

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 9:30am – 11:30am Postnatal Depression (Parkview Centre, Sheerwater, GU21 5NZ. Pre-book free creche 01483 730517) | 10:00am - 12:15pm The Roger Nicklin Walk: Sainsbury, GU21 2QT | 10:00am – 12:00pm Art & Conversation with Duncan National Stress day Activity | 9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL | 9:30am – 11:30am Managing Emotions (Parkview Centre, Sheerwater, GU21 5NZ.) |
| 10:00am – 12:00pm Art & Conversation with Duncan Firework art | 10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required) | 10:15am – 11:45am Discussion & Creative Writing with Shirlyn | 1:00pm – 2:30pm Managing Mental Health & Wellbeing | 9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) |
| 12:00pm – 12:30pm Social over Sandwich (£1 contribution) | 11:00am – 11:30am Ramblers walking for Health - Starter Walk: The Lightbox, Victoria way GU21 4AA | 11:00am – 12:30pm Ramblers Walking for Health - Regular Walk: Dodds Wood & River Way Meet outside The Yeoman Pub (Harvester) | 4:00pm – 5:00pm Linking Minds | |
| 12:30pm – 1:30pm Gentle Exercise with Sylvia | 12:00pm – 12:30pm Social over Sandwich (£1 contribution) | 12:00pm – 1:00pm Hot Lunch Pizza (£3 contribution) | 6:30pm – 8:30pm Living with Anxiety | |
| 1:00pm – 2:30pm Healthy Living & Coping Skills (Virginia Lodge, 68a Station Road, Egham, TW20 9LF) | 12:30pm – 2:00pm Film Club: Mr. Popper's Penguins | 1:00pm – 2:00pm Bingo (£1 contribution) | 7:00pm - 9:00pm All Carers | |
| 6:30pm – 8:30pm Young Persons 18-25: Managing Relationships & Emotional Resilience | 1:30pm – 3:00pm Ramblers walking for Health - Regular Walk: Green Lane Loop, meet at river Bourne club, Heriot road, Chertsey KT16 9DR | 7:30pm – 9:00pm Depression & Anxiety Support (Addlestone Community Centre, Garfield Road, KT15 2NJ) | 7:30pm - 9:30pm Eating Disorder Support | |
| | 2:30pm- 3:30pm Mindfulness: Approaches to Mindful Resilience & Stress | 9:30am – 11:30am Shifa Asian Women Support: Driving Theory (07897 316 978 for info) | | |
| | 7:00pm – 9:00pm Managing Depression & Anxiety | 12:00pm – 2:00pm Shifa Asian Women Support: Life in the UK course (07897 316 978 for info) | | |
| | 7:00pm – 9:00pm Carer Support: Husbands/Wives/Partners | | | |

If you are experiencing a mental health crisis and need to speak to someone urgently:

- 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.

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| 9:30am – 11:30am Postnatal Depression (Parkview Centre, Sheerwater, GU21 5NZ. Pre-book free creche 01483 730517) | 10:00am - 12:15pm The Roger Nicklin Walk: Lightwater Country Park GU18 5RG | 10:00am – 11:45am Lightbox visit: (Meet in café 10:00am -10.30am) | 9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL | 9:30am – 11:30am Managing Emotions (Parkview Centre, Sheerwater, GU21 5NZ.) |
| 10:00am – 12:00pm Art & Conversation with Duncan Make a poppy | 10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required) | 10:15am – 11:45am Discussion & Creative Writing with Shirlyn | 1:00pm – 2:30pm Managing Mental Health & Wellbeing | 9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) |
| 12:00pm – 12:30pm Social over Sandwich (£1 contribution) | 11:00am – 11:30am Ramblers walking for Health - Starter Walk: Woking Leisure Centre, Woking Park, Kingfield Way GU22 9BA | 11:00am – 12:30pm Ramblers Walking for Health - Regular Walk: Bullbeggars & Horsell Moor, Meet in the café at the Lightbox, GU21 4AA | 6:30pm – 8:30pm Living with Anxiety | |
| 12:30pm – 1:30pm Gentle Exercise with Sylvia | 12:00pm – 12:30pm Social over Sandwich (£1 contribution) | 12:00pm – 1:00pm Hot Lunch Pizza (£3 contribution) | 7:00pm - 9:00pm All Carers | |
| 1:00pm – 2:30pm Healthy Living & Coping Skills (Virginia Lodge, 68a Station Road, Egham, TW20 9LF) | 12:30pm – 2:00pm Autumn activity | 1:00pm – 2:00pm Bingo (£1 contribution) | | |
| 6:30pm – 8:30pm Young Persons 18-25: Managing Relationships & Emotional Resilience | 1:30pm – 3:00pm Ramblers walking for Health - Regular Walk: Dodds Lane & Ridgeway loop, Meet outside The Yeoman pub (Harvester) 81 old Woking Road West Byfleet KT14 6JA, Runnymede | 7:30pm – 9:00pm Depression & Anxiety Support (Addlestone Community Centre, Garfield Road, KT15 2NJ) | | |
| | 7:00pm – 9:00pm Managing Depression & Anxiety | 9:30am – 11:30am Shifa Asian Women Support: Driving Theory (07897 316 978 for info) | | |
| | 7:00pm – 8:00pm Mindfulness: Approaches to Mindful Resilience & Stress | 12:00pm – 2:00pm Shifa Asian Women Support: Life in the UK course (07897 316 978 for info) | | |
| | 7:00pm – 9:00pm Carer Support: Husbands/Wives/Partners | | | |

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| 10:00am – 12:00pm Art & Conversation with Duncan | 10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required) | 10:00- 12:00 Lets talk about current affairs with Nick | 1:00pm – 2:30pm Managing Mental Health & Wellbeing | 9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) |
| 12:00pm – 12:30pm Social over Sandwich (£1 contribution) | 11:00am – 11:30am Ramblers walking for Health - Starter Walk: The Lightbox, Victoria Way GU21 4AA | 10:15am – 11:45am Discussion & Creative Writing with Shirlyn | 6:30pm – 8:30pm Living with Anxiety | |
| 12:30pm – 1:30pm Gentle Exercise with Sylvia | 12:00pm – 12:30pm Social over Sandwich (£1 contribution) | 11:00am – 12:30pm Ramblers Walking for Health - Regular Walk: The Saturn Trail to St Johns, meet in the café at the lightbox, GU21 4AA | 7:00pm - 9:00pm All Carers | |
| 1:00pm – 2:30pm Healthy Living & Coping Skills (Virginia Lodge, 68a Station Road, Egham, TW20 9LF) | 12:30pm – 2:00pm Film Club: The Full Monty | 12:00pm – 1:00pm Hot Lunch (£3 contribution) | 7:30pm - 9:30pm Eating Disorder Support | |
| 6:30pm – 8:30pm Young Persons 18-25: Managing Relationships & Emotional Resilience | 1:30pm – 3:00pm Ramblers walking for Health - Regular Walk: Towpath – White Hart, meet outside Tesco Addlestone, Runnymede | 1:00pm – 2:00pm Bingo (£1 contribution) | | |
| | 2:30pm- 3:30pm Mindfulness: Approaches to Mindful Resilience & Stress | 7:30pm – 9:00pm Depression & Anxiety Support (Addlestone Community Cebtre, Garfield Road, KT15 2NJ) | | |
| | 7:00pm – 9:00pm Managing Depression & Anxiety | 9:30am – 11:30am Shifa Asian Women Support: Driving Theory (07897 316 978 for info) | | |
| | 7:00pm – 9:00pm Carer Support: Husbands/Wives/Partners | 12:00pm – 2:00pm Shifa Asian Women Support: Life in the UK course (07897 316 978 for info) | | |

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| 10:00am – 12:00pm Art & Conversation with Duncan | 10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required) | 10:15am – 11:45am Discussion & Creative Writing with Shirlyn | 1:00pm – 2:30pm Managing Mental Health & Wellbeing | 9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) |
| 12:00pm – 12:30pm Social over Sandwich (£1 contribution) | 11:00am – 11:30am Ramblers walking for Health - Starter Walk: Woking Leisure Centre, Woking Park, Kingfield Way GU22 9BA | 11:00am – 12:30pm Ramblers Walking for Health - Regular Walk: Horsell Village loop, meet in the café at the Lightbox, GU21 4AA | 6:30pm – 8:30pm Living with Anxiety | |
| 12:30pm – 1:30pm Gentle Exercise with Sylvia | 12:00pm – 12:30pm Social over Sandwich (£1 contribution) | 12:00pm – 1:00pm Hot Lunch (£3 contribution) | 7:00pm - 9:00pm All Carers | |
| 1:00pm – 2:30pm Healthy Living & Coping Skills (Virginia Lodge, 68a Station Road, Egham, TW20 9LF) | 12:30pm – 2:00pm Game afternoon | 1:00pm – 2:00pm Bingo (£1 contribution) | 7:30pm - 9:30pm Eating Disorder Carer Group | |
| 6:30pm – 8:30pm Young Persons 18-25: Managing Relationships & Emotional Resilience | 1:30pm – 3:00pm Ramblers walking for Health - Regular Walk: Cow Pond & Beyond, Meet at Bishopsgate entrance, Bishopsgate Road, Englefield green TW20 OXU Runnymede | 7:30pm – 9:00pm Depression & Anxiety Support (Addlestone Community Centre, Garfield Road, KT15 2NJ) | | |
| | 7:00pm – 9:00pm Managing Depression & Anxiety | 9:30am – 11:30am Shifa Asian Women Support: Driving Theory (07897 316 978 for info) | | |
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