

Mind the Gap

A new service for young people aged 18-25 facing mental health and emotional wellbeing issues.

For young people living in Ashted, Leatherhead, Fetcham or Bookham.

We will offer:

- ▶ Dedicated one-to-one support to develop individual recovery and wellness plans and provide information and signposting
- ▶ A range of activities to develop skills, make connections and build relationships

Activities will be planned by the young people attending and could include:

Sports –

football, cycling, walking & netball



Fitness –

Dance exercise, bootcamps and yoga



Creative projects –

photography, mosaic-making, gardening, cooking



Emotional health –

anxiety management, sleep hygiene, mindfulness



We also offer volunteering opportunities for young people to engage in.

For more information about this new project, or to refer a young person, please contact:

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