East Surrey Directory of Mental Health Services for Adults – Service Details

All services have a self-referral option unless otherwise specified under the referral criteria.

Service	Referral Criteria	Description	Link
Caterham Counselling Service	Available to all ages. People struggling with emotional and mental health difficulties.	In person and online counselling service for individuals, families and children. Fees are low and are on a sliding scale based on income and circumstances.	Link
Reigate Community Counselling Centre	Age criteria: 18+ People experiencing common mental health problems including anxiety, feeling low, depression, low confidence and relationship issues	In person (Reigate) and online counselling service. There is a minimum fee of £20 and a sliding income scale is used to agree what is affordable but further concessions are possible where needed.	Link
First Steps to Support Services	Age criteria: 18+ People facing life stresses and looking to improve their mental health and wellbeing	First Steps to Support is a free telephone, text and email wellbeing service open to Surrey residents (Tel: 0333 332 4753 SMS: 07860 026657). It is designed as a one-off contact with staff to explore the causes of their emotional issues and how to address these by considering self-help and early access to talking therapies, signpost to services offering wider determinants support (financial, housing, employment, isolation) and signpost to local community services.	Link
Waythrough - Community Connections	Age criteria: 16+	1:1 and group based mental health and wellbeing support for anyone aged 16 and over living in the Reigate and Banstead borough. Online group-based support is provided to all Surrey residents. Support is provided to develop a support plan as well as access to community activities, wellbeing courses and peer support groups.	Link
Waythrough – Employment Support	Age criteria: 18+ People with mental health challenges	Employment Advisors with specific training will assist people with mental health challenges to gain or retain employment through individualised action planning. Support provided on a range of areas including job	Link

		searching, CV preparation, completing job applications, preparing for interviews and advise on disclosure of mental ill health to employers.	
Waythrough - Wellbeing Matters	Age criteria: 18+ Parents of young families with mental health and emotional needs	Assessment carried out with parents with mental health and emotional needs to address their needs, provide access to a wellbeing app and/or signposted to ongoing support. Service is based in neighbourhoods in East Surrey (Redhill West and Wray Common, Hooley, Merstham and Netherne and Hurst Green).	
Talking Therapies	Age criteria: 17+ People experiencing common mental health problems including anxiety, feeling low, depression and stress	The service provides individual therapies, guided self-help online and group courses to help treat a wide range of mental health issues.	Link
DHC Talking Therapies Group Courses	Age criteria: 17+ People experiencing common mental health problems including anxiety, feeling low, depression and stress	6-8 week online courses on anxiety and depression as well as courses tailored to pregnancy, new mums and menopause. For people living with a long-term physical health condition, there are courses to learn skills to handle difficult feelings or symptoms more effectively.	Link
Mind Matters Surrey Talking Therapies Group courses	Age criteria: 17+ People experiencing common mental health problems including anxiety, feeling low, depression and stress	5-7 week online courses to support with a range of emotional wellbeing and mental health concerns including improving wellbeing, parent wellbeing, managing stress healthily, grief and loss and tackling worry and anxiety.	Link
Centre for Psychology Group courses	Age criteria: 17+ People experiencing common mental health problems including anxiety, feeling low, depression and stress	Offers a wide range of online (Zoom) groups for people registered with a GP in Surrey who are experiencing specific psychological distress, sometimes also associated with a long-term physical health condition.	Link
GPimhs	Age criteria: 18+ **GP/nurse referral required.** Adults with significant mental health concerns impacting on	Expert advice and guidance for people with complex mental health and emotional wellbeing issues. A practitioner works to understand the person's needs and connects them with services in the community. Service includes an initial assessment, personalised plan to help improve	Link

	their everyday life. A mental illness diagnosis is not required.	their health and wellbeing and connecting a person with services/treatments if required.	
ASD and ADHD Service	Age criteria: 18+ **GP or community mental health team referral required.** Adults who may have or currently have ASD or ADHD.	Diagnosis and support for adults with Autistic Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) across Surrey. Opening hours for this service are Monday to Friday 9am - 5pm	Link
Managing Emotions Programme (MEP)	Age criteria: 18+ Adults currently accessing GPimhs	Service for people experiencing fluctuating and intense emotions. Courses are designed to equip people with a range of tools and skills to enable them to manage their emotions more effectively.	Link
Service User Network (SUN)	Age criteria: 18+ Adults experiencing emotional difficulties associated with personality disorder.	Peer support for anyone experiencing emotional difficulties often associated with personality disorder.	Link
Adult Eating Disorder Integrated Mental Health Service (AEDimhs)	Age criteria: 18+ Adults with early onset eating disorders with low medical risk	Access to evidence-based interventions including FREED (First Episode, Rapid Early Intervention for Eating Disorders) for young adults (18 – 25 years) who are within the first three years of their illness duration.	Link
Dementia Advisory Service	People with dementia and their carers, family and friends	Information, signposting or ongoing support for people who are worried about their memory, have a diagnosis of dementia or are a carer, family or friend.	Link
Surrey Recovery College	Age criteria: 18+ People, family and friends who would like support with managing their or a loved one's wellbeing, and health professionals.	Offers a wide range of free courses (virtual or in person) to help people better understand and manage their mental health needs, recover and stay well. The courses are delivered by specially trained Recovery Coaches, who have lived experience of mental or physical ill health. They provide information, strategies and skills that help people to become experts in their own self-care.	Link

Surrey Coalition for Disabled People - Independent Mental Health Network	Age criteria: 18+ People that have lived experience of mental ill health or care for somebody with mental ill health.	A voice for Service users/carers (over 18 years) to contact commissioners and service providers and let them know the services that are needed. Meetings are virtual and held bi-monthly. Lived experience advisors are offered as well.	Link
Adult Eating Disorder (AED) Service	Age criteria: 18+ **GP referral required.** Adults on the SABP waiting list for treatment of an eating disorder and who require physical health monitoring whilst they are awaiting treatment.	Physical health check review by the nurse is designed to monitor patients' health and identify any concerns or additional support requirements. The health check can include weight or BMI review, blood pressure test, relevant blood test, temperature check and an ECG. This service is available at several locations including Horley Health Hub and Holmhurst Medical Centre (Redhill).	Link
i-access Drug & Alcohol Service	Age criteria: 18+ People with problematic drug and/or alcohol use	The type of support offered include advice and information, one-to-one or group counselling sessions, detoxification services, recovery support, needle exchange, Hepatitis B vaccination and Hepatitis C testing. Support also provided to those dependent on alcohol and want to make some changes but do not wish to stop drinking. Assessment is offered at one of the clinics in Surrey include at Redhill.	Link
Surrey Drug and Alcohol Care	Age criteria: 18+ Referrals can be made by the clients via our Helpline (0808 802 5000), direct from our website, or through professionals with the client's permission.	Free support, signposting and counselling to drug and alcohol services including their counselling service. Helpline Advisors are available from 9am to 9pm, Monday to Friday, (9.00am till 7.00pm Monday to Friday as from 13th March) offering a non-judgemental, supportive and professional service. The counselling service is for people with dual diagnosis (mental health problems and substance misuse) and substance misuse dependencies and their families. Specific counselling is also available for Drug Related Deaths (DRD), those affected or close relationships or Non-Fatal Overdose (NFO).	Link
Eating Disorder Service (anorexia and bulimia).	Age criteria: 18+ A person should be stable before being accepted for care by the service. People with binge eating disorder may be	Outpatient service at Loughta House (Epsom) for adults who suffer from Anorexia Nervosa or moderate to severe forms of Bulimia Nervosa. Many of our treatments are offered in groups, further treatment is adapted to each individual's needs including psycho-education, dietary advice,	Link

	offered an evidence-based group recovery programme based on CBT (Cognitive Behavioural Therapy).	counselling and CBT. Limited input will be offered to clients with Binge Eating Disorder, usually a group programme.	
Community Mental Health Recovery Team (CMHRT)	Age criteria: 18-64 **GP referral/Talking Therapies/Social Services referral required.** Adults experiencing acute or severe and enduring mental health problems, including personality disorder, that requires assessment and intervention from a secondary care team.	Secondary Mental Health Teams who provide assessments for evidence based, time limited treatment and psychological interventions for adults with severe and enduring mental health issues. The focus of our whole service is promoting recovery and independence and developing self-management strategies to encourage people to achieve their potential in the community.	Link
Early Intervention in Psychosis	Age criteria: 14-65 years **GP referral or referral from anyone involved in the person's care i.e. family, carer.** People with signs of psychosis. The person must be aware that someone is referring them to the service and this must be their first episode of psychosis.	Assessment, plan of care for the person and their family and ongoing treatment and care to support their recovery for up to three years. Support with employment, education and volunteering opportunities in their local community is also provided.	Link
Community Mental Health Team (CMHTs) for Older People	Age criteria: 65+ **GP referral via SPA or other health professional referral required.** People over 65 with concerns about their memory, including mild cognitive impairment,	Assessment, diagnosis, treatment and support for people over 65 who present with functional mental health illnesses; deterioration in cognition and/or dementia. Referrals are discussed by the multi-disciplinary team and the most appropriate range of assessment/treatment and support are then offered.	Link

	functional mental health problems.		
Perinatal Mental Health Service	Women who are planning a pregnancy, are pregnant or have a baby up to 12 months old who have, or at risk of developing, serious or complex mental health needs.	Specialist perinatal mental health service for women who are planning a pregnancy, are pregnant or have a baby up to 12 months old who have, or at risk of developing, serious or complex mental health needs.	Link
Addressing Fear, Loss and Trauma (ALoaT) Maternal Mental Health Service	Mothers experiencing moderate to severe mental health issues. **Referrals are accepted from health and social care professionals, including GPs, obstetricians, midwives and health visitors.**	AFLoaT is a psychologically led service and provides high-quality care for women or birthing people who experience moderate to severe mental health difficulties as a result of fear, trauma or loss related to the maternity experience. AFLoaT will provide a range of advice, support, treatment and care plans.	Link
Parent-Infant Mental Health Service (PIMHS)	Parents expecting a baby or have a baby less than a year old and are finding it difficult to develop a positive relationship with their baby. **Referrals from professionals are accepted via One Stop Referral Service.**	PIMHS, works with parents expecting a baby and with babies up to the age of one year. The service support parents when they struggle to relate to or have any positive feelings about their babies. They also help parents who may have difficult feelings during pregnancy and in the weeks after the baby has been born.	Link
Safe Havens	Age criteria: 18+ Experiencing or at risk of experiencing a mental health crisis.	Safe Havens provide out-of-hours help and support to people who are experiencing a mental health crisis or emotional distress and their carers. The Safe Havens are open evenings, weekends and bank holidays from 6pm - 11pm. The Safe Havens are designed to provide adults with a safe alternative to A&E when in crisis. The 2 locations within or close to East Surrey are Redhill and Epsom.	Link
Mental Health Crisis Helpline - 0800 915 4644	People experiencing a mental health crisis	Number: 0800 915 4644 (free) 24-hour support is available. The is for the individual in need of support or for the person caring for someone is crisis.	Link

East Surrey Children and Young People Directory of Mental Health Services: Peer Support and Counselling Services – Service Details

Service	Referral Criteria	Description	Link
GP practice CYP Wellbeing Service (all East Surrey PCNs except South Tandridge)	Age criteria: 4-19 or up to 25 years for those with a learning disability	The health and wellbeing coaches and social prescribers deliver 1:1 and group interventions to improve mental health and wellbeing, manage challenging behaviours, increase motivation to adopt healthy behaviours and connect them to other services for practical and emotional support.	
Kooth.com	All young people, particularly those experiencing emotional and wellbeing issues	A free digital mental health platform that gives children and young people immediate access to an online community of peers and a team of experienced, accredited counsellors. Kooth.com can support on a wide range of issues including anxiety, self-harm, suicidal thoughts, relationship issues, sadness, school/college issues and self-worth.	Link
YMCA East Surrey - Step Forward	Young people aged 17-24	Free emotional wellbeing support and activities for 17-24 year olds with mental health and emotional wellbeing needs. Available in 4 locations, including Redhill.	Link
YMCA East Surrey - Heads Together	Young people aged 14-24 14-17 years old: Self-referral **If over 17 years old - a GP referral to Mindworks is required.**	Free and confidential counselling for young people in East Surrey and works in partnership with Mindworks Surrey. A range of sessions are offered including face-to-face, video or telephone counselling. Counselling sessions are offered in a range of locations including Redhill and Reigate.	Link
Waythrough - The Huddle	Young people aged 16-24	A relaxed space for young people to socialise and share their experiences with like-minded peers. Sessions cover a range of mental health topics and talks on self-help activities or creative/social activities. Sessions are free and held twice a month in Redhill.	Link
Clockwork Trust - Oxted	Young people living in Oxted	Free and confidential counselling for young people aged 14-24 in Oxted.	Link

The Lucy Rayner Foundation	Young people aged 14-39	Six counselling sessions with a trained professional. Counselling is £35 per session, however an affordability assessment on an individual basis is carried out to ensure each client only contributes an amount they are comfortable with.	Link
Learning Space	Age criteria: children and young people, criteria vary depending on the group	Offers a range of groups to support children and young people with their mental health and wellbeing including 1:1 support, group and community wellbeing service. Groups include support with anxiety and social isolation, art therapy and forest space to support children and young people not attending school for emotional reasons. They also run a youth advocacy group (Youth Voice) for young people who want to make a difference. Available across Reigate & Banstead, Mole Valley and Epsom & Ewell.	Link
Relate Mid and East Surrey	Young people aged 11-24	In person (Reigate and Epsom), video and telephone appointments. The cost is £46 a session, however, Relate Mid and East Surrey may be able to offer a bursary. Appointments are currently available after school and during the daytime.	Link
Fight or Flight Groups	All ages	Provides a safe space for men and woman of all ages where they feel comfortable to talk and open up about their experiences in an environment completely free of judgment. Men's groups include boxing classes and walk and talk while women's groups include a run club and walk and talk sessions.	Link
Twister - Redhill	Young people who are LGBT or questioning their gender or sexuality	Youth club that provides a safe space for young people to make friends and take part in activities like art, crafts, music and cooking. There are 2 local locations: Epsom and Redhill.	Link
Surrey Young Carers	Children and young people under 18 years of age	Support and opportunities to meet with other children and young people under 18 years of age who are carers. Offers a range of support from drop in youth clubs, Youth Carers Forum and more intensive group and 1:1 support.	Link

Talking Therapies	Age criteria: 17+ People experiencing common mental health problems including anxiety, feeling low, depression and stress	The service provides individual therapies, guided self-help online and group courses to help treat a wide range of mental health issues.	Link
PMActive – 1:1 Mentoring and Big Brother & Big Sister Service	Children and young people with additional needs	The 1:1 mentoring service is for children and young people who, for a variety of reasons, may be experiencing issues accessing other more formal services such as schools, educational settings or other clubs. The Big Brother and Big Sister service is designed to help young people experiencing challenges through user centric, enjoyment led engagement. Whether it's a stroll round the local park, a kickabout or perhaps a day out, we can tailor an activities programme to the specific needs of the individual.	Link
Barnado's Tandridge Family Centre - 1:1 family support	Age criteria: 0-18 **Requests for support can be made through Surrey Children's Single Point of Access (CSPA)**	Provides one-to-one family support where family circumstances are having a significant impact on the health, development or wellbeing of the child/ children. Family support staff are trained and experienced in helping families on a 1:1 basis to work through a variety of challenges, including separation and divorce, domestic abuse, financial hardship, problems engaging with education, behavioural issues, communication breakdowns and parenting skills. The Family Centre also offers parenting programmes and group activities about common issues, e.g. strategies to help with family routines or managing anxiety and emotions.	Link
YMCA East Surrey Family Centres - 1:1 family support (in partnership with Welcare and HomeStart East Surrey)	Age criteria: 0-18 **Requests for support can be made through Surrey Children's Single Point of Access (CSPA)**	Works with the whole family and focus will be on providing one-to-one whole family work.	Link

Emerge Advocacy	Age criteria: 10-25 Young person needs to have been to hospital for mental health crisis.	Crisis support in hospital when young people are there for self-harm, eating disorders, suicide attempt or emotional crisis. This support is non-clinical, youth workers support young people during their time in hospital and afterwards. Emerge are at several hospitals including East Surrey Hospital (7-11pm, Monday to Saturday) and Epsom General Hospital 7-11pm, Monday to Thursday). Emerge's follow-up support is available even if the young person has not met an Emerge team member at the hospital, young people can be referred on the website at Follow Up - Emerge Advocacy The follow up support is for roughly 12 weeks in the community. Weekly support from one of our youth workers, identifying goal with the young person to help improve their emotional wellbeing.	Link
Mindworks STARS (Sexual Trauma: Assessment, Recovery and Support)	Age criteria: A child or young person aged 25 and under. Direct requests for support from young people, their parents/carers, and all professionals is accepted via 01372 203 096 or sabpstars@sabp.nhs.uk	STARS is a Mindworks Surrey Specialist Service that works with children and young people (up to the age of 25), and their families, who have been affected by sexual abuse. Services include specialist trauma-focused therapy for children and young people who are holding sexual trauma, individual and group therapy and Child Independent Sexual Violence Advisor/Independent Sexual Violence Advisor (CISVA/ISVA) service offering support throughout a criminal investigation process.	Link
Reaching Out - Assertive Engagement Pathway	Age criteria: 16-25 who are not in education, employment or training, experiencing substance misuse or homelessness	6-8 session run by mental health practitioners to support young people with their mental health	Link
Waythrough - YUVA Surrey	Age criteria: 11-18 (or up to 25 where there are additional learning or developmental needs) Young person is displaying abusive or aggressive behaviour towards their families or intimate partners.	Supports young people aged 11-18 who have used violence or abuse toward family members or intimate partners. The service also works directly with the parent or carer, siblings, or partners who are impacted by the abuse to provide support to them throughout the duration of the intervention. This intervention may be delivered in the form of 1:1 work and/or group work.	Link

CYP Haven	Young people with worries and mental health problems.	A safe space for children and young people to talk about worries and mental health in a confidential, friendly and supportive environment. Staff will provide advice and support on a range of issues. Available at 4 locations including Epsom (every Tues and Thurs 3.30-7pm) and Redhill (every Weds 4-6pm). There is a support line (01483519436, Monday to Friday, 3.30 – 7.30pm, and Sunday 1-4pm with a virtual workshop at 4-5pm).	Link
Mental Health Crisis Helpline - 0800 915 4644	Age criteria: All ages	24-hour support available to all in Surrey experiencing a mental health crisis. Contact number: 0800 915 4644	Link

East Surrey Community-based Services for Mental Health and Wellbeing Support – Service Details

Information on local activities/groups	**Website**
Growing Health Together	Places & Projects - Growing Health Together
Healthy Surrey	Healthy Surrey
First Steps: emotional health and mental wellbeing advice and support guide	https://www.healthysurrey.org.uk/mental-wellbeing/self-help/advice-and-support-guide
Connect to Support Surrey	Home Page | Connect to Support Surrey
Virtual Wellbeing Hub	Virtual wellbeing | Healthy Surrey
Active Surrey	Active Surrey | Helping People to be Healthier and Happy
Surrey Family Information Service	Family Information Service - Surrey County Council (surreycc.gov.uk)
Surrey's Local Offer - for CYP with additional needs and their families	Surrey Local Offer

Service	Description	Link
Support groups		
Reigate Stepping Stones	A social group based at Merstham Football and Social Club. The group meets twice weekly on Tuesdays and Thursdays from 10.30am until 1.30pm. An opportunity to make new friends, support one another and engage in a range of activities including art and crafts and games.	Link
Renewed Hope - East Surrey	Drop-in centre (Shrewbury Chapel, Redhill) is open to everyone, particularly people who are lonely, homeless or unemployed people struggling with a range of issues. Services include a free lunch, vouchers for Foodbanks, emotional support and liaising with other agencies. The night shelter provides a safe and welcoming space for rough sleepers to stay for as long as they need a bed and a meal. Some venues also offer shower facilities. This service does not run all year round. Hope House - support worker and volunteer mentors work on an individual's challenges including mental health illness, getting back to work and budgeting by working with other partner agencies	Link
Africa Community in Surrey & Sussex	Offers a number of services for African immigrants and people of African descent in Surrey and Sussex including health and wellness support, cultural awareness workshops, economic empowerment and social events.	Link
Asian Women's Wellness Hub	Asian Women's Wellness sessions are held fortnightly on alternate Thursdays at Surrey Choices building in Redhill. It is aimed at tackling social isolation and improving physical and mental wellbeing of Asian women.	Link
Mens Shed - Horley	A time to meet, pursue practical interests at leisure, to practice skills and enjoy making and mending. The group meets every Tuesday from 9am – 12pm and 4:30pm – 6pm at Horley Health Hub.	Link
Menshare - Horley	Listening group for men age 18+ to support men who may be going through a tough and challenging time in their lives.	Link
Men's Pit Stop Merstham	A confidential space for men to come and talk about what might be troubling them.	Link
Fight or Flight Men's and Women's Groups	Provides a safe space for men and woman of all ages where they feel comfortable to talk and open up about their experiences in an environment completely free of judgment. Men's groups include boxing classes and walk and talk while women's groups include a run club and walk and talk sessions.	Link
Age Concern – Merstham Day Centre	A day centre that is open three days a week and provides a welcoming, homelike environment for people to socialise and enjoy the day's activities. A fully accessible minibus is available to	Link

	transport people to and from the centre for those who are unable to make their own way. A range of activities are provided and a hot meal. The day centre is open Tuesday, Wednesday, Friday from 9.30 a.m. to 3.30 p.m.	
Engaging Minds Surrey – dementia support group	A group for those diagnosed with Dementia (patients under the age of 66) and their carers to socialise with others in a similar position. The group meets on the first Tuesday of the month from 6.30-8.30pm at The Merstham Centre (Weldon Way, Redhill RH1 3QB).	Link
Caterham Valley Memory Café	A memory café for people living with memory loss and those who support them to meet with others over a hot drink. Takes place every Monday from 2-4pm at St. John's Church Hall in Caterham.	Link
The Head2Head Memory Café	A safe and social place for people with memory loss and their carers to come and relax together, socialise and enjoy a range of fun activities. There's a varied programme of activities and something different each session, refreshments are available. Takes place of the first Wednesday of each month at Head2Head in Oxted	Link
Bereavement support		
CRUSE Bereavement Support – East Surrey	Offers one to one bereavement support to adults, children and young people who have been affected by the death of someone close to them, from a team of trained bereavement volunteers. The service is free, confidential and available to anyone.	Link
Rethink Mental Illness – Surrey Support After Suicide Service	Support for people 18+ in Surrey who are bereaved by suicide e.g. family, friends and people exposed to suicide e.g. witnesses, first responders, neighbours, colleagues and health and social care professionals. The service is free to access.	Link
Brigitte Trust – Bereavement Support Group	Free structured 8-week bereavement programmes with a professional facilitator, for anyone in Surrey struggling with their own grief and bereavement. These sessions are limited to a maximum of 12 people and will be offered in different parts of Surrey according to need.	Link
Bereavement Advice & Support Redhill Reigate Area (BASRRA)	Offers free telephone service of a listening ear, support, and compassion to adults in the Redhill and Reigate area who have recently experienced grief and bereavement and are finding it hard to manage their grief following a bereavement. It has trained volunteers and currently is available Monday, Wednesday, Friday mornings 10am to 12pm, and Monday 7pm to 8pm. Referrals are accepted from individuals affected by grief, their family, or friends, as well as health and social care professionals.	Link
Marie Curie Bereavement Support Service	The service is for people who want to have ongoing support, from the same bereavement volunteer, over the phone. The service is open to everyone, regardless of whether you have used Marie Curie services before.	Link

Shooting Stars - child bereavement support	Bereavement service for three years and three months following the death of a child.	Link
Jigsaw South East - support for bereaved children and young people	Supports bereaved children and young people and those facing the death of a loved one. The helpline, where you can speak to a Support Worker, is open between 9am and 12pm weekdays and can be contacted on 01342 313895.	Link
Family support		
Family Voice Surrey	Champions the needs and rights of SEND families in Surrey: families with children or young adults up to the age of 25 who have special educational needs, chronic illnesses, including mental health conditions, or disabilities.	Link
YMCA East Surrey Family Centres - 1:1 family support (in partnership with Welcare and HomeStart East Surrey)	Works with the whole family and focus will be on providing one-to-one whole family work.	Link
Barnado's Tandridge Family Centre - 1:1 family support	Provides one-to-one family support where family circumstances are having a significant impact on the health, development or wellbeing of the child/children. Family support staff are trained and experienced in helping families on a 1:1 basis to work through a variety of challenges, including separation and divorce, domestic abuse, financial hardship, problems engaging with education, behavioural issues, communication breakdowns and parenting skills. The Family Centre also offers parenting programmes and group activities about common issues, e.g. strategies to help with family routines or managing anxiety and emotions.	Link
Home-Start East Surrey	A range of support services are offered including weekly volunteer home visits, telephone or video call support, walk and talk visits in the local park, supportive group sessions and doorstep drop offs of essential supplies including clothes, food or equipment. Two group support sessions offered which are Nurture Group for parents of newborn babies during their first year is held weekly at Redhill and Horley Play Time for pre-schoolers and their parents/carers (by invite only).	Link
Welcare	Welcare East Surrey works with the whole family and focus will be on providing one-to-one whole family work. They also run a weekly programme of groups for parents and under 5s to join in Redhill including Baby & Me (babies up to the age of one and their parents), One Step at a Time (children under 5 with additional needs and their parents), Happy Tots and Messy Play (children aged 1 – 5 and their parents).	Link

Hublets	A free, weekly stay and play session at Merstham Community Hub. It provides a place for parents and carers to come together and connect while their children have fun. Hublets sessions are for the under 5s and are run by volunteer parents.	Link
Financial support		
Citizens Advice - Reigate and Banstead	Information, advice and support on a range of topics including debt, welfare benefits, housing, employment, family and personal matters, taxes, consumer issues and immigration and nationality. Contact can be made via the phone, email, online information or a visit to one of their offices - Redhill, Banstead, Horley, Merstham and Tadworth.	Link
Citizens Advice - Tandridge	Information, advice and support on a range of topics including debt, welfare benefits, housing, employment, family and personal matters, taxes, consumer issues and immigration and nationality. Contact can be made via the phone, email, web chat, online information or a visit to one of their offices - Oxted and Caterham.	Link
Community Debt Advice - Redhill	Free debt advice for people living in the vicinity of Redhill	Link
Stripey Stork	Collecting donations of clothes, toys and essential items for babies and children and rehoming them with local families experiencing hardship. Based in Reigate.	Link
Food club	Provides access to food and basic supplies. Following a referral by an agency, residents can sign up to the membership scheme. There is an annual subscription of £1 to join a club and members pay £2 (£2.50 in Merstham) each week to attend. Food clubs are located in Horley, Redhill, Woodhatch and Tadworth.	Link
Love Works Food Banks	Emergency food provision (food banks) to communities in Reigate and Merstham.	Link
Caterham Food bank	Three days' nutritionally balanced emergency food to people in crisis.	Link
St. Matthew's Redhill Food Bank	Three days' nutritionally balanced emergency food to people in crisis.	Link

Horley Food Bank	Three days' nutritionally balanced emergency food to people in crisis.	Link
Physical activity (activities requiring referrals)		
YMCA East Surrey - Exercise on Referral	Programme for people with long-term conditions or rehabilitating to engage in physical activity. Programmes are for people aged 16+ and costs £26 per month as well as a one-off £15 ER consultation. Programmes are for 12 weeks as it located at YMCA East Surrey in Redhill	Link
Freedom Leisure - Exercise on Referral	Programme for people with long-term conditions or rehabilitating to engage in physical activity. A range of classes are offered including pickleball, gym sessions and an osteoporosis clinic.	Link
Nature		
Surrey Care Trust - Gateway Community Garden	The Gateway Community Garden team in Reigate provides support and therapeutic gardening activities for families and adults. It also delivers new Outside & Active wellbeing courses for young people struggling with the mental health.	Link
Surrey Care Farm	Nature-based health interventions on farms in East Surrey to support the mental health of people from all ages and backgrounds. Through farming-related activity, such as animal care, mechanics or horticulture, people have the opportunity to participate in a meaningful way.	Link
Downlands Partnership	Provides conservation volunteering opportunities including corporate group volunteering in the Surrey countryside.	Link
Adult Learning		
Surrey Adult Learning	Offers a range of online and in person courses including languages, computer skills, employment skills, family learning, art, exercise and cookery.	Link
East Surrey College	Offers a range of courses including courses to help with career progression, retrain for a new career or learn a new skill.	Link
Community hubs		
Woodhatch Community Centre	Offers a wide range of activities including exercise classes, art, parent and baby yoga classes as well as a hairdressers and podiatrist on site. A snack bar serves lunch Monday to Friday.	Link
The Westway - Caterham	Located in Caterham, this community hub providing wellbeing services and leisure activities to the residents of North Tandridge and surrounding areas. A range of activities are organised	Link

	including arts and crafts, music, exercise, wellbeing and bereavement social groups and a men's coffee and chat group.	
Merstham Community Facility Trust	Charity supporting the Merstham community through projects, events and work experience to encourage a positive wellbeing. The local activities help to connect residents that may be isolated.	Link
Horley Community Centre	Offers a wide range of activities including grandparent's Stay and Play, craft sessions and coffee and games. Lunch is served Monday to Friday.	Link
Whyteleafe Community Hub	Charity supporting communities in Whyteleafe and surrounding towns through a range of projects including a food bank, befriending service, garden group, community café and local events	Link
Woodhouse Craft Centre - Oxted	A free drop-in centre that opens Monday to Thursday mornings for the community to engage in craft activities and socialise. Activities include Men in Sheds, paper crafts, needlework and woodwork.	Link
Domestic abuse support		
East Surrey Domestic Abuse Services (ESDAS)	Offers a range of services in East Surrey to support survivors of domestic abuse including counselling, outreach services, domestic violence advisor support and client programmes.	Link
Befriending service		
Tandridge Community Companions	Service that provides befriending support to older people living in circumstances that cause isolation, which could be due to lack of mobility or rural location. The service offers social connection, companionship and conversational support.	Link
MHA East Surrey	Telephone, online and face-to-face befriending service in East Surrey. MHA East Surrey also offers a wide range of other services including lunch clubs, assisted shopping, activity and friendship sessions, volunteering opportunities, days out and a telephone support service.	Link
Age Concern Befriending Service	A Volunteer Befriender will visit to provide companionship on a regular basis. Volunteers and clients are carefully matched based on shared interests, hobbies and beliefs.	Link
Whyteleafe Community Hub	Local befriending service for volunteers to meet residents on a weekly basis for an hour to provide social connection. The role of a befriender is primarily social contact, and they would not be expected to carry out any practical tasks.	Link

Digital inclusion		
Surrey Coalition of Disabled People (SCDP) - Tech Angels	Service provides devices, digital literacy training and confidence-boosting support to people in Surrey. It is aimed at people who are at the highest risk of digital exclusion; people who are disabled, with a long-term health condition, mental health problems, carers, older people and people from black and minoritised ethnic groups.	Link
Sexual abuse support		
Mindworks STARS (Sexual Trauma: Assessment, Recovery and Support)	STARS is a Mindworks Surrey Specialist Service that works with children and young people (up to the age of 25), and their families, who have been affected by sexual abuse. Services include specialist trauma-focused therapy for children and young people who are holding sexual trauma, individual and group therapy and a Child Independent Sexual Violence Advisor/Independent Sexual Violence Advisor (CISVA/ISVA) service offering support throughout the criminal investigation process.	Link
Rape and Sexual Abuse Support Centre (RASASC)	Services include advice and support from an Independent Sexual Violence Advisor (ISVA), counselling (Guildford or video call - only 15 new referrals are accepted every month) and confidential conversations via the helpline (01483 546400, open Monday to Thursday, from 7.30pm – 9.30pm) or live chat. Group support is with a trained therapist work and with a group of individuals experiencing similar challenges or issues. Sessions are weekly or every 2 weeks.	Link
Solace Centre - Sexual Assault Referral Centre (SARC)	Free service. Appointments and referrals can be made via 0300 130 3038. Phones are open 24/7, every day of the year. Appointments are needed before visiting a centre. The service aims to see visitors within 24 hours of them contacting for an appointment. Appointments can be made without involving the police and one of the nurses will discuss options with the person.	Link
Male Sexual Assault Support (MSAS)	Free service. Appointments and referrals can be made via a male outreach worker on 0330 223 0099 (Monday – Friday, 9am – 5pm). Appointments are needed before visiting a centre. The service aims to see visitors within 24 hours of them contacting for an appointment. Appointments can be made without involving the police and one of the nurses will discuss options with the person.	Link
Waythrough - YUVA Surrey (for 11-18 year olds)	Supports young people aged 11-18 who have used violence or abuse toward family members or intimate partners. The service also works directly with the parent or carer, siblings, or partners who are impacted by the abuse to provide support to them throughout the duration of the intervention. This intervention may be delivered in the form of 1:1 work and/or group work.	Link

Transport		
East Surrey Rural Transport Partnership	Offers community transport services including a digital on demand bus service and minibuses for school and local area trips.	Link
East Surrey Dial-a-ride (ESDAR)	Door-to-door service (this includes carers/escorts) from Monday to Friday. Travel is to attend GP/dentist appointments and local places including libraries, garden centres, shops and restaurants. Membership is open to residents of the Tandridge District Council postcodes of CR3 & CR6 (Caterham, Chaldon, Chelsham, Farleigh, Warlingham, Whyteleafe & Woldingham).	Link
Surrey Connect	Digital on demand minibus service for the Tandridge area.	Link
Surrey Non-emergency Patient Transport Service (NEPTS)	Within East Surrey, the service is delivered from Redhill. Service is available for those who require assistance in getting to their appointments or place of care, because they have a medical need such as requiring oxygen or specialist equipment to travel safely, they have limited mobility (e.g. needing a wheelchair or stretcher) or they have a cognitive or sensory impairment. A person will be assessed against a national criteria by calling your local booking and information team to see if the meet the eligibility criteria.	Link
Support for people living with life-limiting conditions		
Brigitte Trust	A free service of emotional support and practical help at home to people and their families living with life-limiting conditions in Surrey. Volunteers support adults living with life limiting illness, including cancer, multiple sclerosis, motor neurone disease and end-stage organ failure.	Link
Wellbeing support for neurodivergent people		
Active Prospects – Active Wellbeing Coach	Tailored for adults with neurodivergent and mental health needs. Active Wellbeing Coaching offers a comprehensive range of workshops, 1:1 coaching sessions, events, activities, and support designed to help individuals achieve their personal goals and create a customised wellbeing plan. The programme is available from 8am to 8pm, Monday to Saturday. Our services are based in hubs across East Surrey, with our main team located in Reigate.	Link
Include – Stroll and Sign	The service combines inclusive social opportunities and speech therapy-based communication (including Makaton signing) with gentle exercise in the natural world. People with and without learning disabilities / autism, their support staff, family carers and the wider community are welcomed on short accessible walks.	Link

Carers support		
Action for Carers Surrey	Offers a range of services including direct support via the helpline, Carer Support Advisors, support via the carer's hub and support groups. Carers hub and support group within East Surrey are in Caterham, Horley and Merstham.	Link
Action for Young Carers	Support and opportunities to meet with other children and young people under 18 years of age who are carers. Offers a range of support from drop in youth clubs, Youth Carers Forum and more intensive group and 1:1 support.	Link
Crossroads Care Surrey	Provides support for unpaid carers from respite care to delivering essential information through their online resources.	Link