

## Mind in Harrogate District Wellbeing Programme May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>28<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 Peer Support Group	<b>29<sup>th</sup></b> 11.00 – 1.00: Trekking Group – walk to Knaresborough, returning by bus	<b>30<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 11.00 – 1.00: Walking Group – Valley Gardens	<b>1<sup>st</sup> May</b> 10:00 – 12:00: Allotment Group	<b>2<sup>nd</sup></b> 10:00-1:00 Pool Tournament 1:30-2:30: relaxation with Lisa 2:00 – 4:00: Friday Feast	<b>3<sup>rd</sup> &amp; 4<sup>th</sup></b>
<b>5<sup>th</sup></b> <b>Bank Holiday. Centre closed – open for Phone Support 9am-5pm</b>	<b>6<sup>th</sup></b>	<b>7<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>8<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>9<sup>th</sup></b> 9:30-12:30 Trip to Knaresborough by bus 2:00 – 4:00: Music Quiz with Nige	<b>10<sup>th</sup> &amp; 11<sup>th</sup></b>
<b>12<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 3:00 – 4:30: Writing Group: Mental Health Awareness Week	<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 11.00 – 1.00: Walking Group – Valley Gardens	<b>15<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>16<sup>th</sup></b> 12:00 – 1:00: Sound Bath with Janie 1:30-3:30: Mental Health Awareness Week Community Cafe	<b>17<sup>th</sup> &amp; 18<sup>th</sup></b>
<b>19<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>20<sup>th</sup></b>	<b>21<sup>st</sup></b> 10.00 – 12.00: Arts & Crafts 11.00 – 1.00: Walking Group – Stray Walk	<b>22<sup>nd</sup></b> 10:00 – 12:00: Allotment Group	<b>23<sup>rd</sup></b> 9:15-5:00: Trip to Otley and Ilkley by bus 1:30-3:00: Anxiety Peer Support Group 3:00-3:45: Dance with Leah	<b>24<sup>th</sup> &amp; 25<sup>th</sup></b>
<b>26<sup>th</sup></b> <b>Bank Holiday. Centre closed – open for Phone Support 9am-5pm</b>	<b>27<sup>th</sup></b> 11.00 – 1.00: Trekking Group – walk to Ripley, returning by bus	<b>28<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 11.00 – 1.00: Walking Group – Yorkshire showground	<b>29<sup>th</sup></b> 10:00 – 12:00: Allotment Group	<b>30<sup>th</sup></b> 9:30 – 12:30: Trip to Ripon by bus 2:00 – 4:00: Friday Feast	<b>31<sup>st</sup> May &amp; 1<sup>st</sup> June</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)