

Wellbeing services available in Waverley

VOLUNTEERING



Welcome to Volunteering supports people into voluntary work. We work 1:1 with people in a supportive, friendly and non judgemental way to help them find the right volunteering opportunity.

Contact Lorraine on **07775 556772**
Email I.yates@vasws.org.uk
www.voluntaryactionsws.org.uk

EMPLOYMENT SUPPORT



Richmond Fellowship is one of the biggest voluntary sector providers of mental health support in England. If you need help to find work or support to stay in work.

Contact us on **01372 363934**
Email info.midsurrey@richmondfellowship.org.uk
www.richmondfellowship.org.uk

SUPPORTING PEOPLE INTO INDEPENDANCE



Oakleaf offer a range of social inclusion activities in Waverley aimed at building confidence, improving physical health and wellbeing. Alongside this, from our centre in Guildford we offer training in horticulture, upholstery and IT, enabling people to acquire new skills and ultimately return to work.

Contact Paul Osbiston on **01483 303649**
Email paulosbiston@oakleaf-enterprise.org
www.oakleaf-enterprise.org

SUPPORTING PEOPLE WITH DRUGS, ALCOHOL AND MENTAL HEALTH ISSUES



Catalyst works with people dealing with problems arising from drugs, alcohol and mental health issues to reduce harm to themselves, their families and communities. One to one counselling and group support available.

Contact us on **01483 590150**
14 Jenner Road, Guildford Surrey
www.catalystsupport.org.uk

UNLOCKING POTENTIAL



The Welcome Project offer support, guidance and activities to working age adults with mental health and wellbeing issues as part of their recovery journey.

Contact us on **01483 590150**
14 Jenner Road, Guildford, Surrey
www.welcomeprojectsurrey.co.uk