

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30am – 11:30am</b> <b>Postnatal Depression</b> (Parkview Centre, Sheerwater, GU21 5NZ. Pre-book free creche 01483 730517)	<b>10:00am - 12:15pm</b> <b>The Roger Nicklin Walk:</b> Mindful Walking Virginia Water, Wheatsheaf Hotel, GU25 4QF	<b>10:00am – 12:00pm</b> <b>Art &amp; Conversation with Duncan</b> <b>Christmas window decorations</b>	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL	<b>9:30am – 11:30am</b> <b>Managing Emotions</b> (Parkview Centre, Sheerwater, GU21 5NZ.)
<b>10:00am – 12:00pm</b> <b>Art &amp; Conversation with Duncan</b> <b>Christmas trees made from card</b>	<b>10:00am – 2:00pm</b> <b>121 Wellbeing Sessions</b> (40 mins - booking required)	<b>10:15am – 11:45am</b> <b>Let's talk about Current Affairs with Nick.</b>	<b>1:00pm – 2:30pm</b> <b>Managing Mental Health &amp; Wellbeing</b>	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL (07897 316 978 for info)
<b>10:30pm – 11:45pm</b> <b>Magical Mindful Monday</b> <b>With Emma</b> (Sign up)	<b>11:00am – 11:30am</b> <b>Ramblers walking for Health - Starter</b> Walk: The Lightbox, Victoria way GU21 4AA	<b>10:15am – 11:45am</b> <b>Discussion &amp; Creative Writing with Shirlyn</b> <b>Pre-booking only</b>	<b>6:30pm – 8:30pm</b> <b>Living with Anxiety</b>	
<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)	<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)	<b>11:00am – 12:30pm</b> <b>Ramblers Walking for Health - Regular Walk:</b> St Johns Lye & Hook Heath, meet St Johns Lye public car park, St John's, Woking GU21 7SQ	<b>7:30pm - 9:30pm</b> <b>Eating Disorder Support</b>	
<b>12:30pm – 1:30pm</b> <b>Gentle Exercise with Sylvia</b>	<b>12:30pm – 2:00pm</b> <b>Film Club:</b> Home Alone	<b>12:00pm – 1:00pm</b> <b>Hot Lunch</b> <b>Pizza</b> (£3 contribution)		
<b>1:00pm – 2:30pm</b> <b>Healthy Living &amp; Coping Skills</b> (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	<b>1:30pm – 3:00pm</b> <b>Ramblers walking for Health - Regular</b> Walk: Meads & Marina, meet at River Bourne Club, Heriot Road, Chertsey, KT16 9DR	<b>1:00pm – 2:00pm</b> <b>Bingo</b> (£1 contribution)		
<b>6:30pm – 8:30pm</b> <b>Young Persons 18-25:</b> Managing Relationships & Emotional Resilience	<b>2:30pm- 3:30pm</b> <b>Mindfulness:</b> Approaches to Mindful Resilience & Stress	<b>7:30pm – 9:00pm</b> <b>Depression &amp; Anxiety Support</b> (Addlestone Community Centre, Garfield Road, KT15 2NJ)		
	<b>7:00pm – 9:00pm</b> <b>Managing Depression &amp; Anxiety</b>	<b>9:30am – 11:30am</b> <b>Shifa Asian Women Support:</b> Driving Theory (07897 316 978 for info)		
		<b>12:00pm – 2:00pm</b> <b>Shifa Asian Women Support:</b> Life in the UK course.		

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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.

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<b>9:30am – 11:30am</b> <b>Postnatal Depression</b> (Parkview Centre, Sheerwater, GU21 5NZ. Pre-book free creche 01483 730517)	<b>10:30am - 12:15pm</b> <b>The Roger Nicklin Walk:</b> Sheerwater, CornerHouse, GU21 5HQ	<b>CHRISTMAS DAY LUNCH AND GAMES ALL DAY!</b>	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL	<b>9:30am – 11:30am</b> <b>Managing Emotions</b> (Parkview Centre, Sheerwater, GU21 5NZ.)
<b>10:00am – 12:00pm</b> <b>Art &amp; Conversation with Duncan</b> <b>Snowflake tree decorations</b>	<b>10:00am – 2:00pm</b> <b>121 Wellbeing Sessions</b> (40 mins - booking required)	<b>10:00am – 12:00pm</b> <b>Visit to the Lightbox, back around 11:00 for lunch and games</b>	<b>1:00pm – 2:30pm</b> <b>Managing Mental Health &amp; Wellbeing</b>	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL (07897 316 978 for info)
<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)	<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)	<b>10:15am – 11:45am</b> <b>Discussion &amp; Creative Writing with Shirlyn</b> <b>Pre-booking only</b>	<b>6:30pm – 8:30pm</b> <b>Living with Anxiety</b>	
<b>12:30pm – 1:30pm</b> <b>Gentle Exercise with Sylvia</b>	<b>12:30pm – 2:00pm</b> <b>Christmas Activity</b> <b>Creating room decoration</b>	<b>11:00am – 12:30pm</b> <b>Ramblers Walking for Health</b> - Regular Walk: Basingstoke Canal & Muslim Burial Ground, meet in the café at The Lightbox, Woking GU21 4AA	<b>7:00pm - 9:00pm</b> <b>All Carers</b>	
<b>1:00pm – 2:30pm</b> <b>Wellbeing Group</b> (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	<b>1:30pm – 3:00pm</b> <b>Ramblers walking for Health</b> - Regular Walk: Bourne Valley, Canal & Woodham, meet at Bourne Vally Garden Centre, Woodham Park Road, Addlestone, KT15 3TH	<b>12:00pm – 1:00pm</b> <b>Christmas lunch</b> (£3 contribution) <b>And Bingo</b> (£1 contribution)		
<b>6:30pm – 8:30pm</b> <b>Young Persons 18-25:</b> Managing Relationships & Emotional Resilience	<b>7:00pm – 9:00pm</b> <b>Managing Depression &amp; Anxiety</b>	<b>7:30pm – 9:00pm</b> <b>Depression &amp; Anxiety Support</b> (Addlestone Community Centre, Garfield Road, KT15 2NJ)		
	<b>7:00pm – 8:00pm</b> <b>Mindfulness:</b> Approaches to Mindful Resilience & Stress	<b>9:30am – 11:30am</b> <b>Shifa Asian Women Support:</b> Driving Theory (07897 316 978 for info)		
		<b>12:00pm – 2:00pm</b> <b>Shifa Asian Women Support:</b> Life in the UK course (07897 316 978 for info)		

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<b>9:30am – 11:30am</b> <b>Postnatal Depression</b> (Parkview Centre, Sheerwater, GU21 5NZ. Pre-book free creche 01483 730517)	<b>10:00am - 12:15pm</b> <b>The Roger Nicklin Walk:</b> Chilworth, Percy Arms, GU4 8NP	<b>10:00am – 12:00pm</b> <b>Art &amp; Conversation with Duncan and Bauble making with Michael</b> Pre-book	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL	<b>9:30am – 11:30am</b> <b>Managing Emotions</b> (Parkview Centre, Sheerwater, GU21 5NZ.)
<b>10:00am – 12:00pm</b> <b>Art &amp; Conversation with Duncan Christmas Cookies</b>	<b>10:00am – 2:00pm</b> <b>121 Wellbeing Sessions</b> (40 mins - booking required)	<b>10:15am – 11:45am</b> <b>Discussion &amp; Creative Writing with Shirlyn</b> <b>Pre-booking only</b>	<b>1:00pm – 2:30pm</b> <b>Managing Mental Health &amp; Wellbeing</b>	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL (07897 316 978 for info)
<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)	<b>11:00am – 11:30am</b> <b>Ramblers walking for Health - Starter</b> Walk: The Lightbox, Victoria Way GU21 4AA	<b>11:00am – 12:30pm</b> <b>Ramblers Walking for Health - Regular</b> Walk: Horsell Church, meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA	<b>6:30pm – 8:30pm</b> <b>Living with Anxiety</b>	
<b>12:30pm – 1:30pm</b> <b>Gentle Exercise with Sylvia</b>	<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)	<b>12:00pm – 1:00pm</b> <b>Hot Lunch</b> (£3 contribution)	<b>7:30pm - 9:30pm</b> <b>Eating Disorder Support</b>	
<b>1:00pm – 2:30pm</b> <b>Wellbeing Group</b> (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	<b>12:30pm – 2:00pm</b> <b>Film Club:</b> A Christmas Carol	<b>1:00pm – 2:00pm</b> <b>Bingo</b> (£1 contribution)		
<b>6:30pm – 8:30pm</b> <b>Young Persons 18-25:</b> Managing Relationships & Emotional Resilience	<b>1:30pm – 3:00pm</b> <b>Ramblers walking for Health - Regular</b> Walk: Vicory Pk, Sayes Ct & Millpond, meet outside Tesco, Station Rd, Addlestone, KT15 2AS	<b>7:30pm – 9:00pm</b> <b>Depression &amp; Anxiety Support</b> (Addlestone Community Cebtre, Garfield Road, KT15 2NJ)		
	<b>2:30pm- 3:30pm</b> <b>Mindfulness:</b> Approaches to Mindful Resilience & Stress	<b>9:30am – 11:30am</b> <b>Shifa Asian Women Support:</b> Driving Theory (07897 316 978 for info)		
	<b>7:00pm – 9:00pm</b> <b>Managing Depression &amp; Anxiety</b>	<b>12:00pm – 2:00pm</b> <b>Shifa Asian Women Support:</b> Life in the UK course (07897 316 978 for info)		
	<b>7:00pm – 9:00pm</b> <b>Carer Support:</b> <b>Husbands/Wives/Partners</b>			

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:00am – 12:00pm</b> <b>Art &amp; Conversation with Duncan</b> snowman socks <b>Window Snowflakes</b>	<b>10:00am – 12:00pm</b> <b>Christmas Art Activity</b> Christmas Trees	<b>Closed</b>	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL (07897 316 978 for info)
<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)	<b>10:00am – 2:00pm</b> <b>121 Wellbeing Sessions</b> (40 mins - booking required)			
<b>12:30pm – 1:30pm</b> <b>Gentle Exercise with Sylvia</b>	<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)			
	<b>12:30pm – 2:00pm</b> <b>Games afternoon</b>			

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## December Woking Mind Activities Programme

Week commencing 30<sup>th</sup> December 2019

[www.wokingmind.org.uk](http://www.wokingmind.org.uk)

07860 340 739

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:00am – 12:00pm</b> <b>Art &amp; Conversation with Duncan</b>	<b>10:15am - 12:15pm</b> <b>The Roger Nicklin Walk:</b> Fairoaks Airport, GU24 8HU	<b>Closed</b>	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL	<b>9:30am – 12:30pm</b> <b>Shifa Asian Women Support:</b> Drop-in & ESOL (07897 316 978 for info)
<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)	<b>12:00pm – 12:30pm</b> <b>Social over Sandwich</b> (£1 contribution)			
<b>12:30pm – 1:30pm</b> <b>Gentle Exercise with Sylvia</b>	<b>12:30pm – 2:00pm</b> <b>NEW YEARS ACTIVITY</b>			

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