

Mind in Harrogate District Wellbeing Programme April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
31st 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	1st April	2nd 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Yorkshire Show Ground	3rd 10:00 – 12:00: Allotment Group	4th 10:00-12:00: Brunch in the Centre 1:30-2:30: relaxation with Lisa 2:00-4:00: Coffee in Everyman.	5th & 6th
7th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	8th	9th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Pinewoods 2:00-3:30: Board Games at Geek Retreat	10th 10:00 – 12:00: Allotment Group	11th 9:30-4:00: Trip to Leeds by train 1:30-3:00: Anxiety Peer Support Group 3:00-3:45: Dance with Leah	12th & 13th
14th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	15th	16th 10:00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Valley Gardens	17th 10:00 – 12:00: Allotment Group	18th Bank Holiday. Centre closed – open for Phone Support 9am-5pm	19th & 20th
21st Bank Holiday. Centre closed – open for Phone Support 9am-5pm	22nd	23rd 10.00 – 12.00: Arts & Crafts 11.00 – 1.00: Walking Group – Stray Walk	24th 10:00 – 12:00: Allotment Group	25th 9:30-12:30: Trip to Otley by bus 12:00-1:00: Sound Bath with Janie 2:00 – 4:00: SU Forum	26th & 27th
28th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Neurodivergent Peer Support Group	29th 11.00 – 1.00: Trekking Group – walk to Knaresborough, returning by bus	30th 10:00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Valley Gardens	1st May 10:00 – 12:00: Allotment Group	2nd 10:00-1:00 Pool Tournament 1:30-2:30: relaxation with Lisa 2:00 – 4:00: Friday Feast	3rd & 4th

All activities are available face to face at The Acorn Centre. Allotment Group is at Forest Avenue, Starbeck

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