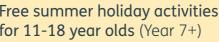
## **Emotional Wellbeing &** Mental Health Activities

Free summer holiday activities for 11-18 year olds (Year 7+)



Fri 26 Jul | 12:30-15:00 Wellbeing walk & art by nature

Earlswood Lakes/Common

Wed 31 Jul | Time TBC Mini golf | Location TBC

Thu 1 Aug | 15:00-17:30 Messy art | Horley Family Centre

Wed 7 Aug | 12:00-14:30 **Scavenger hunt** | Nonsuch Park

Fri 9 Aug | 11:00-13:30 Box Hill spy mission | Box Hill

Mon 12 Aug | 16:00-19:00 Evening hike & picnic | Reigate Hill (J8Cafe)

Tue 13 Aug | 14:30-16:30 **DIY beach terrarium** | Priory Park, Reigate

All activities must be booked in advance and are led by DBS checked, trained YMCA staff.

To book or for more details, please email

waves@ymcaeastsurrey.org.uk

(f) (y) (iii) YMCAEastSurrey

(a) YMCA\_Emotionalwellbeing

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Wed 14 Aug | 12:00-14:00 Rock painting & outdoor games Walton Heath

Thu 15 Aug | 15:00-17:00 **DJ activity** | Horley Family Centre

Thu 22 Aug | 15:00-17:30 Pasta making & Italian cooking Horley Family Centre

Fri 23 Aug | 14:30-16:30 Water sports | Mercers Lake

27-29 Aug Residential (details TBC)



Proud to be part of



The children and young people's emotional wellbeing and mental health service