

Please see enclosed, our December Activities Programme. There are some changes this month so please remember to check dates and times to avoid disappointment. We still require you to book in to any of the sessions.

The centre will be closed from 4pm on Christmas Eve, opening again on Monday 30th December and Tuesday 31st December for phone support only until 4pm. We will also be closed on Wednesday 1st January. Before opening again from Thursday 2nd January. There will also be no Monday afternoon groups on 9th due to staff training.

As well as our Festive Service User Forum on Friday 6th December, we will be having a Christmas Party on Friday 20th with carol singing! If you want to practice your jingle bell rock before the day, Nige is hosting a Carol Singing group on Wednesdays 4th and 18th.

Friday 13th December sees our trip to York Christmas Market, or if you have been well prepared and bought all your presents we will have relaxation and dance sessions in the centre in the afternoon.

Another brand new group for the end of the year is our Neurodivergent Peer Support group on Monday 16th December.

- Neurodivergent refers to people whose brains process things a bit differently
- This might include people with ADHD, autism, dyslexia, learning difficulties
- You do not need to have a diagnosis to join our group
- But if you struggle with attention for example you may benefit from sharing your experience with others with similar difficulties
- The aim of the group is to support each other in learning about neurodiversity and learn tips to manage

We hope to see you join us for one of our activities in this festive period, but if we don't....

Merry Christmas and Happy New Year from The Team at Mind in Harrogate!