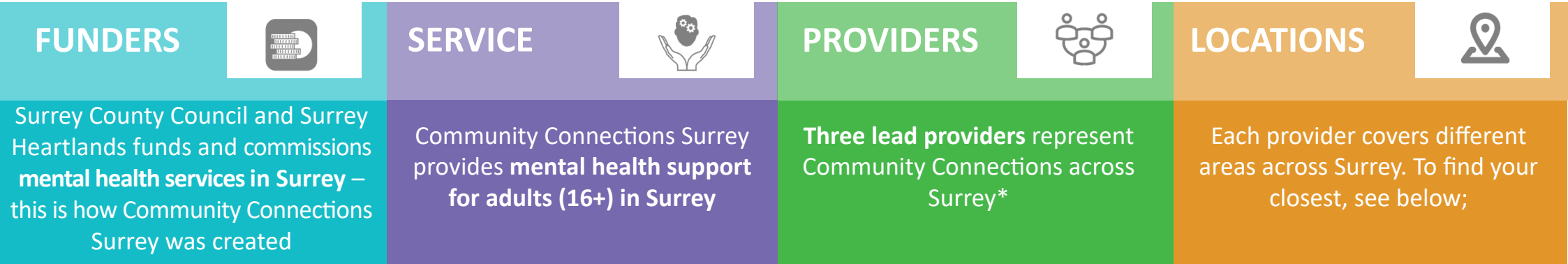


Community Connections Surrey

Community Connections Surrey - Who We Are, What We Do



We're three lead providers offering services that support adults with their mental health and emotional wellbeing across Surrey. We provide individual support, advice and information about community activities. To access our free services, you can self-refer or be referred to us by your GP, other health professional or organisation. To register or find out more, visit the [Community Connections Surrey website](#) or contact one of the providers directly.



Community Connections Surrey



All providers offer (online and some face-to-face):

- Individual support and goal setting
- Physical wellbeing classes and activities
- Self-help and peer support groups
 - Self-development courses
 - Emotional development
- Social cafés and community groups
 - Interest groups
 - Skills Training
- Volunteering opportunities



- Guildford & Waverley
- Woking
- Spelthorne
- Runnymede
- Surrey Heath
- West Elmbridge

- Mole Valley
- Epsom & Ewell
- Banstead
- East Elmbridge

- Redhill
- Reigate
- Tandridge
- Horley
- Smallfield
- Salfords

*Catalyst and Richmond Fellowship also sub-contract some of their funding to Community partners who all deliver mental health and wellbeing support for Community Connections Surrey.

All online groups and activities are also listed on the **Surrey Virtual Wellbeing Hub:**

www.healthysurrey.org.uk/mental-wellbeing/adults/virtual



www.communityconnectionssurrey.com

www.catalystsupport.org.uk

www.maryfrancestrust.org.uk

www.richmondfellowship.org.uk