

OUTSIDE SUPPORT

Counselling and Advisory Services



ACTION FOR HAPPINESS

Online and group support to make you happier.

10daysofhappiness.org

CHILTERN MUSIC THERAPY

Various groups to help with mental health and emotional difficulties.

www.chilternmusictherapy.co.uk

CHRISTIANS AGAINST POVERTY (CAP)

Free debt advice for all. Very well recommended.

Capdebthelp.org

0800 328 0006

EAST SURREY COMMUNITY CONNECTIONS

Surrey and Borders Partnership Mental Health Support

Wingfield Resource Centre, St Annes Mount, Redhill, RH11AU

01737 771282

redhillcc@richmondfellowship.org.uk

SABP@nhs.uk

MARY FRANCIS TRUST

Mental health and emotional wellbeing charity

www.maryfrancestrust.org.uk

MENTAL HEALTH CRISIS HELPLINE

24 hour support in Surrey

0800 915 4644

RAPE AND SEXUAL ABUSE SUPPORT (RASASC)

www.rasasc.org.uk

01483 546400 / 0800 0288 022

RECOVERY COLLEGE

Courses on wellbeing, understanding different mental health conditions, managing different conditions, creative courses.

Run by NHS and voluntary organisations. Anyone can refer themselves.

www.sabp.nhs.uk/our-services/mental-health/recovery/recovery-college

01276 454150 / Text 07920 207046

recovery.college@sabp.nhs.uk

READING WELL FOR MENTAL HEALTH

A list of helpful books to ask for at your local library. All the books have been endorsed by health professionals so are full of good/safe advice.

REDHILL SPARKLINE

Wellbeing / Isolation / Mental Health Support - Making recovery a reality

rfcommunityconnections.org.uk

redhillcc@richmondfellowship.org.uk

01737 771282

REIGATE STEPPING STONES

Registered charity that run social groups for those suffering with mental health.

reigatesteppingstones.org.uk

Tel 0800 9154644 / Text - 07717 989024

RELATE

Counselling and support for relationships.

relatamidandeastsurrey.co.uk

Reigate 01737 245212 Epsom 01372 722976

RENEW MENTAL HEALTH WELLBEING CAFE

Dorking Christian Centre at 1.30pm every 2nd Tuesday of the month.

RICHMOND FELLOWSHIP

Promoting wellness recovery.

www.richmondfellowship.org.uk

01372 731971

Food Services

COMMUNITY FRIDGE

Helps reduce food waste (Dorking)

midsurreycommunityfridges.co.uk

The Christian Centre, Church Street, Dorking, RH4 1DW

SURREY DRUG AND ALCOHOL CARE

Confidential helpline for those needing help and their families.

0808 802 5000

TALKING THERAPIES

DHC for Anxiety and Depression.

dhctalkingtherapies.co.uk

01483 906392

LOCAL COMMUNITY FRIDGE

Find out where to volunteer / receive and/or give food.

hubbub.org.uk/community-fridge-network

Health Services

AGE CONCERN MOLE VALLEY COMMUNITY

Tea and coffee.

ageconcernmolevalley.org.uk

The Point, Mayflower Lyons Court, Dorking, 01306 899104

CATCH 22

Surrey Young People's substance misuse service (11-25).

www.catch-22.org.uk

ypsm@catch-22.org.uk

Phone 01372 832905 text 07595 088 388

DEMENTIA CONNECT

For Carers. Ask for Dementia Navigator.
03331 503456

DISABILITY RIGHTS HANDBOOK SUPPORT

Help with Benefits / Forms
www.disabilityrightsuk.org
London E20 3BS - 0330 995 0400

DORKING DAY CENTRE - ALZHEIMER'S

Surrey Support Service - Esher District Stroke Club
01883 333031 / 07860 186531
Mrs Pollock 0208 398 6132

Job and Work Services

JOB CENTRE REDHILL

Support and practical help.
sara.knight@dwp.gov.uk

KICKSTARTER SCHEME

Can provide funding for 16-24 year olds on Universal Credit to help get them jobs.
www.gov.uk/government/collections/kickstart-scheme

DRUG AND ALCOHOL SERVICES

Support and guidance.
gemma.johnston@catalystsupport.org.uk

EAST SURREY DOMESTIC ABUSE SERVICES (ESDAS)

Support and guidance.
01737 771350 / 01483 776 882
support@esdas.org.uk
Text 07860 039720

SKILLS HUB

Mole Valley Employment and Skills Hub
molevalleytogether.co.uk/community/mvhub
MVHub, Unit 25 The Swan Centre, Leatherhead, KT22 8AH
01372 379 879

Voluntary Organisations

ASPIRE

Central Surrey Voluntary Action. Supported Volunteer Project. They will help you find more volunteering opportunities.

[Aspire Supported Volunteering](#)

[Aspire Search for Volunteering Opportunities](#)

Enter your postcode to filter for opportunities near you.

This is followed by an informal chat to discuss.

CONNECT

On demand 'door to door' bus service for Mole Valley with wheelchair access. Bookings up to 7 days in advance.

www.surreyconnect.org.uk

App 'Surrey Connect' or 0300 123 7751

CONNECTION ACTIVITIES

Coffee and a chat

01372 463663

CREATIVE CUPPA

Provides a time for people to share their enjoyment of arts and crafts in the company of others. You are invited to bring your own projects or, with help, to try something new. There is a charge of £2 to include refreshments.

United Reformed Church, Roy Currie Room on the third Thursday of each month from 2 to 3.30pm.

DORKING CHRISTIAN CENTRE

Community Fridge, Community Wardrobe, Foodbank, Activities such as fitness, yoga, pilates, dancing, WI, U3A, coffee and lunch events.

www.dorkingchristiancentre.org.uk

Email: centremanager@dorkingchristiancentre.org.uk

Chaplain: david.pitkeathly@btinternet.com

DORKING MEN'S SHED

Learn new skills. No need to book, just pop in.
Hampstead Road Church, Dorking RH4 3AE
Thursday and Saturday from 9am to 1pm

EVERGREEN / ST GEORGES CHURCH

Varied activities, contact for details for over 70s.
01372 813200

FAIRFIELD CENTRE, LEATHERHEAD

Various activities, contact for details.
01372 376058

GARDENING TOGETHER CLUB

All ages welcome, United Reformed Church gardens.
chris.currie.dorkingurc@outlook.com
07771596654

MOLE VALLEY LIFE - COMMUNITY TRANSPORT

Help with essential travel to hospitals / doctors.
Offer volunteer support.

molevalleylife.co.uk/community-transport-2

0300 1237749 ask for Community Transport Coordinators

MINDFULNESS COURSES

Dorking or online

mindfulsurrey.co.uk

07366 333273 for details

MOLE VALLEY GUIDED WALKS

Mole Valley District Council

molevalley.gov.uk/wellbeing-walks

01306 88500

NATIONAL TRUST

Volunteer opportunities - hours and times to suit you. Various locations and skilled / non-skilled volunteers needed.

<https://www.nationaltrust.org.uk/support-us/volunteer>

ODDFELLOWS HALL, DORKING

Small fee if not a member.

01306 877792

RUN SURREY HILLS

Wild swimming sessions sponsored by NHS.

www.runsurreyhills.com

SOW TO GROW

Learning difficulties - way to learn / grow through horticulture.

andsowtogrow@hotmail.co.uk

SURREY WILDLIFE

Volunteer - outdoor learning.

www.surreywildlifetrust.org

Look under volunteer section for activities involved.

THE BESOM IN DORKING

Giving and receiving for those in need.

www.thebesomnetwork.org/dorking

07765 598854

dorkingbesom@live.co.uk

TITSEY PLACE

House and gardens

www.titsey.org

Titsey Place, Oxted, Surrey, RH8

TOURS - ELECTRIC MINI BUS TOURS

Surrey Hills door to door service.

Aimed at people with mobility issues seeking wellbeing through a great day out walking in the Surrey Hills.

www.justbringyourself.co.uk

Kirsten Johnson on 07949 190843

UNITED REFORMED CHURCH - DORKING

Cafe and support. Partners with ALDAG.

dorkingurc.org.uk

aldag.org.uk

Dorking United Reformed Church, 53 West St, Dorking

01306 889644

hellodurc@outlook.com

VOLUNTEER CENTRE BUDDY SCHEME

Elmbridge

Matt Seaby 07553 314968

WELCOME TO VOLUNTEERING

Supported sessions / group trips.

a.sheppard@VASWS.org.uk

Women's Specialist Services

BE ME

Various courses for women - boosting self-esteem, developing positive mindset.

office@bemeproject.org

07467 121423