

## Mind in Harrogate District Wellbeing Programme for June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>3<sup>rd</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>6<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>7<sup>th</sup></b> 9:30 – 12:00: Pool tournament in the centre 2:00 – 4.00: Friday Feast	<b>8<sup>th</sup> &amp; 9<sup>th</sup></b>
<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>13<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>14<sup>th</sup></b> 9:30 – 12:30: Group Trip to Knaresborough (meet at the bus station) 2:00 – 4.00: Friday Feast	<b>14<sup>th</sup> &amp; 16<sup>th</sup></b>
<b>17<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus	<b>18<sup>th</sup></b>	<b>19<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 2:00-3:00 - Sound Bath with Janie	<b>20<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>21<sup>st</sup></b> 9:30 – 12:00: Group Trip to Ripon (meet at the bus station) 2:00 – 4.00: Friday Feast	<b>22<sup>nd</sup> &amp; 23<sup>rd</sup></b>
<b>24<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Music Group with Rufus	<b>25<sup>th</sup></b>	<b>26<sup>th</sup></b> 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>27<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>28<sup>th</sup></b> 9:00 – 12:00: Group trip to Wetherby (meet at the bus station) 2:00 – 4.00: Friday Feast	<b>29<sup>th</sup> &amp; 30<sup>th</sup></b> <b>Harrogate Food Festival on The Stray</b>
<b>1<sup>st</sup> July</b> 2:30 – 4: Anxiety Peer Support Group	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>4<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>5<sup>th</sup></b> 9:15 – 12:30: Group Trip to Otley (meet at the bus station) 2:00 – 4.00: Friday Feast	<b>6<sup>th</sup> &amp; 7<sup>th</sup></b>

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](mailto:office@mindinharrogate.org.uk)

### Walking Routes

5<sup>th</sup> June – Ripley, returning via bus. Flat, footpaths, 2-3 hours

12<sup>th</sup> June - Pine Woods - some inclines, mixed terrain including some footpaths 1.5 hours

(no session 19<sup>th</sup> June)

26<sup>th</sup> June– Stray Walk, 1 hour, flat footpaths

3<sup>rd</sup> July- Knaresborough, returning via bus. Mainly flat footpaths, 2-2.5 hours