

## Mind in Harrogate District Programme for April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>1<sup>st</sup> April</b> Easter Monday <b>Centre Open for Phone Calls Only</b>	<b>2<sup>nd</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom)	<b>3<sup>rd</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>4<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>5<sup>th</sup></b> 11.30 – 12.00: Mindfulness (Zoom) 11:30 – 2:30: Friday Lunch & Games	<b>6<sup>th</sup> &amp; 7<sup>th</sup></b>
<b>8<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus	<b>9<sup>th</sup></b> Counselling 12.30 – 1.00: Mindfulness (Zoom)	<b>10<sup>th</sup></b> 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group ** 1.00 - 3.30 Eid Celebration, Women Only - organised by Refugee Council	<b>11<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>12<sup>th</sup></b> 9:30 – 12:30: Group Trip to Knaresborough (meet at bus station) 2:00 – 4.00: Friday Feast	<b>13<sup>th</sup> &amp; 14<sup>th</sup></b>
<b>15<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus	<b>16<sup>th</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom)	<b>17<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>18<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>19<sup>th</sup></b> 9:30 – 12:30: Group Trip to Ripon (meet at bus station) 2:00 – 3.00: Sound Bath with Janie	<b>20<sup>th</sup> &amp; 21<sup>st</sup></b>
<b>22<sup>nd</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus	<b>23<sup>rd</sup></b> 12.30 – 1.00: Mindfulness (Zoom)	<b>24<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>25<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>26<sup>th</sup></b> 9:30 – 12:30: Group Trip to Otley (meet at bus station) 2:00 – 4.00: Friday Feast	<b>27<sup>th</sup> &amp; 28<sup>th</sup></b>
<b>29<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus	<b>30<sup>th</sup></b> 12.30 – 1.00: Relaxation (Zoom)	<b>1<sup>st</sup> May</b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>2<sup>nd</sup></b> 10:00 – 12:00: Allotment Group	<b>3<sup>rd</sup></b> 9:30 – 12:00: Pool Tournament at the Acorn Centre 2:00 – 4.00: Friday Feast	<b>4<sup>th</sup> &amp; 5<sup>th</sup></b>

All activities are available face to face at The Acorn Centre or via Zoom.

You must register with Mind in Harrogate to join any of these activities. Call 01423 503335 or email: [office@mindinharrogate.org.uk](mailto:office@mindinharrogate.org.uk)

### Walking Routes

3<sup>rd</sup> April - Knaresborough, returning via bus, 2 hours

10<sup>th</sup> April - Stray Walk, circular route, flat footpaths 1 hour

17<sup>th</sup> April - Valley Gardens - some inclines, flat footpaths, 1.5 hours

24<sup>th</sup> April - Pine Woods - some inclines, mixed terrain including some footpaths 1.5 hours

1<sup>st</sup> May – Ripley, returning via bus