

One Mind in Harrogate District Wellbeing Programme June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
1st June 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	2nd 1:00 – 2:00: Anxiety Peer Support Group 🧠 🧠	3rd 10:00 – 1:00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group 🚶	4th	5th 9:30 – 11:30: Pool Tournament 🏊 1:30 – 2:00: Relaxation 2:00 – 4:00: Friday Feast 🍽️ 🍷	6th & 7th
8th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	9th	10th 10:00 – 1:00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group 🚶	11th 10:30 – 11:30: Beginners Running Group (meet at end of Cherry tree walk on the stray) 🏃 🌸	12th 9:30 – 11:30: Walk and Talk around Harrogate 2:00 – 4:00: Friday Feast 🍽️ 🍷	13th & 14th
15th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 12:00 – 1:30: Creative Writing 📖 3:00 -4:00: Neurodiversity Peer Support Group (please only book on to one group)	16th 1:00 – 2:00 Neurodiversity Peer Support Group (please only book on to one group)	17th 11.00 – 1.00: Walking Group 🚶	18th 10:00 – 12:00: Allotment Group 🍏 🍏 🍏 10:30 – 11:30: Beginners Running Group 🏃 🌸	19th 9:30 – 11:30: Trip to Knaresborough by bus 2:00 – 4:00: Friday Feast 🍽️ 🍷	20th & 21st
22nd 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶	23rd	24th 10:00 – 1:00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group 🚶	25th 10:00 – 12:00: Allotment Group 🍏 🍏 🍏 10:30 – 11:30: Beginners Running Group 🏃 🌸	26th 9:30 – 11:30: Trip to Ripon by bus 2:00 – 4:00: Friday Feast 🍽️ 🍷	27th & 28th
29th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 12:00 – 1:00: Sound Bath	30th 11:00 – 1:00: Trekkers Group to Knaresborough 🚶	1st July 10:00 – 1:00: Arts & Crafts 🎨 11:30 – 1:30: Creative Textile Flag project at Speigeltent 11.00 – 1.00: Walking Group 🚶	2nd 10:00 – 12:00: Allotment Group 🍏 🍏 🍏 10:30 – 11:30: Beginners Running Group 🏃 🌸	3rd 9:30 – 11:30: Pool Tournament 🏊 1:30 – 2:00: Relaxation 2:00 – 4:00: Friday Feast 🍽️ 🍷	4th & 5th

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