

Mind in Harrogate District Wellbeing Programme for December 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat /Sun |
|---|---|--|---|--|--|
| 2nd 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group | 3rd | 4th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Ripley (returning via bus) 2:00-3:30: Carol singing | 5th | 6th 2:00-4:00: Service User Forum with Christmas Tree decorating and Festive Feast | 7th & 8th |
| 9th 11.00 – 1.00: Strollers Group – Gentle pace walking session Centre closed for staff training | 10th 12:30 -2:00 Coffee and Board Games at Geek Retreat | 11th 10.00 – 12.00: Arts & Crafts 11.00 – 1.00: Walking Group – Walk around town and brunch | 12th | 13th 9:30-4:00 York Christmas Market Trip (meet at the train station) 1:30-2:30: Relaxation with Lisa 3:00-4:00: Bust a Mood: Dance with Leah | 14th & 15th |
| 16th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:30 – 5:00: Neurodivergent Peer Support Group | 17th | 18th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Valley Gardens 2:00-3:30: Carol singing | 19th 10:00 – 12:00: Allotment Group | 20th 1:30-4:00: Christmas Party! With carol singing  | 21st & 22nd |
| 23rd 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Anxiety Peer Support Group | 24th Centre closing at 4pm | 25th Centre Closed  | 26th Centre Closed | 27th Centre Closed | 28th & 29th |
| 30th Centre open for phone support | 31st Centre closing at 4pm | 1st Jan Centre Closed  | 2nd Centre open for phone support | 3rd 10:30-12:30- Pool Tournament 2:30-3:30 – Relaxation with Lisa | 4th & 5th |
| 6th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group | 7th Centre open for phone support | 8th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Stray walk | 9th Centre open for phone support | 10th 10:30-12:30: Brunch with Leah and Lucy 2:00-3:00: Sound Bath with Janie | 11th & 12th |

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