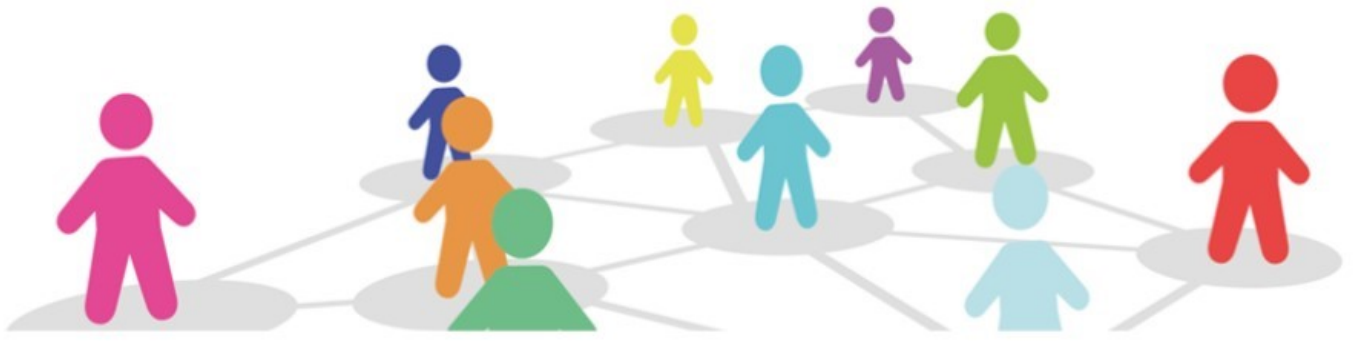


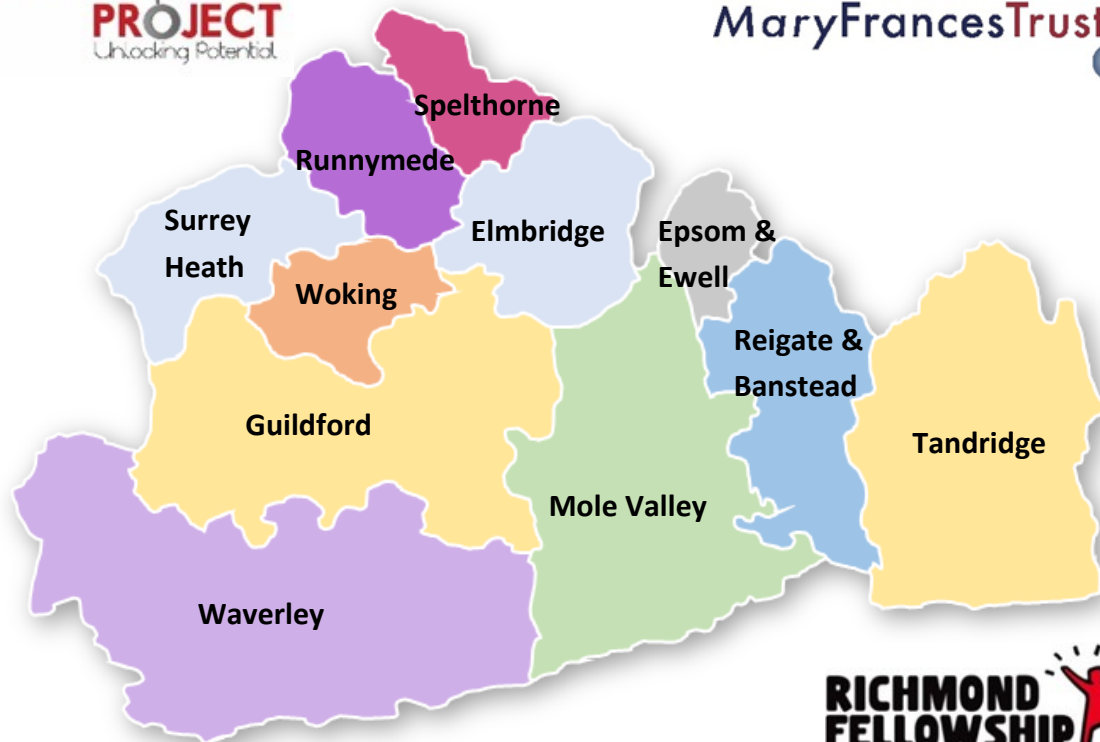
Community Connections Surrey



Supporting mental health and emotional wellbeing in Surrey

THE WELCOME PROJECT
Unlocking Potential

MaryFrancesTrust



RICHMOND FELLOWSHIP
MAKING RECOVERY REALITY

- ◆ One to one support
- ◆ Support groups
- ◆ Walking groups
- ◆ Drop in services
- ◆ Art groups
- ◆ Mindfulness sessions
- ◆ Social events and peer support
- ◆ Confidence building sessions
- ◆ Signposting to local agencies

Community Connections is for:

- Working age adults
- Anyone wanting to improve mental health and wellbeing
- We accept self referrals, GP and other organisation referrals

CCG Area	Lead Provider	Working in Partnership with:
<p>North West Surrey</p> <ul style="list-style-type: none"> • Spelthorne • Runnymede • Woking • Elmbridge (West) 	<p>THE WELCOME PROJECT Unlocking Potential.</p> <p>The Welcome Project</p> <p>Tel: 01483 590150 SMS: 07909 631623 Email: welcomeproject@catalystsupport.org.uk www.welcomeprojectsurrey.co.uk</p>	<p>voluntary support North Surrey improving lives locally</p> <p>MaryFrancesTrust</p> <p>CornerHouse</p>
<p>Guildford & Waverley</p> <ul style="list-style-type: none"> • Guildford • Waverley (excluding Farnham) 	<p>THE WELCOME PROJECT Unlocking Potential.</p> <p>The Welcome Project</p> <p>Tel: 01483 590150 SMS: 07909 631623 Email: welcomeproject@catalystsupport.org.uk www.welcomeprojectsurrey.co.uk</p>	<p>Voluntary Action South West Surrey</p> <p>oakleaf MAKING LIFE WORK WITH MENTAL ILLNESS</p> <p>Guildford Action "Enhancing Lives"</p> <p>The Canterbury Care Centre For those who want to stay in good mental health</p>
<p>Surrey Heath</p> <ul style="list-style-type: none"> • Surrey Heath • Waverley (Farnham only) 	<p>THE WELCOME PROJECT Unlocking Potential.</p> <p>The Welcome Project</p> <p>Tel: 01483 590150 SMS: 07909 631623 Email: welcomeproject@catalystsupport.org.uk www.welcomeprojectsurrey.co.uk</p>	<p>voluntary support North Surrey improving lives locally</p> <p>oakleaf MAKING LIFE WORK WITH MENTAL ILLNESS creative response arts for wellbeing</p> <p>Camberley District Open Mind Association</p>
<p>Surrey Downs</p> <ul style="list-style-type: none"> • Mole Valley • Epsom & Ewell • Elmbridge (East) • Reigate & Banstead (Banstead only) 	<p>MaryFrancesTrust</p> <p>Mary Frances Trust (Leatherhead)</p> <p>Tel: 01372 375 400 SMS Text: 07929 024 722 Email: info@maryfrancestrust.org.uk www.maryfrancestrust.org.uk</p>	<p>MaryFrancesTrust</p>
<p>East Surrey</p> <ul style="list-style-type: none"> • Reigate & Banstead (Reigate & Redhill areas) • Tandridge 	<p>RICHMOND FELLOWSHIP MAKING RECOVERY REALITY</p> <p>Richmond Fellowship (Redhill)</p> <p>Tel: 01737 771282 SMS Text: 07770 890245 Email: redhillcc@richmondfellowship.org.uk www.richmondfellowship.org.uk</p>	<p>REIGATE STEPPING STONES</p> <p>YMCA</p> <p>esdas working together towards a brighter future</p>