

## Mind in Harrogate District Wellbeing Programme for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>6<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Stray walk	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b> 10:30-12:00: Mindful Meander with Leah and Lucy with a coffee and a chat! 2:00-3:00: Sound Bath with Janie	<b>11<sup>th</sup> &amp; 12<sup>th</sup></b>
<b>13<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	<b>14<sup>th</sup></b>	<b>15<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Knaresborough returning via bus	<b>16<sup>th</sup></b>	<b>17<sup>th</sup></b> 9:30-12:30: Trip to Ripon via bus 2:00-4:00: Friday Feast	<b>18<sup>th</sup> &amp; 19<sup>th</sup></b>
<b>20<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Neurodivergent Group	<b>21<sup>st</sup></b>	<b>22<sup>nd</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Valley Gardens	<b>23<sup>rd</sup></b>	<b>24<sup>th</sup></b> 10:00-12:00: Brunch 1:30 – 3:00: Anxiety Peer Support Group 3:00-4:00: Dance with Leah	<b>25<sup>th</sup> &amp; 26<sup>th</sup></b>
<b>27<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	<b>28<sup>th</sup></b> 12:30-2:00: Board Games at Geek Retreat	<b>29<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Ripley (retuning via bus)	<b>30<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>31<sup>st</sup></b> 9:30-12:30: Trip to Wetherby via bus 2:00-4:00: Friday Feast	<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Feb</b>
<b>3<sup>rd</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Stray Walk	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b> 10:00-12:00: Pool Tournament 2:00-4:00: Friday Feast	<b>8<sup>th</sup> &amp; 9<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)