



Woking Support Programmes





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



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Depression & Anxiety Support</p> <p>(mild to moderate depression)</p> 	<p>Perinatal & Postnatal Depression Support 9.30am – 11.30am At: Parkview Centre, Sheerwater GU21 5NZ. Pre-book free creche on 01483 730517</p>	<p>Managing Depression & Anxiety 7pm – 9pm</p>		<p>Managing Mental Health & Wellbeing 1pm – 2.30pm</p> <p>Living with Anxiety 6:30pm – 8:30pm</p>		<p>Peer led Social activities for people attending a CornerHouse service</p> <p>Speak to staff or email nextstepssocial@gmail.com for details</p>
<p>Activity Based Wellbeing Group</p>					<p>Managing Emotions 9.30 – 11.30am At: Parkview Centre, Sheerwater GU21 5NZ</p>	
<p>Young Persons Group (18 – 25)</p>	<p>Managing Relationships & Emotional Resilience 6.30pm – 8.30pm</p>					
<p>Mindfulness Approaches to Emotional Resilience and Stress</p>		<p>1st & 3rd each month 2.30pm – 3.30pm</p> <p>2nd & 4th each month 7pm – 8pm</p>				
 <p>Ramblers Walking for Health</p> <p>www.walkingforhealth.org.uk/walkfinder/south-east/woking-health-walks</p>		<p>Starter Walk (max 30 mins)</p> <p>10.45 for a 11am start</p> <p><i>Meet as on website</i></p>	<p>Regular Walk (max 90 mins)</p> <p>10.45 for a 11am start</p> <p><i>Meet as on website</i></p>			

Woking Support Programmes Continued





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Group	Monday	Tuesday	Wednesday	Thursday	Friday
 Eating Disorder Support Eating Disorder Self Help and Carer Support				Eating Disorder Support 1 st & 3 rd of every month 7.30pm – 9pm Eating Disorder Carer Group 4 th Thursday each month 7.30pm – 9pm	
Carer Support For carers of people experiencing mental ill health		Husbands/ Wives/ Partners 3 rd Tuesday each month 7pm – 9pm		All Carers 2 nd Thursday each month 7pm – 9pm	
 Woking Mind 07860 340 739 info@wokingmind.org.uk	Drop In 10am – 2pm	Walking Group & Film Club 10am – 2pm	Lift Up Drop In 10am – 2pm		
See www.wokingmind.org.uk/news/category/activity-schedules/ for activity schedule details					
 Asian Women Support 07897 316978 info.shifawoking@gmail.com	Yoga & Swimming contact SHIFA for details		Living Life in the UK course 9:30am – 12:30pm	Drop in & ESOL 9.30am – 12.30pm	Drop in & ESOL 9.30am-12.30pm
 Break mental health stigma, raise awareness and funds				Linking Minds 1st Thursday of month 4pm – 5pm	
Woking Safe Haven Out of hours drop-in centre, for anyone experiencing a mental health crisis or emotional distress	Monday to Friday: 6pm – 11pm Saturday, Sunday and Bank Holidays: 3pm – 8pm At: The Prop, 30 Goldsworth Road, Woking, GU21 6JT				

Runnymede & Spelthorne Support Programmes

Last updated on 5th September 2018. Please see www.cornerhouse.cc/diary for latest timetable



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

To self refer or for more information see www.cornerhouse.cc
 or contact CornerHouse on 01483 757461 or email info@cornerhouse.cc

Other useful organisations:

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