

Mind in Harrogate District Programme for January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
1st January New Year's Day! Centre Closed 	2nd Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	3rd 11.00 – 1.00: Bring your own Arts & Crafts	4th Counselling Outreach: Masham *	5th 11.30 – 12.00: Mindfulness (Zoom) 1.00 – 3.00: Friday Fun: Games and Crafts Outreach: Ripon *	6th & 7th
8th 2:00 – 4:00: Craft Club: bring your own or enjoy some mindful colouring	9th Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	10th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	11th Counselling Outreach: Masham*	12th 10:00 - 12.00: Men's Group: Pool and Coffee in the centre 11.30 – 12.00: Mindfulness (Zoom) 2:00 – 4.00: Friday Feast Outreach: Ripon *	13th & 14th
15th 1.00 – 3.00: Strollers Group – Gentle pace walking session	16th Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Knaresborough** Boroughbridge	17th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	18th Counselling Outreach: Masham *	19th 9:30 - 12.00: Trip to Knaresborough 2:00 – 4:00: Friday Feast	20th & 21st
22nd 1.00 – 3.00: Strollers Group – Gentle pace walking session	23rd Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Knaresborough** Boroughbridge	24th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	25th Counselling	26th 10:00 - 12.00: Men's Group: Men's Walk 2:00 – 4.00: Friday Feast	27th & 28th
29th 1.00 – 3.00: Strollers Group – Gentle pace walking session	30th Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	31st 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	1st February Counselling Outreach: Masham *	2nd 9:30 - 12.00: Trip to Wetherby by bus 11.30 – 12.00: Mindfulness (Zoom) 2:00 – 4.00: Friday Feast Outreach: Ripon *	3rd & 4th

All activities are available face to face at The Acorn Centre or via Zoom. * Outreach Services are available at the location specified, for more information see overleaf.

You must register with Mind in Harrogate to join any of these activities. Call 01423 503335 or email: office@mindinharrogate.org.uk

**Please see reverse for details of walking routes

Walking Routes

10th January – Pine Woods - some inclines, mixed terrain including some footpaths 1.5 hours

17th January – Valley Gardens - some inclines, flat footpaths, 1.5 hours

24th January – Walking to Knaresborough and returning via bus, 3 hours.

31st January – Walking the Bilton Cycle Path, 2 hours

Outreach Services

A member of our team is available at the location specified on certain days each week. For more detail or to book an appointment please call us on 01423 503335. Timings are as follows:

Tuesdays: Pateley Bridge at Nidderdale Plus 10am -12pm

Boroughbridge at Morrisons Community Room 1pm – 3pm

Thursdays: Masham Community Office 10am – 12pm

Fridays: Ripon Library 10am -12pm