

Permission Statement

I agree that CornerHouse may contact my GP if there is concern that I am at serious risk to myself or others. I understand that I would be informed if such contact was made.

Please sign me up to the weekly Next Steps email newsletter (you can unsubscribe at any time)

I agree to respect the Next Steps group values:

Signed ----- Date -----

Personal information will only be used for providing depression support. Personal information will not be shared with other group members or with third parties (including other organisations operating at CornerHouse).



Weekly Groups

Woking Self Help Groups

CornerHouse, 2 Courtenay Road, Woking GU21 5HQ

- **Tuesday Evening** 7.00 to 9.00 pm
- **Thursday Afternoon** 1.00 to 2.30 pm

Woking Wellbeing Group

Parkview Community Centre, off Blackmore Crescent, Sheerwater, Woking GU21 5NZ

- **Friday Morning** 9.30 to 11.30 am

Runnymede Self Help Groups

- **1st & 3rd Wednesday** 7.30 to 9.00 pm
each month

Virginia Lodge, 68 Station Road, Egham, TW20 9LF

- **2nd & 4th Wednesday** 7.30 to 9.00 pm
each month

Addlestone Community Centre, Garfield Road, Addlestone, KT15 2NJ

Welcome to the Depression Support Groups.

Many people find it a big step to start coming to a group. If it helps, you are welcome to bring someone along to support you the first time. We hope that as you get to know people, you will find the groups helpful and enjoyable.

You can say as much or as little as you like about yourself. Some people prefer not to say too much the first time they come. You will also be helping others by listening and encouraging them.

Although the groups are not providing therapy or counselling, many people find it therapeutic to talk openly about their experiences with others who listen and understand. The groups aim to give you a space where you can be your true self, knowing that you will receive acceptance and encouragement. Each session is informal and what we talk about depends on what is on people's minds that week. There are always facilitators around to lead the group—they are not "experts" but are there to help things run smoothly.

Our group values are for the benefit of all:

Everyone is important and will be listened to with respect;

We try to make sure everyone is able to have their say;

We don't pressurise anyone to speak;

We always respect confidentiality;

We share information but recognise that we are all Different, and that each member is responsible for their own decisions;

Members will not be permitted to attend the group when under the influence of recreational drugs or alcohol.

REGISTRATION FORM

Name -----

Address -----

Phone -----

Mobile -----

Email -----

Date of Birth -----

Name of GP ----- Phone -----

Address -----