

Week commencing 3rd February 2020

www.wokingmind.org.uk 01483 757 461

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm	10:15am - 12:15pm	9:30am – 11:00am	9:30am – 12:30pm	9:30am – 11:30am
Art & Conversation with Duncan	The Roger Nicklin Walk: St Johns	Shifa Asian Women Support:	Shifa Asian Women Support:	Postnatal Depression Support Group
Woking Mind Centre: GU21 5HQ	Meet at Woking Mind/ St John's Lye car	Life in the UK course.	Drop-in & ESOL	Parkview Centre, Sheerwater, GU21 5NZ.
	park GU21 7SQ	(07897 316 978 for info)	Woking Mind Centre: GU21 5HQ	
		Woking Mind Centre: GU21 5HQ		
10:30am – 12:00pm	10:00am – 2:00pm	10:00am – 12:00pm	1:00pm – 2:30pm	9:30am – 12:30pm
Managing Intense Emotions Support	121 Wellbeing Sessions	Art & Conversation with Duncan	Depression & Anxiety Support Group	Shifa Asian Women Support: Drop-in &
Group	(40 mins - booking required).	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ	ESOL (07897 316 978 for info). Woking
NEW support group	Woking Mind Centre: GU21 5HQ			Mind Centre: GU21 5HQ
Woking Mind Centre: GU21 5HQ				
12:00pm – 12:30pm	11:00am – 11:30am	10:15am – 11:45am		12:30pm – 2:30pm
Social over Sandwich	Walking for Health - Starter Walk: The	Discussion & Creative Writing with Shirlyn		Wellbeing Support Group
(£1 contribution)	Lightbox, Victoria way GU21 4AA	Pre-booking only		Parkview Centre, Sheerwater, GU21 5NZ
Woking Mind Centre: GU215HQ	42.00 42.20	Woking Mind Centre: GU21 5HQ		
12:30pm – 1:30pm	12:00pm – 12:30pm	11:00am – 12:30pm		
Gentle Exercise with Sylvia	Social over Sandwich	Walking for Health - Regular Walk:		
Woking Mind Centre: GU21 5HQ	(£1 contribution)	Brookwood CP & Canal. Meet at		
	Woking Mind Centre: GU21 5HQ	Sainsbury's, Redding Hill, Knaphill GU21 2QT		
1:00pm – 2:30pm	12:30pm – 2:00pm	11:00pm – 12:30pm		
Wellbeing Support Group	12:30pm – 2:00pm Quiz	Shifa Asian Women Support:		
(Virginia Lodge, 68a Station Road, Egham,	Woking Mind Centre: GU21 5HQ	Driving Theory		
TW20 9LF)	Woking Willia Centre. GOZ1 311Q	Woking Mind Centre: GU21 5HQ		
6:30pm – 8:30pm	1:30pm – 3:00pm	12:00pm – 1:00pm		
Young Persons 18-25:	Walking for Health - Regular Walk:	Hot Lunch		
Wellbeing Support Group	Meads & Marina.	(£3 contribution)		
Woking Mind Centre: GU21 5HQ	Meet at River Bourne Club, Heriot Road,	Woking Mind Centre: GU21 5HQ		
	Chertsey KT16 9DR			
	2:30pm- 3:30pm	1:00pm – 2:00pm		
	Mindfulness Meditation	Bingo		
	Woking Mind Centre: GU21 5HQ	(£1 contribution)		
		Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm	1:00 – 2:00pm		
	Depression & Anxiety Support Group	Shifa Asian Womens Support:		
	Woking Mind Centre: GU21 5HQ	A2 exam preparation course		
		Woking Mind Centre, GU21 5HQ		
		6:30pm – 8:30pm		
		Anxiety Support Group		
		Woking Mind Centre: GU21 5HQ		
		7:30pm – 9:00pm		
		Depression & Anxiety Support Group		
		(Addlestone Community Centre, Garfield		
		Road, KT15 2NJ)		

- Visit Woking Safe Haven at The Prop,. 30 Goldsworth Road, Woking, Surrey, GU21 6JT. Open 6pm-11pm, 365 days a year. This is a drop-in service only and there is no telephone support.
- Call the NHS Mental Health Crisis Helpline on 0800 915 4644 24 hours a day support for anyone in Surrey and NE Hampshire concerned about their mental health or someone they know.



Week commencing 10th February 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm	10am - 12:15pm	9:30am – 11:00am	9:30am – 12:30pm	9:30am – 11:30am
Art & Conversation with Duncan	The Roger Nicklin Walk: Savill Garden	Shifa Asian Women Support:	Shifa Asian Women Support: Drop-in &	Postnatal Depression Support Group
Woking Mind Centre: GU21 5HQ	Meet at Woking Mind/	Life in the UK course.	ESOL (07897 316 978 for info)	(Parkview Centre, Sheerwater, GU21 5NZ.
	Savill Garden TW20 0UU	(07897 316 978 for info)	Woking Mind Centre: GU21 5HQ	
		Woking Mind Centre: GU21 5HQ		
10:30am – 12:00pm	10:00am – 2:00pm	10:00am – 12:00pm	1:00pm – 2:30pm	9:30am – 12:30pm
Managing Intense emotions Support Group	121 Wellbeing Sessions	Lightbox Gallery Tour	Depression & Anxiety Support Group	Shifa Asian Women Support: Drop-in &
Woking Mind Centre: GU21 5HQ	(40 mins - booking required)	Followed by Hot Lunch and Bingo	Woking Mind Centre: GU21 5HQ	ESOL (07897 316 978 for info)
	Woking Mind Centre: GU21 5HQ	Meet at Woking Mind Centre: GU21 5HQ		Woking Mind Centre: GU21 5HQ
11:00am – 11.30am	11:00am – 11:30am	10:15am – 11:45am	7:00pm - 9:00pm	12:30pm – 2:30pm
Mindfulness with Emma	Walking for Health - Starter Walk	Discussion & Creative Writing with Shirlyn	All Carers Group	Wellbeing Support Group
Woking Mind Centre: GU21 5HQ	Woking Leisure Centre, Woking Park,	Pre-booking only	Woking Mind Centre: GU21 5HQ	Parkview Centre, Sheerwater, GU21 5NZ
	Kingfield Way GU22 9BA	Woking Mind Centre: GU21 5HQ		
12:00pm – 12:30pm	12:00pm – 12:30pm	11:00am – 12:30pm		
Social over Sandwich	Social over Sandwich	Walking for Health - Regular Walk: Woking		
(£1 contribution)	(£1 contribution)	Park. Meet in the café at The Lightbox.		
Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ	Victoria Way, Woking GU21 4AA		
12:30pm – 1:30pm	12:30pm – 2:00pm	11:00pm – 12:30pm		
Gentle Exercise with Sylvia	Art Activity	Shifa Asian Women Support:		
Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ	Driving Theory		
		(07897 316 978 for info)		
		Woking Mind Centre: GU21 5HQ		
1:00pm – 2:30pm	1:30pm – 3:00pm	1:00 – 2:00pm		
Wellbeing Support Group	Walking for Health - Regular Walk:	Shifa Asian Womens Support:		
(Virginia Lodge, 68a Station Road, Egham,	Broadwater Lake & Thames Path. Meet at	A2 exam preparation course		
TW20 9LF)	Cowey Sale car park, Walton Lane,	Woking Mind Centre, GU21 5HQ		
600	Weybridge KT12 1AR			
6:30pm – 8:30pm	7:00pm – 9:00pm	6:30pm – 8:30pm		
Young Persons 18-25:	Depression & Anxiety Support Group	Anxiety Support Group		
Wellbeing Support Group	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		
Woking Mind Centre: GU21 5HQ	7.00 0.00	7-20		
	7:00pm – 8:00pm Mindfulness Meditation	7:30pm – 9:00pm		
		Depression & Anxiety Support Group		
	Woking Mind Centre: GU21 5HQ	(Addlestone Community Centre, Garfield		
		Road, KT15 2NJ		

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Week commencing 17th February 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	10:15am - 12:15pm The Roger Nicklin Walk: West End Meet at Woking Mind/ Hare & Hounds GU24 9QG	10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	1:00pm – 2:30pm Wellbeing Support Group Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Postnatal Depression Support Group (Parkview Centre, Sheerwater, GU21 5NZ.
10:30am – 12:00pm Managing Intense emotions Support Group Woking Mind Centre: GU21 5HQ	10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required) Woking Mind Centre: GU21 5HQ	10:15am – 11:45am Discussion & Creative Writing with Shirlyn Pre-booking only Woking Mind Centre: GU21 5HQ		12:30pm – 2:30pm Wellbeing Support Group Parkview Centre, Sheerwater, GU21 5NZ
12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU21 5HQ	12:00pm – 12:30pm Social over Sandwich (£1 contribution)	11:00am – 12:30pm Ramblers Walking for Health - Regular Walk: Horsell Church. Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA		
12:30pm – 1:30pm Gentle Exercise with Sylvia Woking Mind Centre: GU21 5HQ	12:30pm – 2:00pm Film Club: Woking Mind Centre: GU21 5HQ	12:00pm – 1:00pm Hot Lunch (£3 contribution)		
6:30pm – 8:30pm Young Persons 18-25: Wellbeing Support Group Woking Mind Centre: GU21 5HQ	1:30pm – 3:00pm Ramblers walking for Health - Regular Walk: Addlestone. Meet outside Tesco, Station Rd, Addlestone KT15 2AS	1:00pm – 2:00pm Bingo (£1 contribution) Woking Mind Centre: GU21 5HQ		
	2:30pm- 3:30pm Mindfulness Meditation Woking Mind Centre: GU21 5HQ	6:30pm – 8:30pm Anxiety Support Group Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	7:30pm – 9:00pm Depression & Anxiety Support Group (Addlestone Community Centre, Garfield Road, KT15 2NJ)		
	7:00pm – 9:00pm Carer Support: Husbands/Wives/Partners Woking Mind Centre: GU21 5HQ			

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Week commencing 24th February 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	10:00am – 12:15pm The Roger Nicklin Walk: Gracious Pond to Fairoaks Meet at Woking Mind/ Drop off: Gracious Pond GU24 8HL Pick up: Fairoaks Airport GU24 8HU	9:30am – 11:00am Shifa Asian Women Support: Life in the UK course. (07897 316 978 for info) Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Postnatal Depression Support Group Parkview Centre, Sheerwater, GU21 5NZ.
10:30am – 12:00pm Managing Intense emotions Support Group Woking Mind Centre: GU21 5HQ	10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required) Woking Mind Centre: GU21 5HQ	10:00am – 2:00pm Lighthouse Activity Meet at the Lighthouse, 8-10 High Street, Woking GU21 6BG	1:00pm – 2:30pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) Woking Mind Centre: GU21 5HQ
12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU21 5HQ	11:00am – 11:30am Walking for Health - Starter Walk: Woking Leisure Centre, Woking Park, Kingfield Way GU22 9BA	10:15am – 11:45am Discussion & Creative Writing with Shirlyn Pre-booking only. Woking Mind Centre: GU21 5HQ	7:30pm - 9:30pm Eating Disorder Carer group Woking Mind Centre: GU21 5HQ	12:30am – 2:30pm Wellbeing Support Group Parkview Centre, Sheerwater, GU21 5NZ
12:30pm – 1:30pm Gentle Exercise with Sylvia Woking Mind Centre: GU21 5HQ	12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU21 5HQ	11:00am – 12:30pm Walking for Health - Regular Walk: Saturn Trail to St John's. Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA		
1:00pm – 2:30pm Wellbeing Support Group (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	1:30pm – 3:00pm Walking for Health - Regular Walk: Cow Pond & Beyond. Meet at Bishopsgate entrance, Bishopsgate Road, Englefield Green TW20 0XU	11:00pm – 12:30pm Shifa Asian Women Support: Driving Theory (07897 316 978 for info) Woking Mind Centre: GU21 5HQ		
6:30pm – 8:30pm Young Persons 18-25: Wellbeing Support Group Woking Mind Centre: GU21 5HQ	7pm- 8pm Mindfulness Meditation Woking Mind Centre: GU21 5HQ	1:00 – 2:00pm Shifa Asian Womens Support: A2 exam preparation course Woking Mind Centre, GU21 5HQ		
	7:00pm – 9:00pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	6:30pm – 8:30pm Anxiety Support Group Woking Mind Centre: GU21 5HQ		
		7:30pm – 9:00pm Depression & Anxiety Support Group (Addlestone Community Centre, Garfield Road, KT15 2NJ)		

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