

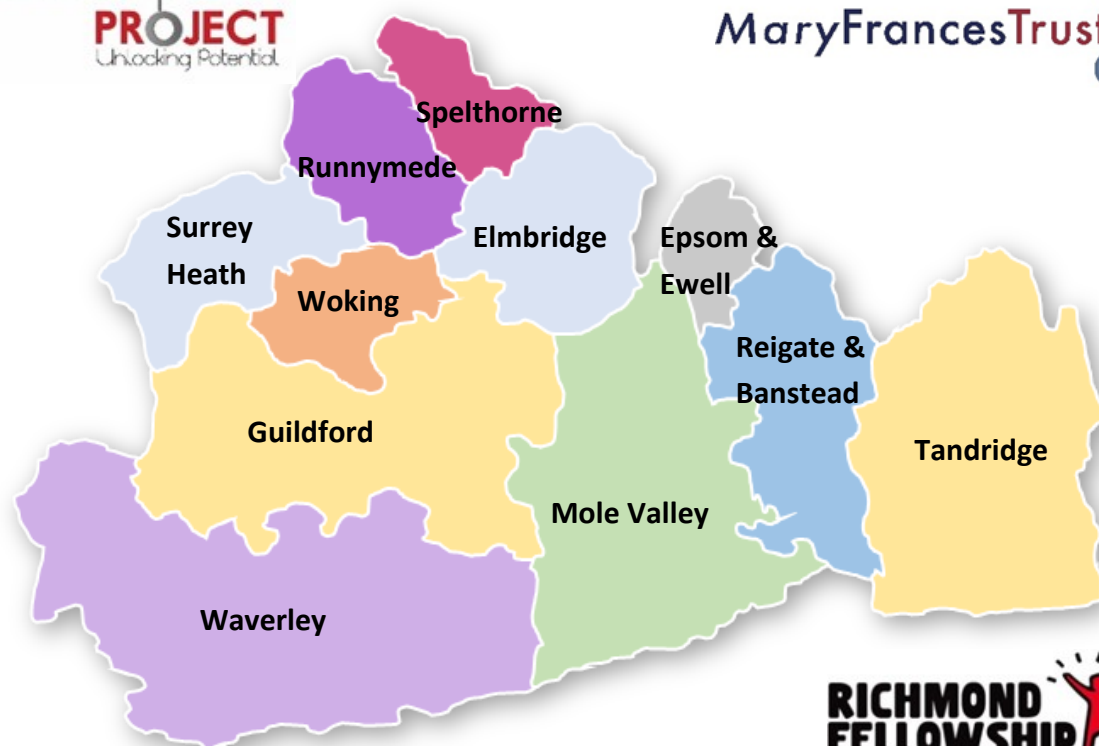
# Community Connections Surrey



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