

9 May 2025

As part of **Mental Health Week** next week, **The Light in Redhill** will be opening up their space to students **free of charge** on **Monday 12 May**, from **4:00pm to 6:00pm**. This is a wonderful opportunity for students to **relax, unwind, and prioritise their mental wellbeing** in a welcoming environment.

Full details are in the flyer below which students will receive in their Student Weekly this week.



**THE Lucy Rayner FOUNDATION** **the light**

# RECHARGE ZONE

At The Light, Redhill RH1 1RU  
Monday 12<sup>th</sup> May 4 pm – 6 pm  
All students welcome!

This year's Mental Health Week theme is 'Community', and we're proud to partner with The Light, Redhill, to launch the Recharge Zone – a space for young people to relax, recharge, and connect, especially during exam season.

The Recharge Zone offers 2 hours of flexible activities, including:

- Revision time
- Mindfulness colouring
- Gratitude mind mapping & timetable planning
- Or just relaxing with friends

All materials are provided – just bring yourself (and maybe a friend or two!)

**FREE SQUASH AND POPCORN!**