

This leaflet was produced with support from

CornerHouse

Woking Mental Health Resource Centre Ltd

Thank you!

www.cornerhousewoking.org.uk

Useful Telephone Numbers

The Samaritans

03457 90 90 90
jo@samaritans.org
www.samaritans.org

Woking Community
Mental Health Team
for Older People
01483 846255

CornerHouse
01483 757461

Open Door Counselling Service
01483 224752

North Surrey Community Counselling
Partnership
01932 244070

Rethink Carers Support
01483 724244

Age Concern Woking
01483 770753

Alzheimers Society
01483 771212

Woking Community Transport
01483 744800

Woking MIND
01483 766998

Older People's Support Group - Woking -

CornerHouse
2 Courtenay Road
Woking • Surrey • GU21 5HQ



01483 757461

info@cornerhousewoking.org.uk
www.cornerhousewoking.org.uk

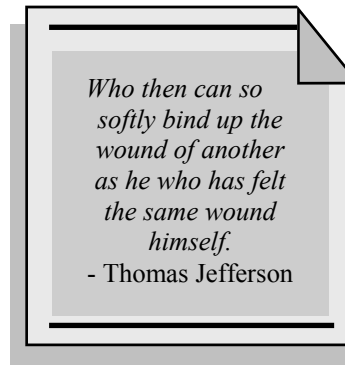
The Older People's Group at Cornerhouse provides support for people who are struggling to cope with feelings of sadness, loss of hope, anxiety or depression. It is a place to meet and share experiences and coping strategies with others in similar situations.

Meetings are not the same as therapy (although they do have therapeutic value) but many people find that they gain much from the support and understanding of fellow members. Supporting one another can help to ease feelings of loneliness and isolation.

The group is open to anyone of retirement age who is affected by emotional or mental health problems, and is not limited to people living in Woking.

If you are interested in coming along, or in joining the group to support others, and would like further information or details of how to get here then please call:

01483 757461



The Group aims to provide...

- ✓ A safe place in which to be listened to with respect and understanding, and in confidence.
- ✓ An opportunity for emotional, practical and social support.
- ✓ A chance to share information, experiences and ideas with others in similar situations.

Older People's Support Group
- Woking -
CornerHouse
2 Courtenay Road
Woking • Surrey
GU21 5HQ

Tel: 01483 757461

What we do...

The group meets weekly on a Tuesday at CornerHouse from 2pm-4pm

The group is free, confidential and open to anyone of retirement age who is affected by emotional or mental health problems. Meetings are led by an Occupational Therapist with many years experience.

Meetings are friendly and relaxed and tea, coffee and biscuits are served during the afternoon.

Respect is shown to members who are unwilling or unable to talk, and nobody is forced to 'join in'.

It can be difficult to go to a group if you are feeling low, but anyone is welcome to bring a friend or relative with them.

As well as providing a chance to meet and talk with others, we run a programme of talks and DVDs on topics of interest.

...Join us !!!!!