#MOVETOWARDSRECOVERY

RICHMOND FELLOWSHIP
MAKING RECOVERY REALITY

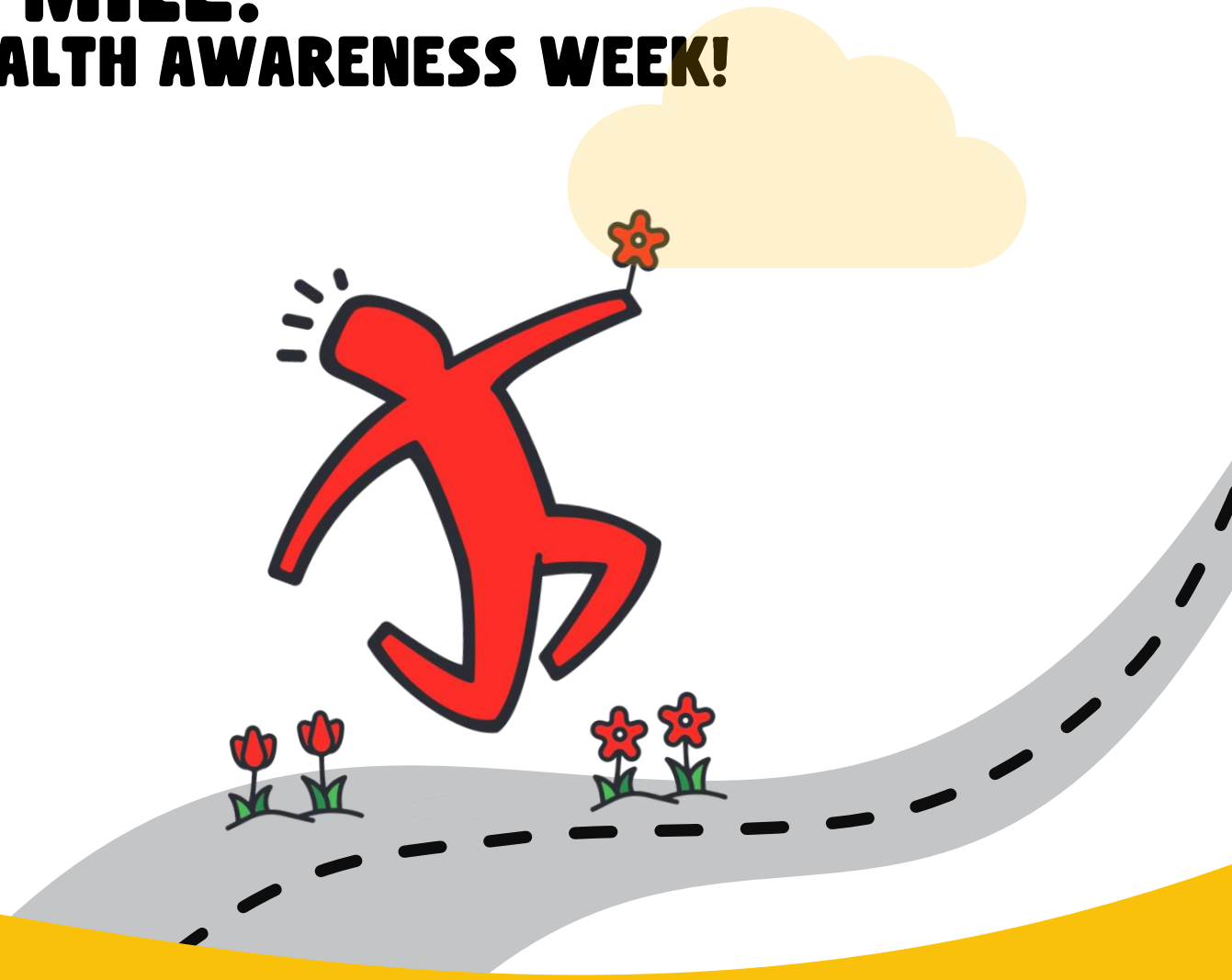
It is officially **Mental Health Awareness Week**, and this year the theme is all about **moving more for our mental health.**

One of the most important things that you can do to help protect your mental health is regular movement.

Moving can increase your energy, reduce stress and anxiety, and boost your self-esteem.

If you would like to improve your mental health by moving more, there are plenty of opportunities within east Surrey.

WALK A HAPPY MILE!
CELEBRATE MENTAL HEALTH AWARENESS WEEK!



It's **Mental Health Awareness week** and this year's theme is **Movement: Moving more for our mental health.**

Break yourself in gently – and in celebration, join Angie this Thursday 16 May on **Zoom** to **walk a happy mile** from the comfort of your own home.

Thursday 16 May 2024

2.00pm to 3.00pm • Zoom

More information and to book:
https://rfcommunityconnections.org.uk/events/walk-ahappy-mile-2024/

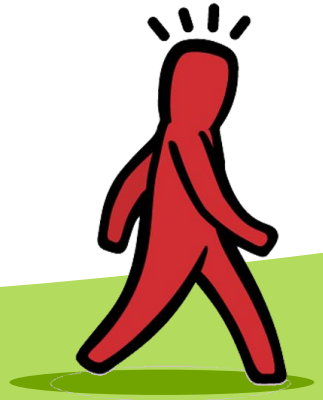
WALK YOUR WAY TO HEALTH
WATERCOLOUR WELLBEING WALK

Richmond Fellowship work in partnership with **YMCA East Surrey** to deliver wellbeing walks every second and fourth Monday of the month.

YMCA East Surrey deliver a variety of wellbeing walks across east Surrey, so if the Watercolour Lakes aren't convenient for you, then why not take a look at their other walks by following this link to their wellbeing walks timetable.

https://www.ymcaeastsurrey.org.uk/health-wellbeing/health-walks/

And register your interest to join our walks here: https://beta.ramblers.org.uk/wellbeing-walks-sign-up



2nd & 4th Mondays of each month*
1.00pm to 2.30pm from Wingfield
*Subject to seasonal holidays

EXERCISE REFERRALS

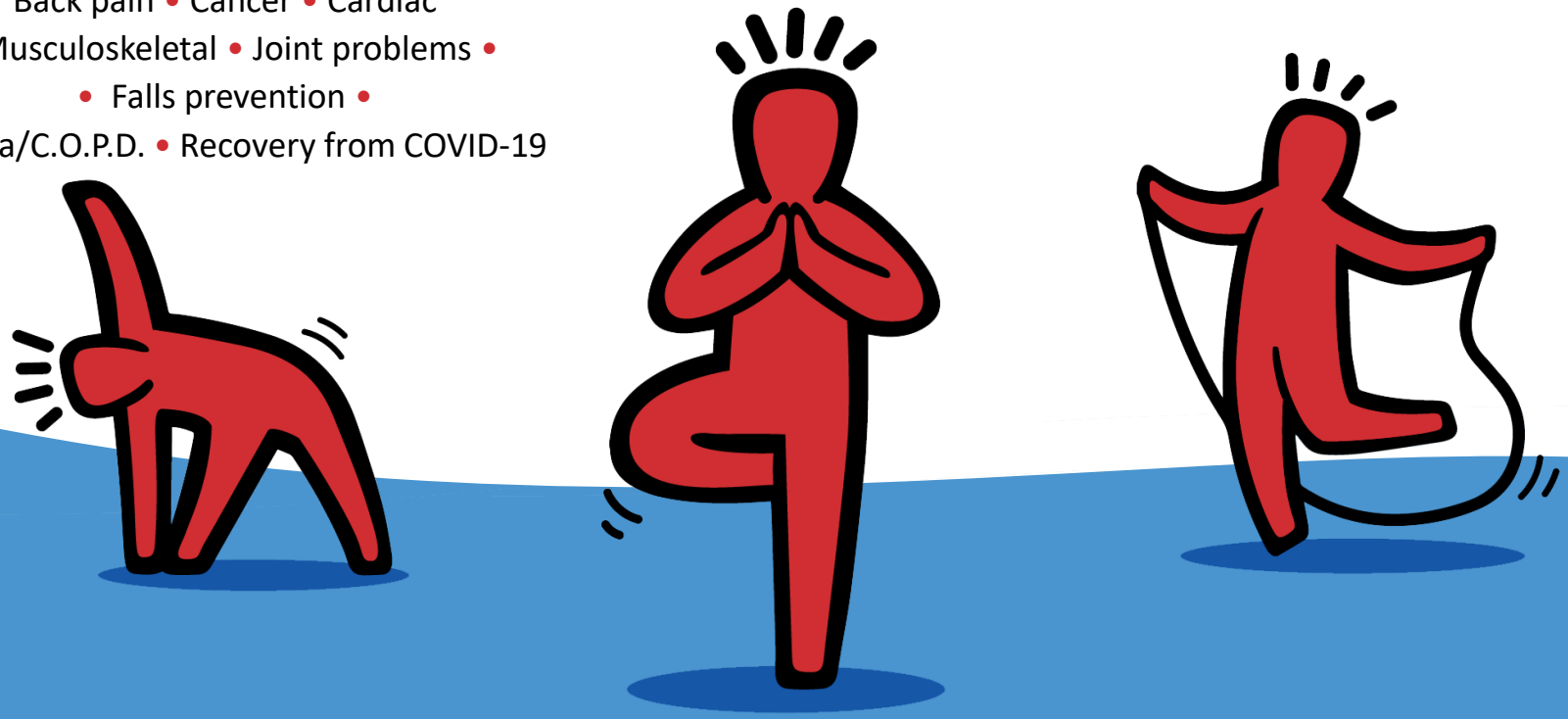
YMCA East Surrey offer exercise referrals to people who have specific conditions, of all ages and abilities, age 16+.

Conditions include:

Mental Health • Disabilities • Stroke
• Diabetes • MS • Obesity • Dementia •
Back pain • Cancer • Cardiac
• Musculoskeletal • Joint problems •
• Falls prevention •
Asthma/C.O.P.D. • Recovery from COVID-19

As Exercise Referrals are a specific medical intervention, referrals *must* be authorised by GPs, primary care practitioners or hospital staff.

https://www.ymcaeastsurrey.org.uk/health-wellbeing/exercise-referral/



GROUP EXERCISE
WITH YMCA

If **exercising in a group** **is more your thing,** you might like to consider YMCA East Surrey's groups. Whether you want to keep fit, lose weight, tone up or have fun – they will have a fitness class to suit all levels and abilities.

Classes are based at the YMCA Sports and Community Centre in Redhill and are open to members and non-members. Fitness classes are open to people aged 16+ unless otherwise stated.

https://www.ymcaeastsurrey.org.uk/health-wellbeing/group-exercise/#1542016299035-e955af33-2916

GROUP EXERCISE
WITH SPORT IN MIND

Sport in Mind is a charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

Please find all of their currently running sessions below - be sure to check back regularly as they are constantly adding new and exciting activities!

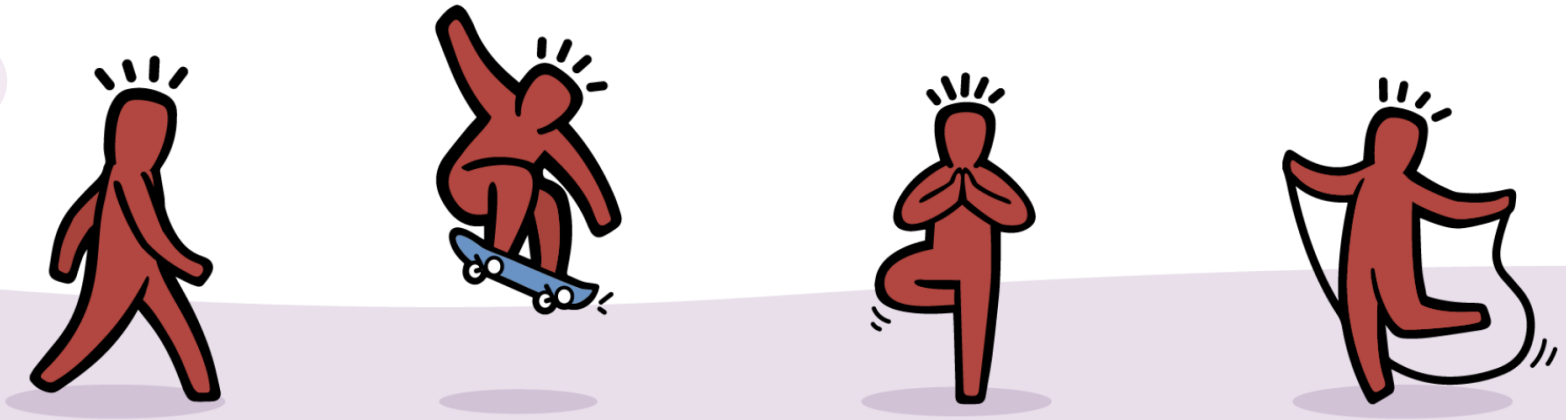
https://www.sportinmind.org/find-an-activity

Sport in Mind recorded a Webinar for Mental Health Awareness Week.

Click below to take you directly to this 30-minute talk on how physical activity supports our mental health, the ideal tool for a lunch and learn session at work, at school or in your local community.

Why not watch the webinar as a group during mental health awareness week, and then go out for a wellbeing walk afterwards to talk about what you've learned

https://www.youtube.com/watch?v=XKh2aPM0YF0



STAY MOTIVATED: EXERCISE TRACKERS
FROM ACTIVE SURREY & SURREY LIBRARIES

Wondering how to stay motivated while improving your health and wellbeing?

Active Surrey is working in partnership with **Surrey Libraries** to develop services and programs to positively impact the health and wellbeing of residents, focusing on physical activity.

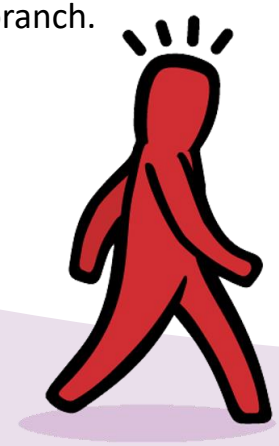
As part of this work, adult (18+) library members can now **borrow, for FREE, a health & activity tracker (smartwatch)** from any Surrey Library.

Reserve your tracker online or pop into your local branch.

The trackers are a fantastic way to encourage a healthier lifestyle, helping you monitor your daily activities, sending you inactivity alerts and much more.

You can borrow one for up to six weeks, with the opportunity to renew for a further six weeks, giving you a chance to see whether having such a device is something worth investing in.

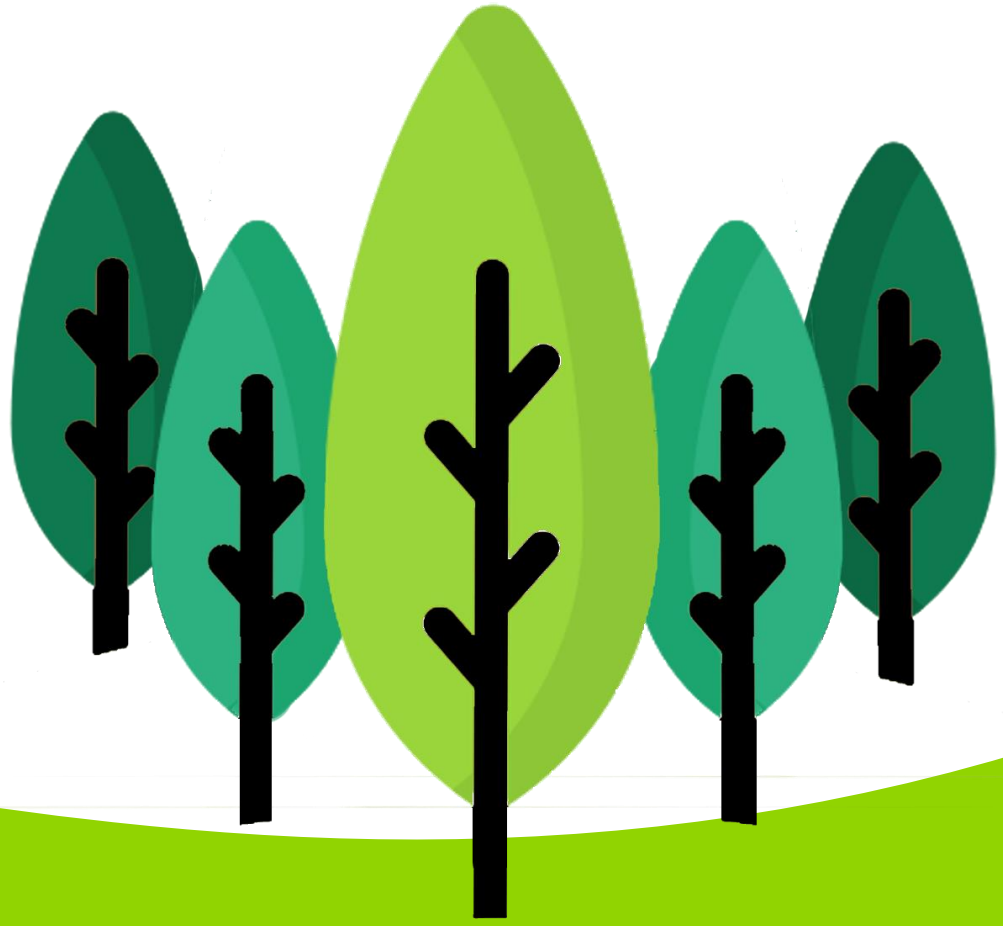
Learn more:
https://www.activesurrey.com/community/libraries



FOREST BATHING
AT BOX HILL WITH THE FOREST INSTITUTE

Each **Forest Bathing+** session lasts around 2 hours and involves a guided, slow-paced mindful walk in beautiful woodland which doesn't cover much distance.

This calming and relaxing practice has been scientifically proven to have beneficial and lasting therapeutic effects and can alleviate symptoms of stress, depression and anxiety



More information and to book:

Thu 13 June 2024

https://rfcommunityconnections.org.uk/events/forest-bathing-jun-13/

Wed 26 June 2024

https://rfcommunityconnections.org.uk/events/forest-bathing-jun-26/

Wingfield Resource Centre | St Anne's Drive | Redhill
Surrey RH1 1AU

Office: **01737 771 282**
SMS: **07393 797 846**

Mon to Fri 9:30 am to 4.30pm

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Registered Charity Number: **200453**

FREE EVENTS

Find lots more free events on our website to keep you mentally and physically stimulated:

rfcommunityconnections.org.uk/whats-on/

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MENTAL HEALTH AWARENESS WEEK STARTS NOW!