

## Mind in Harrogate District Wellbeing Programme June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>2<sup>nd</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 3:00 – 4:30: Writing Group	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 11.00 – 1.00: Walking Group – Valley Gardens	<b>5<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>6<sup>th</sup></b> 10:00-1:00 Pool Tournament 1:30-2:30: relaxation with Lisa 2:00 – 4:00: Friday Feast: Fire Safety Talk with North Yorkshire Fire and Rescue	<b>7<sup>th</sup> &amp; 8<sup>th</sup></b>
<b>9<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session	<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Pinewoods 2:00-3:30: Board Games at Geek Retreat	<b>12<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>13<sup>th</sup></b> 9:15-4:30 Trip to Whitby 2:00-2:45: Dance with Leah	<b>14<sup>th</sup> &amp; 15<sup>th</sup></b>
<b>16<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 2:00- 3:00: Neurodivergent Peer Support Group 1 3:30- 4:30: Neurodivergent Peer Support Group 2	<b>17<sup>th</sup></b>	<b>18<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 11.00 – 1.00: Walking Group – Valley Gardens	<b>19<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>20<sup>th</sup></b> 10:00-12:00: Brunch at the centre 12:00 – 1:00: Sound Bath with Janie 2:00-3:30: Anxiety Peer Support Group	<b>21<sup>st</sup> &amp; 22<sup>nd</sup></b>
<b>23<sup>rd</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 3:00 – 4:30: Writing Group	<b>24<sup>th</sup></b> 11.00 – 1.00: Trekking Group – walk to Knaresborough, returning by bus	<b>25<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Stray Walk	<b>26<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>27<sup>th</sup></b> 9:15-1:00 Trip to Wetherby by bus 2:00 – 4:00: Music with Nige	<b>28<sup>th</sup> &amp; 29<sup>th</sup></b>
<b>30<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 3:00 – 4:30: Writing Group	<b>1<sup>st</sup> July</b> 1:00 – 2:30: Complex Emotional Needs (CEN) Peer Support Group	<b>2<sup>nd</sup></b> 10:00 – 1:00: Arts & Crafts 11.00 – 1.00: Walking Group – Yorkshire showground	<b>3<sup>rd</sup></b> 10:00 – 12:00: Allotment Group	<b>4<sup>th</sup></b> 10:00-1:00 Pool Tournament 1:30-2:30: relaxation with Lisa 2:00 – 4:00: Friday Feast	<b>5<sup>th</sup> &amp; 6<sup>th</sup></b>

All activities are available face to face at The Acorn Centre. 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)