

Week commencing 6th January 2020

www.wokingmind.org.uk 01483 757 460

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm	10:15am - 12:15pm	10:00am – 12:00pm	9:30am – 12:30pm	9:30am – 11:30am
Art & Conversation with Duncan	The Roger Nicklin Walk:	Art & Conversation with Duncan	Shifa Asian Women Support:	Postnatal Depression
Woking Mind Centre: GU21 5HQ	Goldworth Park-Meet at Woking Mind.	Woking Mind Centre: GU21 5HQ	Drop-in & ESOL	Parkview Centre, Sheerwater, GU21 5NZ.
	Waitrose GU21 3LG		Woking Mind Centre: GU21 5HQ	
	(Mindful walking option with Emma)			
10:30am – 12:00pm	10:00am – 2:00pm	10:15am – 11:45am	1:00pm – 2:30pm	9:30am – 12:30pm
Wellbeing Support Group	121 Wellbeing Sessions	Discussion & Creative Writing with Shirlyn	Wellbeing Support Group	Shifa Asian Women Support: Drop-in &
NEW support group	(40 mins - booking required).	Pre-booking only	Woking Mind Centre: GU21 5HQ	ESOL (07897 316 978 for info). Woking
Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		Mind Centre: GU21 5HQ
12:00pm – 12:30pm	11:00am – 11:30am	11:00am – 12:30pm	7:00pm - 9:00pm	12:30am – 2:30pm
Social over Sandwich	Ramblers walking for Health - Starter	Ramblers Walking for Health - Regular	All Carers Group	Wellbeing Support Group
(£1 contribution)	Walk: The Lightbox, Victoria way GU21	Walk: Bullbeggars & Horsell Moor. Meet	Woking Mind Centre: GU21 5HQ	Parkview Centre, Sheerwater, GU21 5NZ
Woking Mind Centre: GU215HQ	4AA	in the café at The Lightbox, Victoria Way,	5	
0		Woking GU21 4AA		
12:30pm – 1:30pm	12:00pm – 12:30pm	12:00pm – 1:00pm		
Gentle Exercise with Sylvia	Social over Sandwich	Hot Lunch		
Woking Mind Centre: GU21 5HQ	(£1 contribution)	(£3 contribution)		
	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		
1:00pm – 2:30pm	12:30pm – 2:00pm	1:00pm – 2:00pm		
Wellbeing Support Group	Quiz	Bingo		
(Virginia Lodge, 68a Station Road, Egham,	Woking Mind Centre: GU21 5HQ	(£1 contribution)		
TW20 9LF)		Woking Mind Centre: GU21 5HQ		
6:30pm – 8:30pm	1:30pm – 3:00pm	7:30pm – 9:00pm		
Young Persons 18-25:	Ramblers walking for Health - Regular	Depression & Anxiety Support		
Wellbeing Support Group	Walk: RiverBourne & Abbey.	(Addlestone Community Centre, Garfield		
Woking Mind Centre: GU21 5HQ	Meet at River Bourne Club, Heriot Road,	Road, KT15 2NJ)		
	Chertsey KT16 9DR			
	2:30pm- 3:30pm	9:30am – 11:30am		
	Mindfulness: Approaches to Mindful	Shifa Asian Women Support: Driving		
	Resilience & Stress	Theory (07897 316 978 for info)		
	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm	12:00pm – 2:00pm		
	Managing Depression & Anxiety	Shifa Asian Women Support:		
	Woking Mind Centre: GU21 5HQ	Life in the UK course.		
		Woking Mind Centre: GU21 5HQ		
		6:30pm – 8:30pm		
		Living with Anxiety		
		Woking Mind Centre: GU215HQ		

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.



Week commencing 13th January 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm	10:30am - 12:15pm	10:00am – 12:00pm	9:30am – 12:30pm	9:30am – 11:30am
Art & Conversation with Duncan	The Roger Nicklin Walk:	Art & Conversation with Duncan	Shifa Asian Women Support: Drop-in &	Postnatal Depression
Woking Mind Centre: GU21 5HQ	Meet at Woking Mind: Mytchett, Canal	Woking Mind Centre: GU21 5HQ	ESOL	(Parkview Centre, Sheerwater, GU21 5NZ.
	Centre GU16 6DD		Woking Mind Centre: GU21 5HQ	
10:30am – 12:00pm	10:00am – 2:00pm	10:15am – 11:45am	1:00pm – 2:30pm	9:30am – 12:30pm
Managing Intense emotions	121 Wellbeing Sessions	Discussion & Creative Writing with Shirlyn	Wellbeing Support Group	Shifa Asian Women Support: Drop-in &
Woking Mind Centre: GU21 5HQ	(40 mins - booking required)	Pre-booking only	Woking Mind Centre: GU21 5HQ	ESOL (07897 316 978 for info)
	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		Woking Mind Centre: GU21 5HQ
11:00am – 11.30am	11:00am – 11:30am	11:00am – 12:00pm	7:30pm - 9:30pm	12:30am – 2:30pm
Mindfulness with Emma	Ramblers walking for Health - Starter Walk:	Let's Talk about Current Affairs with Nick	Eating Disorder Support	Wellbeing Support Group
Woking Mind Centre: GU21 5HQ	Woking Leisure Centre, Woking Park,	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ	Parkview Centre, Sheerwater, GU21 5NZ
	Kingfield Way GU22 9BA		6	
12:00pm – 12:30pm	12:00pm – 12:30pm	11:00am – 12:30pm		
Social over Sandwich	Social over Sandwich	Ramblers Walking for Health - Regular		
(£1 contribution)	(£1 contribution)	Walk: The Saturn Trail to Parkview. Meet in		
Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ	the café at The Lightbox. Victoria Way,		
		Woking GU21 4AA		
12:30pm – 1:30pm	12:30pm – 2:00pm	12:00pm – 1:00pm		
Gentle Exercise with Sylvia	Art Activity	Hot Lunch (£3 contribution)		
Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		
1:00pm – 2:30pm	1:30pm – 3:00pm	1:00pm – 2:00pm		
Wellbeing Support Group	Ramblers walking for Health - Regular	Bingo		
(Virginia Lodge, 68a Station Road, Egham,	Walk: West Byfleet Canal loop. Meet	(£1 contribution)		
TW20 9LF)	outside The Yeoman pub, 81 Old Woking	Woking Mind Centre: GU21 5HQ		
	Rd, West Byfleet KT14 6JA			
6:30pm – 8:30pm	7:00pm – 9:00pm	7:30pm – 9:00pm		
Young Persons 18-25:	Managing Depression & Anxiety	Depression & Anxiety Support		
Wellbeing Support Group	Woking Mind Centre: GU21 5HQ	(Addlestone Community Centre, Garfield		
Woking Mind Centre: GU21 5HQ		Road, KT15 2NJ		
	7:00pm – 8:00pm	9:30am – 11:30am		
	Mindfulness: Approaches to Mindful	Shifa Asian Women Support: Driving		
	Resilience & Stress	Theory (07897 316 978 for info)		
	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		
		12:00pm – 2:00pm		
		Shifa Asian Women Support:		
		Life in the UK course.		
		Woking Mind Centre: GU21 5HQ		
		6:30pm – 8:30pm		
		Living with Anxiety		
		Woking Mind Centre: GU21 5HQ		

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

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- 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 20th January 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm	10:15am - 12:15pm	10:00am – 12:00pm	9:30am – 12:30pm	9:30am – 11:30am
Art & Conversation with Duncan	The Roger Nicklin Walk:	Art & Conversation with Duncan	Shifa Asian Women Support: Drop-in	Postnatal Depression
Woking Mind Centre: GU21 5HQ	Meet at Woking Mind: Heather Farm	Woking Mind Centre: GU21 5HQ	& ESOL	(Parkview Centre, Sheerwater, GU21
	Wetland Centre, GU21 4XY		Woking Mind Centre: GU21 5HQ	5NZ.
10:30am – 12:00pm	10:00am – 2:00pm	10:15am – 11:45am	1:00pm – 2:30pm	9:30am – 12:30pm
Managing Intense emotions	121 Wellbeing Sessions	Discussion & Creative Writing with	Wellbeing Support Group	Shifa Asian Women Support:
Woking Mind Centre: GU21 5HQ	(40 mins - booking required)	Shirlyn Pre-booking only	Woking Mind Centre: GU21 5HQ	Drop-in & ESOL
	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		(07897 316 978 for info)
12:00pm – 12:30pm	11:00am – 11:30am	11:00am – 12:30pm	7:30pm - 9:30pm	12:30am – 2:30pm
Social over Sandwich	Ramblers walking for Health - Starter	Ramblers Walking for Health -	Eating Disorder Carer group	Wellbeing Support Group
(£1 contribution)	Walk: The Lightbox, Victoria Way	Regular Walk: Horsell Village Loop.	Woking Mind Centre: GU21 5HQ	Parkview Centre, Sheerwater, GU21 5NZ
Woking Mind Centre: GU21 5HQ	GU21 4AA	Meet in the café at The Lightbox,		
		Victoria Way, Woking GU21 4AA		
12:30pm – 1:30pm	12:00pm – 12:30pm	12:00pm – 1:00pm		
Gentle Exercise with Sylvia	Social over Sandwich	Hot Lunch		
Woking Mind Centre: GU21 5HQ	(£1 contribution)	(£3 contribution)		
1:00pm – 2:30pm	12:30pm – 2:00pm	1:00pm – 2:00pm		
Wellbeing Support Group	Film Club:	Bingo (£1 contribution)		
(Virginia Lodge, 68a Station Road, Egham,	Ghost Busters	Woking Mind Centre: GU21 5HQ		
TW20 9LF)	Woking Mind Centre: GU21 5HQ			
6:30pm – 8:30pm	1:30pm – 3:00pm	7:30pm – 9:00pm		
Young Persons 18-25:	Ramblers walking for Health -	Depression & Anxiety Support		
Wellbeing Support Group	Regular Walk: Addlestone-	(Addlestone Community Centre,		
Woking Mind Centre: GU21 5HQ	Weybridge Loop. Meet outside Tesco,	Garfield Road, KT15 2NJ)		
	Addlestone			
	2:30pm- 3:30pm	9:30am – 11:30am		
	Mindfulness: Approaches to Mindful	Shifa Asian Women Support: Driving		
	Resilience & Stress	Theory (07897 316 978 for info)		
	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm	12:00pm – 2:00pm		
	Managing Depression & Anxiety	Shifa Asian Women Support:		
	Woking Mind Centre: GU21 5HQ	Life in the UK course		
		(07897 316 978 for info)		
		Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm	6:30pm – 8:30pm		
	Carer Support:	Living with Anxiety		
	Husbands/Wives/Partners	Woking Mind Centre: GU21 5HQ		
	Woking Mind Centre: GU21 5HQ	_		

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Week commencing 27th January 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm	10:00am – 12:00pm	10:00am – 12:00pm	9:30am – 12:30pm	9:30am – 11:30am
Art & Conversation with Duncan	The Roger Nicklin Walk:	Art & Conversation with Duncan	Shifa Asian Women Support: Drop-in &	Postnatal Depression
Woking Mind Centre: GU21 5HQ	Meet at Woking Mind: Shere Village,	Woking Mind Centre: GU21 5HQ	ESOL	Parkview Centre, Sheerwater, GU21 5NZ.
	recreation Ground GU5 9JF		Woking Mind Centre: GU21 5HQ	
10:30am – 12:00pm	10:00am – 2:00pm	10:15am – 11:45am	1:00pm – 2:30pm	9:30am – 12:30pm
Managing Intense emotions	121 Wellbeing Sessions	Discussion & Creative Writing with Shirlyn	Wellbeing Support Group	Shifa Asian Women Support: Drop-in &
Woking Mind Centre: GU21 5HQ	(40 mins - booking required)	Pre-booking only.	Woking Mind Centre: GU21 5HQ	ESOL (07897 316 978 for info)
	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		Woking Mind Centre: GU21 5HQ
12:00pm – 12:30pm	11:00am – 11:30am	11:00am – 12:30pm		12:30am – 2:30pm
Social over Sandwich	Ramblers walking for Health - Starter	Ramblers Walking for Health - Regular		Wellbeing Support Group
(£1 contribution)	Walk: Woking Leisure Centre, Woking	Walk: Goldsworth Park Lake & Canal.		Parkview Centre, Sheerwater, GU21 5NZ
Woking Mind Centre: GU21 5HQ	Park, Kingfield Way GU22 9BA	Meet outside Waitrose, 1 Goldsworth Park		
		Centre, Denton Way, Woking GU21 3LG		
12:30pm – 1:30pm	12:00pm – 12:30pm	12:00pm – 1:00pm		
Gentle Exercise with Sylvia	Social over Sandwich	Hot Lunch (£3 contribution)		
Woking Mind Centre: GU21 5HQ	(£1 contribution)	Woking Mind Centre: GU21 5HQ		
	Woking Mind Centre: GU21 5HQ			
1:00pm – 2:30pm	12:30pm – 2:00pm	1:00pm – 2:00pm		
Wellbeing Support Group	Quiz	Bingo (£1 contribution)		
(Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		
6:30pm – 8:30pm	1:30pm – 3:00pm	7:30pm – 9:00pm		
Young Persons 18-25:	Ramblers walking for Health - Regular	Depression & Anxiety Support		
Wellbeing Support Group	Walk: Wick & Obelisk Ponds. Meet in car	(Addlestone Community Centre, Garfield		
Woking Mind Centre: GU21 5HQ	park Wheatsheaf Hotel, London Road,	Road, KT15 2NJ)		
	Virginia Water GU25 4QF			
	2:30pm- 3:30pm	9:30am – 11:30am		
	Mindfulness: Approaches to Mindful	Shifa Asian Women Support: Driving		
	Resilience & Stress	Theory (07897 316 978 for info)		
	Woking Mind Centre: GU21 5HQ	Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm	12:00pm – 2:00pm		
	Managing Depression & Anxiety	Shifa Asian Women Support: Life in the		
	Woking Mind Centre: GU21 5HQ	UK course		
		(07897 316 978 for info)		
		Woking Mind Centre: GU21 5HQ		
		6:30pm – 8:30pm		
		Living with Anxiety		
		Woking Mind Centre: GU21 5HQ		

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