

Following the success of our Boroughbridge Winter Wellbeing Group, we are pleased to announce that we will be continuing this group on a monthly basis.

The group is free to join and sessions will be held on the first Tuesday of each month at Boroughbridge Methodist Church Hall. Arrivals from 6.15pm for a 6.30pm start, finishing at 7.45pm. Our next meeting is on Tuesday 3rd June.

We will be welcoming back Rachel Clark-Wilson, a qualified and experienced mindfulness teacher, who will guide us through a different mindful and creative activity each month. The focus will be on becoming more present, relaxed, and self-compassionate. Absolutely no creative skill or experience is required.

New participants will need to register to take part, which they can do by contacting me on kirsty@mindinharrogate.org.uk or on 07305 049296.