

Talking Mental Health

Winter Newsletter

This edition of the Talking Mental Health newsletter is a Christmas special, featuring events and support services available throughout December.

If Christmas is difficult for you this year, support is available. Reaching out - whether to a trusted friend, a family member, or a community group can be a powerful first step. Professional help is also available, including mental health services and local support organisations.



Registered Charity Number:1206289

Company Limited by Guarantee, number 3298760.



Free/Low Cost Christmas Events in Surrey



| Date | Event | Time | Location | Details |
|------------------------------------|---|-------------------------------|--|--|
| 30 November 2025 – 2 February 2026 | 'Joy to the World' Christmas Art Exhibition | 9am – 4pm | Guildford Cathedral | <p>The Christmas art exhibition at Guildford Cathedral is a highlight each year, featuring artwork from pupils of all ages, from nursery to sixth form. This year, schools explored the theme 'Joy to the World' inspired by Luke 2:10: 'Don't be afraid, because I am bringing you some good news. It will be a joy to all the people.' The exhibition reflects on how Jesus brings joy and hope, even in difficult times.</p> <p>Free to attend.</p> |
| Monday 15 December 2025 | Waythrough's Christmas Social | 11:00am–12.30pm | Wingfield | <p>Only for Waythrough members. To join, please call 01737 771 282 or email waythroughcc@waythrough.org.uk</p> <p>Waythrough offers mental health support for individuals in East Surrey.</p> <p>https://ccwaythrough.org.uk/events/xmas-social-2025/</p> |
| Wednesday 17 December | Christmas Themed Lunch | 10am–1pm | The Wheelhouse, West Horsley, | <p>Looking to learn how to cook simple, healthy meals from scratch, meet new people, and enjoy a friendly chat over lunch? The Horsley Lunch Club for Men is the perfect place!</p> <ul style="list-style-type: none">• No experience needed• Recipes from around the world• Cook & eat together in a relaxed, sociable setting• Great for improving wellbeing & tackling isolation <p>Call Edward Scott on 01438 285394 or email: horsleylunchclubformen@gmail.com</p> |
| Thursday 18 December | Surrey AgeUK's Christmas Carol Service | 11am | Guildford Cathedral | <p>Traditional readings and carols led by Guildford Cathedral Singers, Rock Choir and Tormead Prep School Choir. Coffee, tea and mince pies served inside the Cathedral from 10:30am</p> <p>Free entry for all, donations welcome.</p> <p>For more information www.ageuk.org.uk/surrey</p> <p>To book a wheelchair space or for further details call 01483 503414 or email fundraising@ageuk.surrey.org.uk</p> |
| 22 December 2025 | Festive Fun at The Hive | 10:00 – 14:00 | The Hive, Park Barn Drive, Guildford GU2 8EN | <p>Join us for this free, family-friendly event with activities including: Santas Grotto, Raffle, Play rangers, Karaoke, Fairground Rides, Children's Lucky Dip, Panto Dames, Arts and Crafts, Live Music, Grilled Food, Face Painting, Balloon Animals</p> <p>Please call The Hive for more details: 01483 458055</p> |
| 24 December 2025 (Christmas Eve) | Gaskins' Free Christmas Lunches 2025 | Free delivery from 12 to 3pm. | Open to everyone in need within 10 miles of Guildford. | <p>Please reserve your meal by e-mailing info@freechristmaslunch.com or calling Marta on 07855846957</p> <p>https://www.freechristmaslunch.com/</p> |
| 25 December 2025 (Christmas Day) | Free Christmas Lunch | Starts at 12:30 | Hurst Green Community Centre | <p>Spaces are limited so call or text Kelly on 07732952227 to secure a place!</p> |

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| 25 December 2025 (Christmas Day) | Churches Together Free Christmas Lunch | 12 noon to 3.30pm | Godalming Baptist Church (Queen Street) | <p>For anyone who would like to attend, with a special welcome to those who might otherwise be spending the day alone.</p> <p>Guests will be greeted with a soft drink before enjoying a full Christmas lunch, followed by entertainment and games.</p> <p>If you or someone you know would like an invitation, please contact Carole Goffe-Wood at shosholozo@hotmail.com. Transport within the Godalming area can be arranged.</p> |
| 25 December 2025 (Christmas Day) | Food Wise's Christmas Day Lunch | 11:45am – 3pm | Parkview Community Centre, Sheerwater GU21 5NZ | <p>Costs £3</p> <p>To book, please complete the following Google Form https://docs.google.com/forms/d/e/1FAIpQLSf62VNbwuBseo3Rrcgr3v6ezt0y0FT_SBvoH8TkzT86_vO_kQ/viewform</p> <p>Or contact Martin Vodden at Food Wise TLC on 07768 005155 or info@foodwisetlc.care</p> |
| 25 December 2025 (Christmas Day) | Christmas Lunch | 12:30pm | St John's Egham | <p>To book, please contact the Church Office on 01784 605400 Or office@stjohnsegham.com</p> |
| 25 December 2025 (Christmas Day) | Friends of the Elderly Free Christmas Lunch | 11 – 4pm (Lunch served at 12:30pm) | Bernard Sunley Care Home, College Road, Maybury, Woking SU22 8BT | <p>Older people in Woking are warmly invited to celebrate Christmas Day with Bernard Sunley Care Home.</p> <p>Please reserve your space by Thursday 11 December, call 01483 764 300 or e-mail andy.cumper@fote.org.uk</p> |



Festive Fun

at **The Hive**



Monday 22nd December
10:00 - 14:00

Park Barn Drive
Guildford
GU2 8EN



Join us for this **FREE**, family-friendly event with activities including:

Santa's Grotto
Raffle
Playrangers
Karaoke
Fairground Rides
Children's Lucky Dip

Panto Dames
Arts & Crafts
Live Music
Grilled Food
Face Painting
Balloon Animals



St Lawrence Chobham Handbell Ringers

We are looking forward to seeing you at our

CHRISTMAS CONCERT

Saturday 13 December 2025, 11.00

High Cross Church, Camberley



You will **love** hearing **Christmas** favourites
played on our beautiful 100 year-old **bells**!

And you can **sing** too! What's not to like! 😊

"We Need A Little Christmas", "Angels' Carol",

"O Holy Night", "The Christmas Song"

("Chestnuts Roasting on an Open Fire")

"Winter Wonderland", and more!



All welcome. Retiring collection in aid of
The **Woodlarks Campsite Trust, Farnham**
(supporting local people with disabilities).



In association with...

Strengthening Community
Mascot

Maybury and Sheerwater Community Trust

Mascot



Woking Lions



St Michael's

Feeding faith, growing community

St Michael's Church



Bustler

Bustler

Christmas Day Lunch

When: 25th December, 11.45am - 3pm.

Venue: Parkview Community Centre, Sheerwater, GU21 5NZ.

What's Included: Christmas Lunch & Carols (Sing along).

Transport: May be available - Limited allocation.

Who is Invited: All those seeking some company and friendship, and wanting to celebrate on Christmas Day.

Cost: Food is free, but you need to join our Christmas Club (Annual Membership fee of £3 per year.)

Scan the QR Code to sign up:



*You need to be a member to join us on Christmas Day
(All monies used towards the cost of the event).*



FREE Christmas Lunch



Join us for Christmas



Older people in Woking are warmly invited to celebrate Christmas Day with us at **Bernard Sunley Care Home**.

Don't spend Christmas alone.

Come and celebrate with us. Enjoy a festive day with a traditional Christmas lunch, entertainment, and great company.

Please reserve your space by Thursday 11 December 2025

Christmas Lunch Menu Highlights:

- Roast Turkey, Honey-Glazed Gammon or Mushroom Bourguignon Pie with all the trimmings.
- Christmas Pudding, Mince Pies and more.

Date: Christmas Day, 25 December 2025

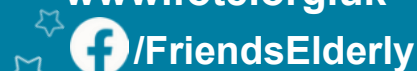
Time: 11am - 4pm (Lunch served at 12:30pm)

Phone: 01483 764 300

Email: Andy.cumper@fote.org.uk

Location: Bernard Sunley Care Home,
College Road, Maybury, Woking, GU22 8BT

www.fote.org.uk



Friends of the Elderly, registered charity number 226064 (registered in England and Wales), registered company number 133850 (registered in England and Wales).
A company limited by guarantee. Registered Office: The Bradbury Centre, Smiles Place, Woking, Surrey GU22 8BJ.

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Wellbeing Support

Do you need mental health support?

The Safe Havens in Surrey remain open for people in crisis to visit in person every day of the year. You can find out more information here:

[https://www.sabp.nhs.uk/our-services/mental-health/safe-havens.](https://www.sabp.nhs.uk/our-services/mental-health/safe-havens)

Surrey and Borders Partnership NHS Foundation Trust (SABP) and the Community Connections providers have launched virtual Safe Havens. The Virtual Safe Havens are open from 6.00pm to 11.00pm every day of the year for people in crisis.

Virtual Safe Haven Links

- [Epsom Safe Haven](http://nhs.vc/sabp/safe-haven-Epsom)
- [Guildford Safe Haven](https://nhs.vc/sabp/safe-haven-guildford)
- [Redhill Safe Haven](https://nhs.vc/sabp/safe-haven-redhill)
- [Woking Safe Haven](https://nhs.vc/sabp/safe-haven-woking)
- [Aldershot Safe Haven](https://nhs.vc/sabp/safe-haven-aldershot)

Other sources of support

- call Surrey and Borders' Mental Health Crisis Helpline on: 0800 915 4644 or by SMS text: 07717 989 024
- contact SHOUT by SMS text on 85258
- contact Samaritans on 116 123 or email them at jo@samaritans.org
- [go to the Healthy Surrey website for more information about mental health and emotional wellbeing support in Surrey.](#)

Shape mental health and SABP services across Surrey and North East Hampshire from your lived experience.

“FoCUS feels like you are being heard by people who care.”
- FoCUS Member



Join and become a member for free!



Work with others to improve support and care in your community



Have your voice heard – improve services together

SCAN ME



Wishing you a Merry Christmas and a Happy New Year!



Registered Charity Number:1206289
Company Limited by Guarantee, number 3298760.

IMHN
Independent Mental
Health Network
Surrey & NE Hants

FoCuS
Forum of Carers and people
who Use our Services