

# 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

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)

*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@ymcaeast Surrey.org.uk](mailto:waves@ymcaeast Surrey.org.uk)**

   YMCAEastSurrey

 YMCA\_Emotionalwellbeing

**YMCA**

Here for young people  
Here for communities  
Here for you

**“You asked,  
we  
listened!”**

Proud to be part of

**Mineworks  
Surrey**

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