet at CornerHouse Woking, 2 Courtenay Road, Woking, Surrey GU21 5HQ unless stated**

**Last updated on 27<sup>th</sup> June 2018. Please see [www.cornerhouse.cc/diary](http://www.cornerhouse.cc/diary) for latest timetable**







Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Depression &amp; Anxiety Support</b></p> <p>(mild to moderate depression)</p> 	<p><b>Perinatal &amp; Postnatal Depression Support</b>  <b>9.30am – 11.30am</b>                      At: Parkview Centre, Sheerwater GU21 5NZ.                      Creche available</p>	<p><b>Managing Depression</b>  <b>7pm – 9pm</b></p>		<p><b>Managing Mental Health &amp; Wellbeing</b>  <b>1pm – 2.30pm</b></p> <p><b>Living with Anxiety</b>  <b>6:30pm – 8:30pm</b></p>		<p>Peer led Social activities for people attending a CornerHouse service</p> <p>Speak to staff or email <a href="mailto:nextstepssocial@gmail.com">nextstepssocial@gmail.com</a> for details</p>
<p><b>Activity Based Wellbeing Group</b></p> 					<p><b>Managing Emotions</b>  <b>9.30 – 11.30am</b>                      At: Parkview Centre, Sheerwater GU21 5NZ</p>	
<p><b>Young Persons Group</b>                      (18 – 25)</p>	<p><b>Managing Relationships &amp; Emotional Resilience</b>  <b>6.30pm – 8.30pm</b></p>					
<p><b>Mindfulness Approaches to Emotional Resilience and Stress</b></p>		<p>1<sup>st</sup> &amp; 3<sup>rd</sup> each month  <b>2.30pm – 3.30pm</b></p> <p>2<sup>nd</sup> &amp; 4<sup>th</sup> each month  <b>7pm – 8pm</b></p>				
  <p><b>Rambles Walking for Health</b></p> <p><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>		<p><b>Starter Walk</b>                      (max 30 mins)</p> <p><b>10.45 for a 11am start</b></p> <p><i>Meet as on website</i></p>	<p><b>Regular Walk</b>                      (max 90 mins)</p> <p><b>10.45 for a 11am start</b></p> <p><i>Meet as on website</i></p>			

## Woking Support Programmes Continued

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Group	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Eating Disorder Support</b></p> <p><b>Eating Disorder Self Help and Carers Support</b></p>				<p><b>Eating Disorder Support</b> 1<sup>st</sup> &amp; 3<sup>rd</sup> of every month 7.30pm – 9pm</p> <p><b>Eating Disorder Carer Group</b> 4<sup>th</sup> Thursday each month 7.30pm – 9pm</p>	
<p><b>Carers Support</b> For carers of people with mental ill health</p>		<p><b>Husbands/ Wives/ Partners</b> 3<sup>rd</sup> Tuesday each month 7pm – 9pm</p>		<p><b>All Carers</b> 2<sup>nd</sup> Thursday each month 7pm – 9pm</p>	
 <p><b>Woking Mind</b> <a href="mailto:info@wokingmind.org.uk">info@wokingmind.org.uk</a></p>	<p><b>Drop In</b> 10am – 2pm</p>	<p><b>Walking Group &amp; Film Club</b> 10am – 2pm</p>	<p><b>Lift Up Drop In</b> 10am – 2pm</p>		
 <p><b>Asian Women Support</b> <a href="mailto:info.shifawoking@gmail.com">info.shifawoking@gmail.com</a></p>	<p><b>Yoga &amp; Swimming</b> contact SHIFA for details</p>	<p><b>Living Life in the UK course</b> 9:30am – 12:30pm</p>		<p><b>Drop in &amp; ESOL</b> 9.30am – 12.30pm</p>	<p><b>Drop in &amp; ESOL</b> 9.30am-12.30pm</p>
 <p>Break mental health stigma, raise awareness and funds</p>				<p><b>Linking Minds</b> 1st Thursday of month 4pm – 5pm</p>	
<p><b>Woking Safe Haven</b> Out of hours drop-in centre, for anyone experiencing a mental health crisis or emotional distress</p>	<p style="text-align: center;"><b>Monday to Friday: 6pm – 11pm.      Saturday, Sunday and Bank Holidays: 3pm – 8pm</b></p> <p style="text-align: center;">At: The Prop, 30 Goldsworth Rd, Woking, GU21 6JT</p>				

## Runnymede & Spelthorne Support Programmes

Last updated on 27<sup>th</sup> June 2018. Please see [www.cornerhouse.cc/diary](http://www.cornerhouse.cc/diary) for latest timetable



Group	Monday	Tuesday	Wednesday
 <p><b>Depression &amp; Anxiety</b> (mild to moderate depression)</p>			<p><b>Depression &amp; Anxiety Support</b> <b>7.30 – 9pm</b> Addlestone Community Centre Garfield Road, KT15 2NJ</p>
 <p><b>Activity Based Wellbeing Group</b></p>	<p><b>Healthy Living and Coping Skills</b> <b>1pm – 2.30pm</b> At: Virginia Lodge 68a Station Road, Egham TW20 9LF</p>		<p><b>Improving Confidence &amp; Wellbeing</b> <b>12.30 – 2.30pm</b> Stanwell Community Centre Mulberry Ave, Stanwell TW19 7SF</p>
  <p><b>Ramblers 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>		<p><b>Regular Walk</b> (max 90 mins)</p> <p><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)