

## Mind in Harrogate District Wellbeing Programme January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>5<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 🧶 11.00 – 1.00: Walking Group – Valley Gardens 🚶	<b>8<sup>th</sup></b>	<b>9<sup>th</sup></b> 10:00-12:00: Walk and Talk around Harrogate 11:00 – 12:30: MindWorks First Aid Workshop 2:00 – 4:00: Friday Feast	<b>10<sup>th</sup> &amp; 11<sup>th</sup></b>
<b>12<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	<b>13<sup>th</sup></b> 1:00 – 2:30: Complex Emotional Needs (CEN) Peer Support Group	<b>14<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 🧶 11.00 – 1.00: Walking Group – Harrogate Town Centre 🚶	<b>15<sup>th</sup></b>	<b>16<sup>th</sup></b> 9:30-12:00: Trip to Ripon by bus 1pm – 2pm MindWorks Coaching session 2pm-4pm: Friday feast	<b>17<sup>th</sup> &amp; 18<sup>th</sup></b>
<b>19<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	<b>20<sup>th</sup></b>	<b>21<sup>st</sup></b> 10:00 – 1:00: Arts & Crafts 🧶 11.00 – 1.00: Walking Group – Harlow Carr 🚶	<b>22<sup>nd</sup></b>	<b>23<sup>rd</sup></b> 10:00 – 12:00: Friday Feast Brunch Edition 2:00-4:00: MindWorks Vision Board Session	<b>24<sup>th</sup> &amp; 25<sup>th</sup></b>
<b>26<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	<b>27<sup>th</sup></b> 1:00 – 2:00: Neurodiversity Peer Support Group	<b>28<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 🧶 11.00 – 1.00: Walking Group – Stay Walk 🚶	<b>29<sup>th</sup></b>	<b>30<sup>th</sup></b> 12:00 -1:00: Sound bath 2:00 – 3:00: MindWorks Communication skills Workshop	<b>31<sup>st</sup> &amp; 1<sup>st</sup> Feb</b>
<b>2<sup>nd</sup> Feb</b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	<b>3<sup>rd</sup></b> 1:00 – 2:00: Anxiety Peer Support Group	<b>4<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 🧶 11.00 – 1.00: Walking Group – Valley Gardens 🚶	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b> 10:00 – 12:00: Pool Tournament 1:30 – 2:00: Relaxation 2:00 – 4:00: Friday Feast	<b>7<sup>t</sup> &amp; 8<sup>th</sup></b>

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