

This leaflet was produced with support from

**CornerHouse**

Woking Mental Health Resource Centre Ltd

Thank you!

[www.cornerhousewoking.org.uk](http://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](mailto:info@cornerhousewoking.org.uk)  
[www.cornerhousewoking.org.uk](http://www.cornerhousewoking.org.uk)

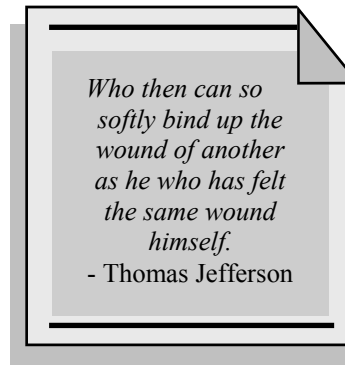
The Older People's Group at Cornerhouse provides support for people who are struggling to cope with feelings of sadness, loss of hope, anxiety or depression. It is a place to meet and share experiences and coping strategies with others in similar situations.

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 !!!!!**