



Hammersmith and Fulham Wellbeing Activity Timetable 2021 - 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>12:30pm - 2:00pm</i>	<i>Zoom Video Conference Call</i>	<i>Natasha and Ella - Peer Mentors (Volunteers)</i> <i>Staff: Rachel Parker - Peer Mentor Coordinator</i>
<i>Group Fellowship</i>	<i>Tuesday</i>	<i>2:15pm - 4:00pm</i>	<i>Zoom Video Conference Call</i>	<i>Georgie and Fahmi - Peer Mentors (Volunteers)</i> <i>Staff: Rachel Parker - Peer Mentor Coordinator</i>
<i>Goal Setting</i>	<i>Wednesday</i>	<i>5:30pm - 6:45pm</i>	<i>Zoom Video Conference Call</i>	<i>Jack and Sayen - Peer Mentors (Volunteers)</i> <i>Staff: Rachel Parker - Peer Mentor Coordinator</i>
<i>Open Session</i>	<i>Thursday</i>	<i>10:30am - 11:00am</i>	<i>Zoom Video Conference Call</i>	<i>Ella, Shahena and Eva - Peer Mentors (Volunteers)</i> <i>Staff: Rachel Parker - Peer Mentor Coordinator</i>



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

<i>Mindfulness</i>	<i>Thursday</i>	<i>11:00am - 12:00pm</i>	<i>Zoom Video Conference Call</i>	<i>Ella, Shahena and Eva - Peer Mentors (Volunteers) Staff: Rachel Parker - Peer Mentor Coordinator</i>
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