

WEST SURREY SUPPORT GROUP

2026 Programme

Meetings are held in a friendly atmosphere for support and information. All our support groups are run by volunteers, some who are living with osteoporosis, and others closely touched by the condition. Family, friends and guests (18+) are welcome.

This group meets in person and online. You will need to book in advance to join meetings but not the CAMEO.

Dates for 2026

Monday 9 February, 7pm

Exercises for Osteoporosis – Talk and Demo

ONLINE MEETING (ZOOM)

Sara Rounce, Pilates teacher and Women's Health & Fitness Specialist

Monday 20 April, 7.30pm

Pain Management,

Dr Andy King, Pain Medicine Consultant, Ashford and St Peter's Hospitals NHS Trust Woodham and New Haw Day Centre, Amis Avenue, Addlestone KT15 3ET
A £4 donation is requested to contribute to our running costs.

Monday 15 June, 10.30am

CAMEO. Come and meet everyone

Discuss questions and information, come and meet new friends.
Redfields Garden Centre near Fleet, GU52 0AB (at the far end of the cafe by the glass 'fire exit' doors overlooking the uncovered outdoor area)

Monday 19 October, 7.30pm

Osteoporosis Update

Professor Rod Hughes, Consultant Rheumatologist, Ashford and St Peter's Hospitals Woodham and New Haw Day Centre, Amis Avenue, Addlestone KT15 3ET
A £4 donation is requested to contribute to our running costs.

theros.org.uk

St James House, Lower Bristol Road, Bath BA2 3BH

Email: info@theros.org.uk • **Telephone:** 01761 471771 • **Nurse Helpline:** 0808 800 0035 • **President:** Her Majesty The Queen

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Come along and join us:

If you need more information about a meeting, or help booking onto an online meeting, please get in touch with us by emailing: [**westsurreyvolunteers@theros.org.uk**](mailto:westsurreyvolunteers@theros.org.uk).

If you would rather speak to someone by telephone, please phone the ROS general enquiries line (01761 471771) and they will arrange a call back from our volunteering team.

[**theros.org.uk**](https://theros.org.uk)

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