



Catalyst is a non-profit organisation which works with people across Surrey struggling with issues arising from drugs, alcohol and mental health to reduce harm to themselves, their families and communities.



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## GET IN TOUCH

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Text: 07909 631 623

E: [welcomeproject@catalystsupport.org.uk](mailto:welcomeproject@catalystsupport.org.uk)

[www.welcomeprojectsurrey.co.uk](http://www.welcomeprojectsurrey.co.uk)



@WelcomePrjct

THE WELCOME PROJECT IS PART OF

Community Connections Surrey



[www.communityconnectionssurrey.com](http://www.communityconnectionssurrey.com)



PHOTOS: FRONT COVER, INSIDE MIDDLE AND FOLD:  
[WWW.KATHRYNCHAPMAN.CO.UK](http://WWW.KATHRYNCHAPMAN.CO.UK)

## THE WELCOME PROJECT

Unlocking Potential

## STRUGGLING WITH YOUR WELLBEING?



WE CAN HELP...  
SUPPORT, GUIDANCE AND ACTIVITIES



# THE WELCOME PROJECT

Unlocking Potential

We believe no-one should face mental health difficulties on their own. Or experience stigma and discrimination.

## The Welcome Project is free and is for:

- Working age adults
- Anyone living in Waverley, Guildford, Surrey Heath, Spelthorne, Runnymede, Woking and West Elmbridge
- Anyone wanting to improve mental health and wellbeing

## The Welcome Project offers:

- 1 to 1 support
- A range of group activities
- Advice and signposting to other support
- A friendly environment
- Support for the mental wellbeing of carers

We work closely with local communities and organisations.

“ Very friendly atmosphere. A member of staff has helped me on a one to one to boost my confidence. I have got more self-belief. The companionship and hobbies encouraged me to feel part of the group.

”

## Getting Support

Getting referred and accessing the support is simple. We accept referrals from GPs, Community Mental Health Teams and other organisations.

And you can refer yourself too.

## Call, email or text us:

T: 01483 590150

E: [welcomeproject@catalystsupport.org.uk](mailto:welcomeproject@catalystsupport.org.uk)

Text: 07909 631 623

Alternatively, you can download the Referral Form from [www.welcomeprojectsurrey.co.uk](http://www.welcomeprojectsurrey.co.uk)

## Our Partners

The Welcome Project works with partners to offer a wide range of support and activities:

### CornerHouse

[www.cornerhouse.cc](http://www.cornerhouse.cc)

### Oakleaf

[www.oakleaf-enterprise.org.uk](http://www.oakleaf-enterprise.org.uk)

### Voluntary Support – North Surrey

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

### Wellness with a Goal

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

### VASWS

[www.voluntaryactionsws.webeden.co.uk](http://www.voluntaryactionsws.webeden.co.uk)

### Guildford Action

[www.surreycommunity.info/guildfordaction](http://www.surreycommunity.info/guildfordaction)

### Canterbury Care

[www.canterburycarecentre.com](http://www.canterburycarecentre.com)

### Sunbury Accord

01784 420561

### Camberley District Open Mind Association

01252 878205

### Creative Response

[www.creativeresponsearts.org](http://www.creativeresponsearts.org)

