



Hammersmith and Fulham Wellbeing Activity Timetable 2022 - Virtual Groups

<i>Group/Activity</i>	<i>Day</i>	<i>Time</i>	<i>Platform</i>	<i>Facilitator(s)</i>
<i>Creative Thinking</i>	<i>Monday</i>	<i>2:00pm - 3:00pm</i>	<i>Zoom Video Conference Call</i>	<i>Sergio - Peer Mentor (Volunteer)</i> <i>Staff: Becky Sawyer – Peer Support Coordinator</i>
<i>Group Fellowship</i>	<i>Tuesday</i>	<i>2:15pm - 4:00pm</i>	<i>Zoom Video Conference Call</i>	<i>Georgie and Paul - Peer Mentors (Volunteers)</i> <i>Staff: Becky Sawyer – Peer Support Coordinator</i>
<i>Empowerment</i>	<i>Wednesday</i>	<i>1:30pm - 2:40pm</i>	<i>Zoom Video Conference Call</i>	<i>Laila - Peer Mentor (Volunteer)</i> <i>Staff: Becky Sawyer – Peer Support Coordinator</i>
<i>Open Session</i>	<i>Thursday</i>	<i>2:00pm - 2:30pm</i>	<i>Zoom Video Conference Call</i>	<i>Peer Mentor (Volunteer)</i> <i>Staff: Becky Sawyer – Peer Support Coordinator</i>



Richmond Fellowship is part of **Recovery Focus**,
an expert group of charities inspiring recovery nationwide.

<i>Mindfulness</i>	<i>Thursday</i>	<i>2:30pm - 3:30pm</i>	<i>Zoom Video Conference Call</i>	<i>Peer Mentor (Volunteer)</i> <i>Staff: Becky Sawyer – Peer Support Coordinator</i>
<i>Health and Wellness</i>	<i>Thursday</i>	<i>5:30pm - 6:30pm</i>	<i>Zoom Video Conference Call</i>	<i>Jack and Sayen - Peer Mentors (Volunteers)</i> <i>Staff: Becky Sawyer – Peer Support Coordinator</i>
<i>Read and Relax</i>	<i>Friday</i>	<i>3:00pm - 4:30pm</i>	<i>Zoom Video Conference Call</i>	<i>Peer Mentor (Volunteer)</i> <i>Staff: Becky Sawyer – Peer Support Coordinator</i>