

Christmas Survival Guide

2016



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Welcome to our Christmas Survival Guide

Dear All,

Welcome to this edition of the Christmas Survival Guide.

*Merry Christmas and
Happy New Year!*

We have put together some information to assist you over the festive period.

Safe Haven

When you need support in an emotional
or mental health crisis





Emergency Phonelines

NHS DIRECT (for referral & direct advice on health)

Call this 24-hour free service on: **111**

SAMARITANS Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

National helpline: **116 123** (free call) or email **jo@samaritans.org**

Leatherhead & Mid Surrey Samaritans: 7 Church Road, Leatherhead:
01372 375555

North West Surrey Samaritans: Ledger Drive, Addlestone KT15 1AT
01932 844444

East Surrey Samaritans John Williams House 4b High Street Reigate
Surrey RH2 9AY 01737 248 444

SANELINE (mental health support line)

Open daily 6pm—11pm Tel: **0300 304 7000**

SURREY AND BORDERS NHS FOUNDATION TRUST

Out of hours Crisis Line for people with mental health problems

Open 5pm until 9am Monday to Friday and 24hrs at weekends including bank holidays,
call **0300 456 83 42**

CITIZENS ADVICE BUREAU

<https://www.citizensadvice.org.uk/>

DOMESTIC VIOLENCE

National Domestic Violence Support Helpline: 24 hours a day - **0808 2000 247**

Surrey Domestic Abuse Helpline—YourSanctuary—**01483 776822**



Surrey & Borders Community Mental Health Recovery Services (CMHRS)

Elmbridge—020 8783 3950

Epsom/Ewell and Banstead CMHRS— 01372 204000

Guildford CMHRS - 01483 443551

Mole Valley CMHRS— 01306 502400

Reigate & Banstead CMHRS— 01737 272301

Runnymede CMHRS— 01932 723392

Spelthorne CMHRS— 01932 794 848

Surrey Heath CMHRS — 01276 605522

Tandridge CMHRS — 01883 385481

Waverley CMHRS — 01483 528100

Woking CMHRS — 01483 756318

Pharmacy opening times

This is a link to the opening times for pharmacies across Surrey over the Christmas period.

<http://www.surreydownsccg.nhs.uk/christmas>

Substance Misuse Services

Surrey & Borders i-Access Team

Open 9am– 5pm, Mon - Fri

0300 222 5932

Talk To Frank

24 hour drug and alcohol helpline

0300 123 6600

Catalyst

Surrey-wide support

01483 590150

Surrey Drug & Alcohol Care

24 hour helpline

0808 802 5000

Mental health Safe Havens

Safe places for evening and weekend mental health support

If you're looking for urgent face-to-face mental health support outside normal working hours, Safe Haven is here for you.

Get expert help and advice and meet others with lived experience of mental ill-health in a safe, relaxed and friendly environment.

You can talk as much or as little as you want. If you prefer, you can just sit with us and have a drink. Whatever support you need we are here to help you - whether you are at crisis point yourself, seeking support as a carer or for someone you know.

Come along and see us: you can drop-in to any of our six Safe Havens in Surrey and NE Hants and you don't have to book an appointment.



Where to find us

<p>Epsom The Larches, 44 Waterloo Road, Epsom, KT19 8EX</p> <p>Guildford Oakleaf Enterprise, 101 Walnut Tree Close, Guildford, GU1 4UQ</p> <p>Redhill Wingfield Resource Centre, St Annes Drive (off Noke Drive) Redhill, RH1 1AU</p>	<p>We're open:</p> <ul style="list-style-type: none"> ▶ 365 days per year: 6-11pm
<p>Aldershot The Wellbeing Centre, 121-123 Victoria Road, Aldershot, GU11 1JW</p> <p>Woking The Prop, 30 Goldsworth Road, Woking, GU21 6JT</p>	<p>We're open:</p> <ul style="list-style-type: none"> ▶ Monday - Friday: 6-11pm ▶ Weekends and bank holidays: 12.30-11pm
<p>Camberley Welcome Project, 147 London Road, Camberley, GU15 3JY</p>	<p>We're open:</p> <ul style="list-style-type: none"> ▶ Mondays: 6-11pm ▶ Fridays: 6-11pm (including bank holidays)

A partnership between:



Surrey and Borders Partnership NHS Foundation Trust
Surrey Community Connections Providers
and Surrey and North East Hampshire's
Six NHS Clinical Commissioning Groups

Christmas Day lunches and Drop in services

Epsom and Ewell and Mole Valley

The Meeting Room Leatherhead. Contact Graham Peddie 01372 373803 The Lunch is held in Fetcham Village Hall

Epsom Methodist Church . Contact Tony Blakeburn 07722617826

Churches together in Ewell are hosting a Christmas Day lunch at Ruxley Church, Ruxley Lane, Ewell. contact them at Christmas.dinner@dsl.pipex.com or tel: 0208 393 3011 (evenings) 020 8397 7307 (day)

Waverley

The Haslemere Christmas Lunch

is being held at Haslewey Community Centre, Weyhill, Haslemere. This is a free event and all are welcome. Pre-booking is essential for both meal and transport. Email: haslemerechristmaslunch@gmail.com

The Baptist Church in Ewhurst will be hosting the Village Christmas Day Lunch, 12.15 for 12.30. contact Simon Bodington, Minister, Ewhurst Baptist Church email: simon_bodington@yahoo.co.uk tel: 01483 495426 The Street, Ewhurst, Surrey, GU6 7QA

Churches Together in Godalming Christmas Day Lunch at the Baptist Church Church Office tel : 01483 422105 email: gwenwheatman@hotmail.co.uk Godalming Baptist Church, Queen Street, Godalming, GU7 1BA www.godalmingbaptistchurch.org.uk

Elmbridge

St Andrew's Cobham is again running, in partnership with Waitrose and Cobham Food Bank, a Christmas Day Lunch from 12 noon on Christmas Day, please contact them to book a place. For more information please contact: Parish Office, Church Gate House, Downside Bridge Road, Cobham KT11 3EJ, Tel: 01932 867883 parishoffice@standrewscobham.org.uk

St John's West, Cobham, are holding a Community Christmas Lunch on Christmas Day. Please email christmaslunch@stjohnswestbyfleet.org.uk or contact the Parish Office on 01932 342263 for further information or to express an interest in attending.

Woking

Moorcroft Day Centre in Woking GU22 9LY, are hosting a free traditional Christmas lunch, for older people who are on their own at Christmas Guest booking required. Transport may be possible For bookings and further enquiries please contact : anneroberts3@ntlworld.com tel: 01932 403292

Guildford

Footsteps drop-in centre is open on Christmas Day in Guildford Town Centre at Beverley Hall in Haydon Place. Their aim is to help homeless and needy people in and around Guildford. They open for coffee and mince pies from 10.30 am and serve a meal at 12.30pm, closing at 3pm. There is no need to pre-book.
Beverley Hall Community Centre, 71 Haydon Place Guildford, GU1 4ND
email: info@footsteps.org.uk

New Life Baptist Church in Guildford are holding a Christmas Meal at 12pm in their Refresh Café, Railton Road, GU2 9LX
Booking is essential, so please call tel: 07422 521467

Salvation Army Will have their normal drop in on Friday 23rd and 30th of December but not at any other time. They will be closed, apart from these Fridays, over the Christmas period. Woodbridge Road, Guildford GU1 4QQ
email: guildford@salvationarmy.org.uk tel: 01483 506763 or 01483 575 128

Compton Village Hall, Compton , GU3 1EG: are hosting a free traditional Christmas Lunch. For more information please contact:
patriciaburnett1@aol.com tel: 07786 856440

Canterbury Care Centre (mental health drop in centre) Church House, 23 Waterden Road, Guildford, GU1 2AZ tel 01483 577020, e mail: canterburycarecentre@yahoo.co.uk No booking required—all welcome
Open Mondays: 9.30am-3pm, Thursdays and Fridays: 9.30am-1pm
Monday 26th Dec Closed. Thursday 29th social drop in 10am –12 noon
Friday 30th Dec-social drop in 10am –12 noon Monday 2nd Jan social drop in 10am-12 noon

Reigate and Banstead

Banstead Methodist Church together with The United Church of St Mark (Tattenham Corner) Christmas Day lunch. There will be no charge. Contacts: Janet Willock, The United Church of St. Mark, St Marks Road, Tel (01737) 353138 or Sara Watkins, Banstead Methodist Church, The Drive, Tel (01737) 359056

Runnymede

The Village Centre, Englefield Green is again providing a Christmas lunch on 25th December at 1pm . For more details or to book Jayne Watson, Centre Manager, The Village Centre, Victoria Street, Englefield Green, TW20 0QX tel: 01784 471110
email: villagecentremenager@gmail.com

Egham St John's Church The St John's Christmas Kitchen Virginia Lodge, Station Road, Egham (opposite the Station) will be open from 10am to 2pm on the Monday to Saturday 19th-24th Dec with hot drinks and a hot meal being served. They will also be open for lunch on Christmas Day and Boxing Day between 12 noon and 3pm. Please contact Lesley Pocock if you wish to join them for lunch on Christmas Day or Boxing Day or are interested in volunteering.
mob 07833307629 email: lesleypocock@aol.com

Spelthorne

Richmond Fellowship North West Surrey. Free Christmas Day Dinner. Greenco Centre, Shepperton. Organised by Churches and Community of Shepperton. Contact Caroline Tel 01932 247255 Mob: 07775 901035. Carolinebutton2006@yahoo.co.uk

Hampshire

St Peter's Church, Farnborough Christmas Day lunch for anyone no charge. To book a place contact Elizabeth Lowden on 01252 543081.

St John's Church, Cove are having a Christmas lunch at St John's Hall for those who would otherwise be on their own. The lunch starts at 12.30pm. For further info Chris Cornwell tel: 01252 843251 email: over55forum@yahoo.co.uk

Victoria Hall, Hartley Wintney RG27 8RE is hosting a Traditional Christmas lunch for all ages in the Community hall. To find out more or to book a place please contact Sally Brett on 07538 109256. Please note the Closing date 20 December 2016

Churches Together in Fleet, supported by Fleet Town Council, are organising a lunch for people from Fleet or Church Crookham on Christmas Day .Please contact: Revd Carol Dunk 01252 444872

The Vine Centre, Aldershot is a Christian charity for homeless and vulnerable people and will be open on Christmas Day between 11-3 for lunch, chat, games and relaxation. Last year, their services were accessed over 8,000 times, they welcome visits so do get in touch.
22nd Dec - Christmas Lunch 23rd Dec - Christmas Buffet
25th Dec - 11-3pm Lunch and entertainment for clients

**Community Connections providers
Epsom and Ewell and Mole Valley**



The Crescent Centre

23 The Crescent
Leatherhead
Surrey, KT22 8DY
Phone: 01372 375400 Fax: 01372 372349
Text: 07929 024 722
E-mail: info@maryfrancestrust.org.uk
Website: www.maryfrancestrust.org.uk

**The office is closed from 24th to 27th December (inclusive)
and on Monday 2nd January, 2017**

**Office Open 28th, 29th and 30th December 10-2.30pm
Café open 28th and 30th December 11-2pm**

Brickfield Centre

Portland Place Epsom KT17 1DL
Closed Monday 26th December to Monday 2nd January
inclusive

Safe Haven

The Larches 44 Waterloo Road
Epsom
Surrey
KT19 8EX



6-11pm every evening

**a safe, calm and friendly welcome for people and carers in
need of emotional and mental health support**

Community Connections providers

East Surrey

East Surrey Community Connections and Employment Service

Closed 23rd December and 30th January from 12.30 – 5.00pm

Closed all day 26th, 27th December and 2nd January

Open 28th, 29th all day and until 12.30 on the 30th. Usual opening hours from the 3rd of January

01737 771282, SMS 07770 890245, Wingfield Resource Centre, St Anne's Drive, Redhill, RH1 1AU

Art Matters

Closed from 1pm on the 23rd December until 2nd January.

Usual opening hours from Tuesday 3rd January.

Any queries during this period can be directed to East Surrey Community Connections

Redhill Safe Haven

Open 6pm to 11pm every evening through the Christmas period

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

ESDAS

Closed 23rd December from 12.30pm

Closed all day 26th, 27th December and 2nd January

Open on 28th, 29th and 30th December. Usual opening hours from 3rd January

01737 771350 SMS 07860 039720

National 24 hour Domestic Violence Support Helpline - 0808 2000 247

Reigate Stepping Stones

Open 10.30 to 1.30 on Tuesdays and Thursdays except on 27th December when the Service is closed.

South Park Constitutional Club, 28-30 Smith Road, South Park, Reigate, RH2 8HJ

Old Moat

Closed 25th December, 26th December, 1st January

Closed from 12pm on 5th January Garden open until 4pm and Café until 3pm (serving food until 2, hot drinks until 2.30) on Saturday 24th December.

Garden open until 4pm and Café until 3pm (serving food until 2, hot drinks until 2.30) on Saturday 24th December



Community Connections provider Runnymede & Spelthorne

Closed 23rd / 30th December from 1.00 pm Closed 24th 25th 26th 27th
December / 1st 2nd January.

Open 28th 29th 9.00 am 5.00 pm. 3rd January 2017 9.00 am -5.00 pm.
Usual hours from this date.

Office Tel No: 01932 910942 SMS 07786191199

Laser House, 75 -79 Guildford Street, Chertsey, Surrey, KT16 9AS

Community Connections provider Elmbridge

WWAG: Wellness With a Goal

is closed from Friday 24th December
until Monday 2nd January inclusive

wellness with a goal

Community Connections providers
Woking



Depression & Anxiety Support • Wellbeing Groups
Eating Disorder Support • Carers Groups
Postnatal Depression Support
Walking for Health • Social & Drop In Groups
Young Persons Group (18-25) • Mindfulness
Safe Haven Crisis support

01483 757461



info@cornerhousewoking.org.uk

www.cornerhousewoking.org.uk

SMS Text 07902 426961

CornerHouse
2 Courtenay Road
Woking GU21 5HQ



 CornerHouseWoking
 @CHWoking

*Office closed 24th
Dec to 2nd
January.
Reopens on 3rd
January 2017.*

*Some groups
running between
Christmas &
New Year.*

*Contact us
for details*

Woking Safe Haven

Open 365 days a year, the Woking Safe Haven offers a safe, calm and friendly welcome for people and carers in need of emotional and mental health support

**Monday-Friday 6pm - 11pm
Weekends and Bank Holidays 12:30pm - 11pm**

Including over the festive period:

- Saturday 24th December 12:30pm - 11pm
- Sunday 25th December 12:30pm - 11pm
- Monday 26th December 12:30pm - 11pm
- Tuesday 27th December 12:30pm - 11pm
- Wednesday 28th December 6pm - 11pm
- Thursday 29th December 6pm - 11pm
- Friday 30th December 6pm - 11pm
- Saturday 31st December 12:30pm - 11pm
- Sunday 1st January 12:30pm - 11pm
- Monday 2nd January 12:30pm - 11pm

**The Prop, 30
Goldsworth
Road, Woking
GU21 6JT**

Surrey and Borders Partnership 
NHS Foundation Trust




North West Surrey
Clinical Commissioning Group

Community Connections providers

Guildford and Surrey Heath

The Welcome Project Surrey Heath

163 London Road
Camberley GU15 3JS
01276 409415



Normal opening hours: Monday to Friday 9am – 5pm

Closed Monday 26th and Tuesday 27th December

Closed Monday 2nd January 2017

www.welcomeprojectsurrey.co.uk

The Welcome Project Waverley

Queen Street
Godalming
GU7 1BA
01483 415950

Normal opening hours Monday to Friday 9am – 5pm

Closed Monday 26th and Tuesday 27th December

Closed Monday 2nd January 2017

www.welcomeprojectsurrey.co.uk

Catalyst – providing adult drug
and alcohol support in Surrey

14 Jenner Road
Guildford
GU1 3PL
01483 590 150



Normal opening hours Monday, Tuesday, Wednesday and Friday 9am – 5pm

Thursday 9am – 7pm

Saturday 9am – 1pm

Closed Monday 26th and Tuesday 27th December 2016

Closed Monday 2nd January 2017

www.catalystsupport.org.uk

Oakleaf Enterprise Guildford

101 Walnut Tree Close

Guildford

GU1 4UQ

01483 303649



MAKING LIFE WORK WITH MENTAL ILLNESS

**will be closed for clients from
Monday 19th December and
open again on Tuesday 3rd January.**

www.oakleaf-enterprise.org

**On a night out in Guildford
town centre this Christmas?**

**Need treatment for
non-emergency minor injuries?**

Visit our first aid point.

Where

**North Street, Guildford
(Opposite the Friary Centre, near Guildford Bus
Station, Nando's and Jamie's Italian)**

When

- **Friday 16 December,
10pm to 4am**
- **Saturday 17 December,
10pm to 4am**
- **Friday 23 December,
10pm to 4am**
- **Saturday 31 December,
10pm to 4am**



Save A&E for those who really need it.

Always call 999 in an emergency

Provided in partnership by:

