DHC talking therapies

NHS Surrey Talking Therapies

Crisis Mental Health Support & Signposting In Surrey

Using this Document

Mental health challenges can happen to anyone, making it difficult to manage daily life and enjoy the things that matter most. Depression and anxiety can feel overwhelming, and the pressures of work, relationships or personal struggles can take a toll on your wellbeing. For those with a limited social or support network, it can also feel isolating.

This document contains helpful information to support you in taking care of your mental health and signposting you to the relevant organisations that can help.

We are all individuals and respond to situations in different ways therefore not every self-help suggestion will work for everyone. There are no set rules for managing emotions so a helpful way of thinking about this could be to think “is my current method working for me?” If the answer is yes, then great, but if not, these strategies may be an alternative way to help you through a difficult time.

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Self-help Tips

- Keep active and get outside for some fresh air – regardless of the weather
- Get enough rest and sleep to keep your energy levels up
- Don't compare your life to others', especially the things people post on social media... Remember: they only share the best bits!
- Manage your expectations and be realistic. Having an expectation of perfection can lead to disappointment
- Limit your alcohol intake and try to only drink socially. Drinking within government guidelines means you can still enjoy a drink with less negative effects on physical and mental wellbeing
- Eat well and try to keep your diet balanced, but don't punish yourself too much for having occasional treats!
- Set some time aside each week for self-care. It may be some time to relax, doing an activity that helps you reduce stress, buying a book you've been meaning to read, signing up to a course you're interested in or reconnecting with old friends
- Volunteer our time. Many local charities that support the community welcome an extra pair of hands.
- Ask for help, and talk to someone if you're feeling stressed or low e.g. family members, friends or mental health services
- Be kind to yourself!

Talking Therapies Support

DHC Talking Therapies offer free, confidential support for those experiencing mental health difficulties such as stress, low mood, anxiety, depression, obsessive compulsive disorder, phobias, panic attacks and post-traumatic stress. Talking therapies can also support you to adjust to things like Parenthood, Menopause or living alongside a Long-Term Physical Health Condition.

Support is available throughout Surrey for people 17+ who are registered with a Surrey GP. There is no upper age limit.

DHC Talking Therapies offers three different therapeutic approaches; Cognitive Behavioural Therapy (CBT), Guided Self Help based CBT and Counselling. These appointments can be delivered in a number of ways:

- One-to-one or group sessions
- Telephone or video sessions
- In person appointments
- Computerised online learning via SilverCloud (CBT only)

Step 1: Refer yourself
To refer yourself to Talking Therapies you can fill in our form on our website www.dhctalkingtherapies.co.uk or call us on 01483 906392.

Step 2: Our team will contact you
Our team will be in touch to discuss your requirements. We aim to contact you within 1 or 2 days after receiving your referral form. This will be a chance to talk about the options that may be best for your unique requirements. From here, we will agree a treatment plan or signpost you to an alternative service that may better fit your needs.

Step 3: Starting treatment
We aim to provide you with an appointment within 28 days of our initial conversation. This may be at one of our local hubs, or via telephone or video.

DHC Talking Therapies is one of four providers in Surrey. For further information on other local Talking Therapies services, including how to refer, please visit the Healthy Surrey Website: www.healthysurrey.org.uk/mental-wellbeing/local-services/talking-therapies

Safe Haven

If you need support or are in emotional crisis, the Safe Haven services are open every evening of the year in Aldershot, Epsom, Guildford, Redhill and Woking. Safe Havens provide out of hours help and support to people and their carers who are experiencing a mental health crisis or emotional distress. They are designed to give adults an alternative to A&E and are staffed by mental health practitioners who will be able to provide you with support when you arrive.

Aldershot

Walpole House
Pickford Street,
Aldershot,
GU11 1TZ

Open
Daily: 6.00pm – 11.00pm

Epsom

The Brickfield Centre,
Portland Place,
Epsom,
KT17 1DL

Open
Daily: 6.00pm – 11.00pm

Guildford

Oakleaf Enterprise,
101 Walnut Tree Close,
Guildford,
GU1 4UQ

Open
Daily: 6.00pm – 11.00pm

Redhill

Wingfield Resource Centre,
St Anne's Drive,
Redhill,
RH1 1AU

Open
Daily: 6.00pm – 11.00pm

Woking

Moorcroft Community Centre,
Old School Pl,
Westfield, Woking,
GU22 9PB

Open
Daily: 6.00pm – 11.00pm

Virtual Safe Havens are also in operation, allowing you to access support from the comfort of your own home. Open daily from 6.00pm to 11.00pm:
www.sabp.nhs.uk/our-services/mental-health/safe-havens

Crisis & Advice Helplines

NHS Mental Health Crisis helpline – call: 0800 915 4644, text: 07717 989 024 (Text service available for adults 18+)
Open 24/7, 365 days of the year
People with speech or hearing difficulties can dial through to the BT Relay App or Textphone: 18001 0800 915 4644

NHS 111 – call: 111 and select the mental health option
Open 24/7, 365 days a year, to provide access to a mental health professional.

Samaritans – call: 116 123 or Email: jo@samaritans.org
Open 24/7, 365 days a year, to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts

Campaign Against Living Miserably (CALM) – call: 0800 58 58 58
Or visit the webchat page: www.thecalmzone.net/help/webchat/
5pm to midnight, 365 days a year

SANEline – call: 0300 304 7000
4pm to 10pm, 365 days a year. Mental Health Support line

SHOUT – Text 'SHOUT' to 85258
24/7, 365 days a year
Text service if you're struggling to cope and you need immediate help

National Domestic Violence Support Helpline – call: 0808 2000 247
24/7, 365 days a year. Live chat from Mon to Fri, 10am–10pm:
https://www.nationaldahelpline.org.uk/en/Chat-to-us-online
A helpline for those experiencing domestic abuse to support you in increasing your safety and find specialist services

Surrey Drug and Alcohol Care – call: 0808 802 5000, text: 07537 432411
All SDAC services are available from 9am to 7pm Mon to Fri.
You can chat online via their website -
https://www.surreydrugandalcoholcare.org.uk/
Offering information to anyone with queries or concerns about drug/alcohol misuse

Action for Carers support line – call: 0303 040 1234
9am-5pm, Mon, Thurs and Fri and 9am-6pm on Tues and Wed
https://www.actionforcarers.org.uk/about-us/contact-us/
Advice, information and support for carers.

Silverline – call: 0800 470 80 90
24/7, 365 days a year
A free, confidential helpline providing information, friendship and advice to older people

CRUSE bereavement helpline – call: 0808 808 1677 for bereavement support
9:30am-5pm on Mon, Wed, Thurs and Fri, and 1pm-8pm on Tues

Crisis Support: Children & Young People

Childline – call 0800 11 11 - available 24/7
For under 19's, call, chat online or email for support. One-to-one counsellor chat support also available
https://www.childline.org.uk

Children & Young People Safe Haven; Based at Ash, Epsom, Redhill and Shepperton for 10-18 year olds
https://www.cyphaven.net/

Mental Health Crisis helpline – call: 0800 915 4644, Select option 1
Open 24/7, 365 days of the year
People with speech or hearing difficulties can dial through to the BT Relay App or Textphone: 18001 0800 915 4644
The 24/7 mental health crisis line is available for children aged from six years, young people and their families/carers who are in crisis

Papyrus HOPELINE 247 – call 0800 068 4141, text 88247 or email: pat@papyrus-uk.org - available 24/7
https://www.papyrus-uk.org/papyrus-HOPELINE247/
Suicide prevention support for young people. Confidential advice for your people as well as those concerned about young people

Samaritans – call: 116 123 or email: jo@samaritans.org
Open 24/7, 365 days a year, to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts

YoungMinds – Text 'YM' or 'SHOUT' to 85258
24/7, 365 days a year
Text service if you're struggling to cope and you need immediate help

Domestic Violence Support

If you feel like you are at risk of harm and would like support, advice, or guidance, please see the services below. However, if you feel like you are at imminent risk of harm please call 999 in an emergency or 101 in a non-emergency.

Refuge
Refuge can provide advice and guidance, as well as supporting you in accessing refuge. They can also signpost you to other specialist services in your community.

- https://www.nationaldahelpline.org.uk/
- Free 24-hour help line: 0808 2000247
- Online chat support available Mon-Fri 10am-10pm

Respect – Men's Advice Line
Respect is a helpline for male victims of domestic abuse.

- 0808 8010327 - Mon-Fri 10am-5pm
- Email support: info@mensadviceline.org.uk - Mon-Fri 9am-5pm
- Webchat support – Wednesday 10am-11:30am, Thursday 2–4pm

Respect Phoneline
Respect is a confidential helpline for individuals who recognise themselves as domestic violence perpetrators

- 0808 8024040 – Mon-Fri 10am-5pm
- Email support: info@respectphoneline.org.uk - Mon-Fri 9am-5pm

Your Sanctuary
A Surrey based charity for victims of domestic abuse, who can provide advice, women's outreach and refuge houses.

- Free help line: 01483 776822 – 9am-9pm, every day of the year
- Please contact the helpline above to enquire about safe houses. There are 2 located in North-west Surrey
- Online chat: Monday to Friday 9.30-17:00
- https://www.yoursanctuary.org.uk/ourservices

North Surrey Domestic Abuse service
NSDAS have a Domestic Abuse Team including qualified Independent Domestic Violence Advisers who can support and advise you on a wide variety of problems caused by domestic abuse, as well as providing you with emotional support.

- 01932 260690 Open: Monday to Friday 9am – 12.00pm and 1pm – 4pm
- Email: outreach@nsdas.org.uk

East Surrey Domestic Abuse Service
Similar to NSDAS, they provide practical advice and services in terms of the wider problems of domestic abuse, as well as proving emotional support.

- Confidential call – 01737 771350 Mon-Fri 9:00-16:00
- Email: support@esdas.org.uk

Managing Finances

We know times are financially tough and this can have a negative impact on your mental health.

The Money Saving Expert has some handy hints and tips to help manage your finances, as well as a useful weekly newsletter you can subscribe to (www.moneysavingexpert.com).

The Money Helper Service has a useful budget planner on their website to help plan your spending (www.moneyhelper.org.uk).

Food Banks

Food banks can be there to lend a hand by providing non-perishable food parcels to tide you over until your circumstances improve. Most food banks work with local agencies who will issue you with a food bank voucher if you are struggling to put food on the table. Agencies can include but are not limited to: Citizens Advice, housing support officers, children's centres, health visitors, social services and some local charities. Please find further details on food bank vouchers via your local food bank website. Please note: Most of the food banks listed below will be closed on bank holidays.

Caterham - 07523 983122 – www.caterham.foodbank.org.uk/

- Caterham Baptist Church, 4-6 Beechwood Rd, Caterham, CR3 6NA
  - Open Thursday 12:00-14:00
- Oakhall Church, 181 Chaldon Road, CR3 5PL
  - Open Monday 12:00-14:00
- Kings Church, Oxted – Order and Collection services, put requests in advanced to 33 Amy Road, Oxted, RH8 0PW
  - Open Wednesday 12:00-14:00

Cobham - 01932 450282 – www.cobhamarea.foodbank.org.uk/

- Cobham United Church, 38 Stoke Road, Cobham, KT11 3BD
  - Open Tuesday 12:00 – 13:30

Dorking - 07494226743 – www.dorkingarea.foodbank.org.uk/

- The Christian Centre, Church Street, Dorking, RH4 1DW
  - Open Tuesday 16:15-17:30
- Communications House
  - Open Thursday 14:30–16:00

East Elmbridge - 07908 777475 – www.eastelmbridge.foodbank.org.uk/

- St Nicholas Church Hall, Summer Rd, Thames Ditton, KT7 0QQ
  - Open Tuesday 10:00-11:30
- St Peter's West Mosely Community and Youth Hub, Ray Road, West Molesey, KT8 2LG
  - Open Thursday 09:30-11:30

Epsom and Ewell - 0208 786 8221 – www.epsomewell.foodbank.org.uk/

- St Barnabas Church, Temple Road, Epsom, KT19 8HA
  - Open Friday 13:00-15:00
- Leatherhead Community Hub, Kingston Rd, Leatherhead, KT22 7PX
  - Open Saturday 10:00-11:30
- Merland Rise Church, Merland Rise, Tadworth, KT20 5JG
  - Open Tuesday 10:00-11:30
- Ruxley Church, Ruxley Lane, Ewell, KT19 0HY
  - Open Wednesday 13:15-15:00
- The Banstead Centre, The Horseshoe (off Bolters Lane), Banstead, SM7 2BQ
  - Open Thursday 15:30-17:00

Godalming - 01483 418741- www.godalmingminster.org/foodbank

- St Mark's Church & Community Centre, Godalming Minster, Franklyn Road, GU7 2LD
  - Open Monday & Wednesday 12;30-14:00

Guildford and Waverly – www.northguildfordfoodbank.co.uk

- St Clare's Church, Cabell Road, Park Barn, Guildford, GU2 8JW (07583025435)
  - Open Tue 13:15-14:15, Wed 09:30-10:30 and Fri 17:00-18:15
- Cranleigh Food Bank, Cranleigh Baptist Church, 262 High St, GU6 8RT
  - Open Friday 10:00-11:15 – see website for dates www.cranleighfoodbank.org/contact-us

Runnymede - 01932 943056 – www.runnymede.foodbank.org.uk/

- Virginia Lodge, Waspe Farm Carpark, Off Station Road, Egham, TW20 9LF
  - Open Monday 10:00-12:00
- Addlestone Baptist Church, Crouch Oak Lane, Addlestone, KT15 2AN
  - Open Tuesday & Thursday 10:00-12:00
- The Kings Church, 21 Marsh Lane, Addlestone, KT15 1UL
  - Open Friday 10:00-12:00
- The Beacon Church, 95 Guilford Street, Chertsey, KT16 9AS
  - Open Wednesday 10:00-12:00
- St James' Church, 27 Church Street, Weybridge, KT13 8DF
  - Open Thursday 13:00-15:00
- The Village Centre, 68 Victoria St, Englefield Green, Egham, TW20 0QX
  - Open Wednesday 13:00-15:00
- St Paul's Church, Thorpe Road, Staines upon Thames, TW18 3HJ
  - Open Tuesday 19:00-20:30

Redhill and Reigate

- St Matthew's Church, 71 Station Road, Redhill, RH1 1DL - 07849 253085
  - www.redhillfoodbank.org.uk
  - Open Monday, Wednesday and Friday 12:00-14:00
- Merstham Hub, Portland Drive, Surrey RH1 3HY – 01737 457160
  - www.loveworks.org.uk
- The Reigate Baptist Church, Sycamore Walk, Reigate RH2 7LR
  - 01737 248258 www.openhandsreigate.com/

Walton and Hersham - 07884 046665 – www.waltonhersham.foodbank.org.uk/

- St Peter's Church, 1 Burwood Road, Hersham, Surrey, KT12 4AA
  - Open Wednesday 10:00-12:00
- St John's Church, The Furrows, Walton on Thames, KT12 3JQ
  - Open Thursday and Friday 10:00-12:00
- St Andrews Church, Hersham Road, Walton on Thames, Surrey, KT12 1LG
  - Open Monday 13:00-15:00

Woking – 07896 077760 – www.woking.foodbank.org.uk/

- The Lighthouse, 8-10 High Street, Woking, GU21 6BG
  - Open Mon, Wed and Thurs 10:30-12:30. Thursday also open in evening 17:30-18:30 during term time
- Byfleet Methodist Church, Rectory Lane, Byfleet, KT14 7LL
  - Open Wednesday 12:00-14:30
- The Salvation Army, Working Corps, Sythwood, GU21 3BE
  - Open Tuesday 12:30-14:30 and Friday 10:00-12:00
- Sheerwater Nursery, Blackmore Crescent, Surrey, Woking, GU21 5NZ
  - Open Wednesday 14:00-16:00

Salvation Army

The Salvation Army deliver community support across Surrey and can provide support such as lunch clubs, food banks, social support and warm spaces. To find what support your local Salvation Army is offering, please visit; www.salvationarmy.org.uk/map-page

Finding Shelter

If you are homeless or at risk of homelessness and in need of somewhere safe and warm, the following places can provide you with the support you're looking for.

Surrey Wide Warm Welcome Venues

Warm venues are community spaces across Surrey that can provide temporary shelter during operating hours for social connection, something warm to eat or drink and further community support. For further information please visit: www.surreycc.gov.uk/health-and-welfare/support/welfare-support/everyday-living/warm-welcome-venues/list-of-warm-welcome-in-surrey#mole

Elmbridge

Elmbridge Borough Council
If you are homeless, or at risk of homelessness, contact the homelessness prevention and advice team by email housingoptions@elmbridge.gov.uk or call 01372 474590.
Out of hours - emergency accommodation
If you are homeless and need assistance (emergency placement) outside of our normal opening times, please call the out of hours service: 0300 123 7718.
Website: www.elmbridge.gov.uk/housing/homelessness/help-homelessness

Elmbridge Rent Start
The team can provide advice and support you in providing a safe space, food, clean clothes and washing facilities and help you to access short term emergency accommodation if needed.

Website: www.rentstart.org/

51-55 High Street
Walton-on-Thames,
Surrey
KT12 2TZ

Monday – Friday: 9.00am – 17:00pm
01372 477167
hello@rentstart.org

Epsom & Ewell

Epsom & Ewell Borough Council
If you are homeless or threatened with homelessness and need help please email housing@epsom-ewell.gov.uk as soon as possible.
16-17 year olds
If you are aged 16-17 and are homeless or threatened with homeless, contact Surrey County Council Homelessness Prevention Service on 01483 519198
or ysshomeless.prevention@surreycc.gov.uk (link sends e-mail)
Out of hours service
If you have a homeless emergency in the evening or at the weekend, phone 01372 732000. An out of hours duty officer will speak to you.
Website: www.epsom-ewell.gov.uk/residents/housing/homelessness

Guildford

Guildford Borough Council
If you're homeless or threatened with homelessness within the next 56 days, they can offer you help.
They can also refer single applicants to the Homeless Outreach and Support Team (HOST).
www.guildford.gov.uk/homelessness
call 01483 505050 or email housingadvice@guildford.gov.uk
If you find yourself in a homelessness emergency out of hours, please call 01344 949371.

Guildford Homeless Outreach Support Team (HOST)
An outreach and support service for people aged 18 and over that are rough sleeping, or at risk of rough sleeping, in the Guildford area. HOST actively supports people to prevent homelessness, including both support to access private rented accommodation as well as assisting a return home.

Vaughn House, 5-7 Cherstey St, Guildford, GU1 4HD	Monday – Friday, 8am till 6pm Weekend on call service 9am-5pm. 01483 302495. After 6.30pm call No'5 on 01483 303646. guildfordhost@riverside.org.uk

Mole Valley

Mole Valley District Council
Please call 01306 885001 and ask to speak to a Housing Options Officer.
If you need to visit them, they can make an appointment for you.
If you have nowhere to stay and the offices are closed, please call the emergency out of hours: 0300 123 7718.
Website: www.molevalley.gov.uk/housing/are-you-facing-homelessness/

LeatherHEAD START
Emergency, direct access, short-term accommodation for homeless men and women over the age of 18.

3 Church Road Leatherhead Surrey KT22 8AT	24/7, 365 days a year Call 01372 377790 or drop into the Hostel Office between 8am and 11pm

Reigate & Banstead

Reigate & Banstead Borough Council
Contact the Housing Team on 01737 276 790 or email housing.advice@reigate-banstead.gov.uk where they can offer you advice and support.
Website: www.reigate-banstead.gov.uk/info/20299/housing_options

East Surrey Outreach Service
You can contact East Surrey Outreach Services (ESOS). ESOS helps people who are currently sleeping on the streets, who are sofa-surfing or who are at risk of losing their home. They can help you find more secure accommodation. You can self-refer by contacting ESOS on 07436 273 614 or at esos@thamesreach.org.uk.

Renewed Hope East Surrey
Local charity based in Redhill providing practical solutions and emotional support to those whose are homeless, vulnerable and isolated in East Surrey. Drop ins (free meals), night shelter and support provided.

Shrewsbury Chapel, Shrewsbury Road, Redhill, Surrey, RH1 6BH	Mon to Fri 9am to 4.30pm - 01737 886997 Drop in Mon-Fri 11:00-15:00 Sat 12-13:30 Night shelter via East Surrey Outreach Service (eSOS) - 07436 273 614

Runnymede

Runnymede Borough Council
The Council has a dedicated Housing Navigator who is able to support you if you are rough sleeping.
The Housing Navigator can be contacted by email
Email: roughsleeping@runnymede.gov.uk
The Housing Solutions team can also be contacted by email
Email: housingsolutions@runnymede.gov.uk or by telephone
Telephone: 01932 838383 Monday to Thursday 8:30am – 5pm and Friday 8:30am – 4:30pm.
Should you experience a housing crisis or homeless emergency outside of the Council office opening hours, the Council do operate an out of hours officer that can be contacted on 01932 838383.
Website: www.runnymede.gov.uk/preventing-homelessness-1

Spelthorne

Spelthorne Borough Council
During office hours, please call the Housing Options team on 01784 446380. If you become homeless after the offices shut, please contact the out of hours service on 0300 123 7718.
If you are aged 16 or 17-years-old, you can contact Surrey's Children's Single Point of Access (C-SPA) by phone on 0300 470 9100 (Monday to Friday 9am to 5pm) or send an email to cspa@surreycc.gov.uk. If you need to contact someone outside of these times, call the Emergency Duty Team on 01483 517898.
Website: https://www.spelthorne.gov.uk/homelessness

Surrey Heath

Surrey Heath Borough Council
If you are homeless or at risk of losing your home, you should call the contact centre on 01276 707100, or visit the offices at Surrey Heath House and speak to a Housing Officer.
If you need support after the offices shut, the out of hours number can be reached by calling 01276 707 100.

The Hope Hub
Working to prevent and end homelessness in Surrey Heath Borough and surrounding areas offering support to find temporary housing and employment as well as wellbeing support and debt management support.

The Hope Hub Building Rear of Library Knoll Road Camberley Surrey GU15 3SY	01276 581174 Outreach Services: Mon-Fri 08:00-20:00, Sat 09:00-12:00 Day services: Tues-Fri from 10:00-14:00 CRISIS drop in: Tues-Fri 10:30-14:00

Tandridge

Tandridge District Council
If you are worried about your housing situation, please phone 01883 722000, this number is also monitored out of normal working hours.
Website: www.tandridge.gov.uk/Housing/Finding-a-home/Homeless-or-need-housing-advice

Waverley

Waverley Borough Council
During office hours, Monday - Friday, 9am - 4.45pm, call 01483 523188
Out of hours: 01483 523200
You can email housingoptions@waverley.gov.uk
Website: www.waverley.gov.uk/Services/Housing/Finding-a-home/Worried-about-becoming-homeless/How-the-Housing-Options-team-can-help

Woking

Woking Borough Council
If you're homeless or at risk of being homeless in the near future:

- Book an appointment - phone 01483 743 834 (Monday to Friday, 9am to 4.45pm) or 0203 701 3590 (evenings, weekend and bank holidays)
- Drop in at the Civic Offices - located in Gloucester Square in Woking town centre (postcode: GU21 6YL)

Website: www.woking.gov.uk/housing/preventing-homelessness/risk-being-homeless

Hostels in the Surrey Area

Acacia House

Woking
1 Acacia Avenue
Woking
GU22 0BE

01483 740 774

Crawley Open House
Hostel for homeless men and women over the age of 18. People from Crawley and West Sussex prioritised, but if they have a bed-space available then they will offer it to anyone in need of it.

Riverside House
Stephenson Way, Three Bridges
Crawley , West Sussex
RH10 1TN

01293 447 702
www.crawleyopenhouse.co.uk

English Churches Housing Association

Vaughan House, 5-7 Chertsey Street
Guildford, Surrey
GU1 4HD

01483 504 704

Leatherhead Start Hostel

3 Church Road,
Leatherhead,
Surrey, KT22 8AT

01372 377 790
www.leatherheadstart.org

Mulberry House

32 Epsom Road
Guildford
GU1 3LE

01483 577 375 (call first)

Number 5 Hub

3-5 York Road
Guildford
Surrey
GU1 4DR

https://www.riverside.org.uk/in-your-neighbourhood/surrey/care-and-support/number-5-project/

Wayside

42 Croydon Road,
Reigate
Surrey
RH2 0PQ

01737 248 304

waysidehostel@keychange.org.uk
www.waysidehostel.org.uk

YMCA

Hillbrook House, 68 Brighton Road
Redhill
RH1 0PQ

01737 773 089

housing@ymcaeastsurrey.org.uk
www.ymcaeastsurrey.org.uk

York Road Project
Providing support to anyone who is at risk of or experiencing homelessness in Woking. In addition to their Day Centre and direct access accommodation, they offer day to day support, signposting and ongoing guidance.

1 York Road
728739
Woking
GU22 7XH

08:00-16:00 Mon-Fri: 01483

01483 728 739
info@yorkroadprject.org.uk
www.yorkroadproject.org.uk

Other resources

Shelter can provide a free housing advice line - 0808 800 4444
www.england.shelter.org.uk/

StreetLink connect people sleeping rough with the local services that can support them. www.streetlink.org.uk/

Staying Connected

The below ideas may help you to feel connected with others during this difficult time.

- Zoom or other video calling software could be a great way to spend time with far-way loved ones. Why not have a quiz, have your dinner together, or just a quick chat to catch-up.

- Reengage is a free service for older people who are in need of companionship and feel they would enjoy a friendly weekly phone call or group social activities.
  www.reengage.org.uk/

- Surrey Coalition of Disabled People have a weekly programme of virtual social activities that run alongside a usual schedule of meetings, forums and events.
  www.surreycoalition.org.uk/

- The Salvation Army provides a lot of year-round support including lunches, food parcels and toys. More information can be found at
  www.salvationarmy.org.uk/map-page

- Mary Frances Trust offer both face-to-face and online activities, groups and courses. You can find their updated monthly calendar online at
  www.maryfrancestrust.org.uk/calendar/