

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: Goldworth Park -Meet at Woking Mind. Waitrose GU21 3LG (Mindful walking option with Emma)	10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Postnatal Depression Parkview Centre, Sheerwater, GU21 5NZ.
10:30am – 12:00pm Wellbeing Support Group NEW 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	1:00pm – 2:30pm Wellbeing 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: GU215HQ	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: Bullbeggars & Horsell Moor. Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA	7:00pm - 9:00pm All Carers 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	12:00pm – 1:00pm Hot Lunch (£3 contribution) Woking Mind Centre: GU21 5HQ		
1:00pm – 2:30pm Wellbeing Support Group (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	12:30pm – 2:00pm Quiz Woking Mind Centre: GU21 5HQ	1:00pm – 2:00pm Bingo (£1 contribution) Woking Mind Centre: GU21 5HQ		
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: RiverBourne & Abbey. Meet at River Bourne Club, Heriot Road, Chertsey KT16 9DR	7:30pm – 9:00pm Depression & Anxiety Support (Addlestone Community Centre, Garfield Road, KT15 2NJ)		
	2:30pm- 3:30pm Mindfulness: Approaches to Mindful Resilience & Stress Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Shifa Asian Women Support: Driving Theory (07897 316 978 for info) Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm Managing Depression & Anxiety 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: 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.

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

- 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.

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: Meet at Woking Mind: Heather Farm Wetland Centre, GU21 4XY	10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Postnatal Depression (Parkview Centre, Sheerwater, GU21 5NZ.
10:30am – 12:00pm Managing Intense emotions 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	1:00pm – 2:30pm Wellbeing Support Group Woking Mind Centre: GU21 5HQ	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) Woking Mind Centre: GU21 5HQ	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: Horsell Village Loop. Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA	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)	12:00pm – 1:00pm Hot Lunch (£3 contribution)		
1:00pm – 2:30pm Wellbeing Support Group (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	12:30pm – 2:00pm Film Club: Ghost Busters Woking Mind Centre: GU21 5HQ	1:00pm – 2:00pm Bingo (£1 contribution) Woking Mind Centre: GU21 5HQ		
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- Weybridge Loop. Meet outside Tesco, Addlestone	7:30pm – 9:00pm Depression & Anxiety Support (Addlestone Community Centre, Garfield Road, KT15 2NJ)		
	2:30pm- 3:30pm Mindfulness: Approaches to Mindful Resilience & Stress Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Shifa Asian Women Support: Driving Theory (07897 316 978 for info) Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm Managing Depression & Anxiety Woking Mind Centre: GU21 5HQ	12:00pm – 2:00pm Shifa Asian Women Support: Life in the UK course (07897 316 978 for info) Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm Carer Support: Husbands/Wives/Partners 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:

- 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.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	10:00am – 12:00pm The Roger Nicklin Walk: Meet at Woking Mind: Shere Village, recreation Ground GU5 9JF	10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Postnatal Depression Parkview Centre, Sheerwater, GU21 5NZ.
10:30am – 12:00pm Managing Intense emotions 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	1:00pm – 2:30pm Wellbeing 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 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: Goldsworth Park Lake & Canal. Meet outside Waitrose, 1 Goldsworth Park Centre, Denton Way, Woking GU21 3LG		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	12:00pm – 1:00pm Hot Lunch (£3 contribution) Woking Mind Centre: GU21 5HQ		
1:00pm – 2:30pm Wellbeing Support Group (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	12:30pm – 2:00pm Quiz Woking Mind Centre: GU21 5HQ	1:00pm – 2:00pm Bingo (£1 contribution) Woking Mind Centre: GU21 5HQ		
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: Wick & Obelisk Ponds. Meet in car park Wheatsheaf Hotel, London Road, Virginia Water GU25 4QF	7:30pm – 9:00pm Depression & Anxiety Support (Aldstone Community Centre, Garfield Road, KT15 2NJ)		
	2:30pm- 3:30pm Mindfulness: Approaches to Mindful Resilience & Stress Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Shifa Asian Women Support: Driving Theory (07897 316 978 for info) Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm Managing Depression & Anxiety Woking Mind Centre: GU21 5HQ	12:00pm – 2:00pm Shifa Asian Women Support: Life in the UK course (07897 316 978 for info) 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:

- 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.