



## **beat**

Reg. Charity No. 801343

103 Prince of Wales Road  
Norwich  
NR1 1DW  
United Kingdom

**Tel: 0300 123 3355**

email helpline: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

## **Useful Telephone Numbers**

**beat Helpline**  
**0845 634 1414**

**beat Youthline**  
**0845 634 7650**

SABP Chrysalis  
Eating Disorder Team  
**01932 722681**

Woking Community  
Mental Health Team  
-Bridgewell House-  
**01483 756318**

CornerHouse  
**01483 757461**

Woking MIND  
**01483 757461**

Next Steps Depression Support  
**01483 756650**

The Counselling Partnership  
**01932 244070**

Open Door Counselling Service  
**01483 224752**

This leaflet was produced with  
support from **CornerHouse**

# **Eating Disorder Support Groups**

**- Woking -**

**Tel: 01483 757461**

[info@beatwoking.org.uk](mailto:info@beatwoking.org.uk)  
[www.beatwoking.org.uk](http://www.beatwoking.org.uk)

part of the  
**beat**<sup>™</sup>  
network

**beat** is the leading organisation providing information, support and help across the United Kingdom for people affected by eating disorders.

The key aims of the **beat** are:

- To provide information, help and support for those people with an eating disorder.
- Increase knowledge, awareness and understanding of eating disorders.
- To improve availability of treatment for people with eating disorders and improve standards of care.

**beat** runs a network of self-help groups throughout the UK. These beat groups provide a forum where people can meet to share experiences and coping strategies with others in similar situations.

Meetings are not the same as therapy, but many people find that they gain much from the support and understanding offered in these meetings.

**If you are interested in coming to one of the meetings, or you would like further details then please call:**

## **The Groups aim to provide...**

- Support to those experiencing an eating disorder and a opportunity to share personal experiences and coping strategies with others.
- To provide information and education on the effects of eating disorders to the group, professionals and the general public
- A chance to share information, experiences and perceptions with others in similar circumstances.

## **About the Groups...**

- Respect is shown to members who are unwilling or unable to talk, and nobody is forced to join in.
- The groups are free, confidential and open to anyone coping with an eating disorder.
- It can be difficult to go to a group if you are feeling anxious or low, but anyone is welcome to bring a friend or relative with them for their first visit.

## **Woking Groups**

All groups meet at  
**CornerHouse**  
2 Courtenay Road  
Woking  
Surrey GU21 5HQ  
**01483 757461**

## **Self Help Group**

Anorexia or Bulimia

The self help group meets every **1st Thursday** of each month (except August) from **7.30-9.00pm**.

## **Overeaters Group**

The Overeaters group meets every **3rd Thursday** of each month (except August) from **8.00-9.30pm**.

## **Carers Group**

The Carers group meets every **4th Thursday** of each month from **7.30-9.00pm**.

**...Join us !**

For email meeting reminders please sign up to our mailing list:  
**[www.beatwoking.org.uk](http://www.beatwoking.org.uk)**