

## Mind in Harrogate District Programme for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>29<sup>th</sup></b> 1.00 – 3.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Bring your own crafts	<b>30<sup>th</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	<b>31<sup>st</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	<b>1<sup>st</sup> February</b> Counselling  Outreach: Masham *	<b>2<sup>nd</sup></b> 9:15 - 12.00: Trip to Wetherby by bus 11.30 – 12.00: Mindfulness (Zoom) 2:00 – 4.00: Friday Feast  Outreach: Ripon *	<b>3<sup>rd</sup> &amp; 4<sup>th</sup></b>
<b>5<sup>th</sup></b> 1.00 – 3.00: Strollers Group – Gentle pace walking session 2:00 – 4:00: Bring your own crafts	<b>6<sup>th</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	<b>7<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	<b>8<sup>th</sup></b> Counselling  Outreach: Masham*	<b>9<sup>th</sup></b> 9:30 - 12.00: Trip to Ripon by bus 11.30 – 12.00: Mindfulness (Zoom) 2:00 – 4.00: Friday Feast  Outreach: Ripon *	<b>10<sup>th</sup> &amp; 11<sup>th</sup></b>
<b>12<sup>th</sup></b> 1.00 – 3.00: Strollers Group – Gentle pace walking session 1:30 – 3:30: Music Group with Rufus	<b>13<sup>th</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	<b>14<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	<b>15<sup>th</sup></b> Counselling	<b>16<sup>th</sup></b> 10:30 - 1.00: Mingle & Brunch 11.30 – 12.00: Mindfulness (Zoom) 2:30 – 4:00: Friday Games and Colouring	<b>17<sup>th</sup> &amp; 18<sup>th</sup></b>
<b>19<sup>th</sup></b> 1.00 – 3.00: Strollers Group – Gentle pace walking session 1:30 – 3:30: Music Group with Rufus	<b>20<sup>th</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	<b>21<sup>st</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	<b>22<sup>nd</sup></b> Counselling  Outreach: Masham *	<b>23<sup>rd</sup></b> 10:00 - 12.00: Walk 11.30 – 12.00: Mindfulness (Zoom) 2:00 – 3.00: Sound Bath (relaxation) 3:00- 4:00: Refreshments Outreach: Ripon *	<b>24<sup>th</sup> &amp; 25<sup>th</sup></b>
<b>26<sup>th</sup></b> 1.00 – 3.00: Strollers Group – Gentle pace walking session 1:30 – 3:30: Music Group with Rufus	<b>27<sup>th</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	<b>28<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>29<sup>th</sup></b> Counselling  Outreach: Masham *	<b>1<sup>st</sup> March</b> 10:00 - 12.00: Pool tournament 11.30 – 12.00: Mindfulness (Zoom) 2:00 – 4.00: Friday Feast  Outreach: Ripon *	<b>2<sup>nd</sup> &amp; 3<sup>rd</sup></b>

All activities are available face to face at The Acorn Centre or via Zoom. \* **Outreach Services** are available at the location specified, for more information see overleaf.

You must register with Mind in Harrogate to join any of these activities. Call 01423 503335 or email: [office@mindinharrogate.org.uk](mailto:office@mindinharrogate.org.uk)

\*\*Please see reverse for details of walking routes

### Walking Routes

31<sup>st</sup> January – Walking the Bilton Cycle Path, 2 hours

7<sup>th</sup> February – Stray Walk, circular route, flat footpaths 1 hour

14<sup>th</sup> February – Pine Woods - some inclines, mixed terrain including some footpaths 1.5 hours

21<sup>st</sup> February – Valley Gardens - some inclines, flat footpaths, 1.5 hours

28<sup>th</sup> February - Horticap Nature Trail and Cafe

### Outreach Services

A member of our team is available at the location specified on certain days each week. For more detail or to book an appointment please call us on 01423 503335.

**Tuesdays:** Pateley Bridge at Nidderdale Plus

Boroughbridge at Morrisons Community Room

**Thursdays:** Masham Community Office

**Fridays:** Ripon Library