





Runnymede & Spelthorne Support Programmes

Last updated on 2nd November 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