

Mind in Harrogate District Wellbeing Programme December 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
8th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	9th 1:00- 2:00: Neurodivergent Peer Support Group	10th 10.00 – 1.00: Arts & Crafts 🧶 11.00 – 1.00: Walking Group – Harrogate Town centre walk 🚶 2:00 -3:30-: Board Games at Geek Retreat	11th 11:00-1:00pm: MindWorks Cooking Session with Season Well	12th 9:30 -4:30 - trip to York Christmas market by train 11:30 – 1:30: MindWorks Cooking session with season well 2:00-4:00pm: Friday Feast with Season Well	13th & 14th
15th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	16th 1:00 – 2:30: Complex Emotional Needs (CEN) Peer Support Group	17th 10:00 – 1:00: Arts & Crafts 🧶 11.00 – 1.00: Walking Group – Valley Gardens 🚶	18th 12:00 – 1:00: MindWorks Resilience and Problem-Solving Session with Alex and Leah	19th 11:00-11:30: MindWorks Help with Budgeting session 1:00-2:00: MindWorks Coaching Session 2:00 – 4:00: Christmas Party! 🎄 🎅	20th & 21st
22nd 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	23rd 11:00 – 1:00: Trekking Group Harlow Carr Trip 1:00-2:00: Anxiety Peer Support Group	24th 11.00 – 1.00: Walking Group – Stray Walk 🚶	25th CHRISTMAS DAY CENTRE CLOSED 🎄 🎅	26th <div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 20px;"> BOXING DAY CENTRE CLOSED 🎄 🎅 </div> </div>	27th & 28th
29th CENTRE CLOSED 🎄 🎅	30th CENTRE CLOSED 🎄 🎅	31st CENTRE CLOSED 🎄 🎅	1st Jan NEW YEARS DAY CENTRE CLOSED 🌟 🌟	2nd Centre back open for telephone support	3rd & 4th
If you are needing support with your mental health over the festive period, please call the Crisis Team on NHS 111 or Samaritans on 116 123					
5th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	6th	7th 10:00 – 1:00: Arts & Crafts 🧶 11.00 – 1.00: Walking Group – Valley Gardens 🚶	8th	9th 10:00-12:00: Walk and Talk around Harrogate 11:00 – 12:30: MindWorks First Aid Workshop 2:00 – 4:00: Friday Feast	10th & 11th

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

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