

Mind in Harrogate District Wellbeing Programme February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
3rd 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	4th	5th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Stray Walk – Time to Talk Day	6th	7th 10:00-12:00: Pool Tournament 2:00-4:00: Friday Feast: Time to Talk Day	8th & 9th
10th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Neurodivergent Peer Support Group	11th	12th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – walk to Ripley, return by bus	13th 10:00 – 12:00: Allotment Group	14th 9:30-4:0: Trip to York by train 12:00-1:00: Sound Bath with Janie	15th & 16th
17th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00-3:45: Dance with Leah	18th 12:30-2:00: Board Games at Geek Retreat	19th 11.00 – 1.00: Walking Group – Valley Gardens	20th	21st 9:30-12:30: Trip to Knaresborough by bus 10:00 – 1:00: Arts & Crafts 11:30-1:00: Anxiety Peer Support Group 2:00-4:00: Friday Feast	22nd & 23rd
24th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	25th	26th 10.00 – 12.00: Arts & Crafts: Colouring and Bring Your Own 11.00 – 1.00: Walking Group – Stray Walk	27th	28th 10:00-1:00 Walk and Talk around Harrogate 1:30-2:30: Relaxation with Lisa 2:30 – 4:30: Friday Feast	1st & 2nd March
3rd 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	4th	5th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Walk to Knaresborough, return by bus	6th	7th 9:30-12:30: Trip to Otley by bus 2:00-4:00: Friday Feast	8th & 9th

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