

Mind in Harrogate District Wellbeing Programme for August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
29th 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus	30th	31st 10.30 – 12.30: Arts & Crafts - colouring/bring your own crafts 11.00 – 1.00: Walking Group **	1st August 10:00 – 12:00: Allotment Group	2nd 9:00 – 12:00: Group trip to Wetherby (meet at the bus station) 2:00 – 4:00: Friday Feast	3rd & 4th
5th 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus	6th 12:30 -2:30 Coffee and Board Games at Geek Retreat	7th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	8th 10:00 – 12:00: Allotment Group	9th 9:30 – 12:30: Group Trip to Ripon (meet at the bus station) 2:00 – 4:00: Friday Feast	10th & 11th
12th 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus 4:00-6:00: Service User Forum	13th	14th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	15th 10:00 – 12:00: Allotment Group	16th 10:30- 12:30: Brunch at the Centre 2:00 – 3.00: Sound Bath	17th & 18th
19th 12:00-2:00 Monday Munch	20th	21st 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2:30-4:00: Anxiety Peer Support Group	22nd 10:00 – 12:00: Allotment Group	23rd 9:15 – 4:00: Leeds Trip – Royal Armouries and Canal Taxi 1:30 – 2.30: Relaxation Session	24th & 25th Ripley Food Festival
26th BANK HOLIDAY Centre closed	27th	28th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	29th	30th 9:30-12:30: Trip to Knaresborough (meet at the bus station) 2:00 – 4:00: Friday Feast	31st and 1st September

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

Walking Routes

31st July – Stray Walk, 1 hour, flat footpaths

7th Aug – Harrogate Heritage Walk – a trail around the town centre searching for heritage (brown and blue) plaques

14th Aug – Valley Gardens Heritage Trail

21st Aug – Harlow Carr

28th Aug – Hookstone Woods (near Yorkshire Showground)