

WOKING

Social Prescribing

AUTUMN UPDATE 2025

As we head into Autumn our thoughts go towards settling in for winter and the pressure of the cost of living through the colder months. There are several services that can help with money management and budgeting, and if you are struggling to afford food, the Community Fridge can be accessed by anyone without a referral – just turn up!



If you would like to have a chat about what other services available then you can refer yourself to the Social Prescribing Service via this QR code.

www.woking.gov.uk/socialprescribing

Community Fridges

**FREE FOOD
SAVED FROM WASTE**

Knaphill Community Fridge

Woodhill Church, Woking GU21 2SX

Monday to Friday 11am – 3.30pm

Monday 10.30am – 12pm is an organised session where additional food and hygiene items are given out compared to the rest of the week

Canalside Community Fridge

183 Boundary Road, Woking GU21 5BU

Monday and Wednesday 11am – 1pm

West Byfleet Community Fridge

St John's Church, West Byfleet KT14 6EH

Saturday mornings from 10am

THE LIGHTHOUSE

COMMUNITY MONEY ADVICE

The Lighthouse can help people with money management, offering **FREE** confidential, expert and fair money advice.

The experts can help you with:

- An hour chat to understand your personal financial situation
- Money advice specific to you
- One-to-one practical help managing your money

**Thursdays
(during term time)
10.30am - 12.15pm**

**The Lighthouse,
8-10 High Street,
Woking GU21 6BG**



Helping people find
their way forward

Find your
way forward
with **Money
Helper**



- ✓ In-depth guides to help improve finances
- ✓ Tools and calculators to help keep track and plan ahead
- ✓ Support over the phone and online

www.moneyhelper.org.uk

If you would like to get in touch you can email us on social.prescribingwoking@spelthorne.gov.uk