

Mind in Harrogate District Wellbeing Programme March 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 - Pinewood	6th 10:00 – 12:00: Allotment Group	7th 9:30-12:30: Trip to Otley by bus 1:30-2:30: Relaxation with Lisa 2:00-4:00: Friday Feast 3:00 – 4:00: Community and Online Safety Talk and Q&A with NY Police	8th & 9th
10th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	11th	12th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group - Nidd Way/Bilton 2:30-4:00: Board Games at Geek Retreat	13th 10:00 – 12:00: Allotment Group	14th 9:30-4:00: Trip to Leeds by train 2:00-3:30: Anxiety Peer Support Group	15th & 16th
17th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Neurodivergent Peer Support Group	18th	19th 10:00 – 1:00: Arts & Crafts 11.00 – 1.00: Walking Group – Valley Gardens	20th 10:00 – 12:00: Allotment Group	21st 9:30-12:30: Trip to Knaresborough by bus 12:00-1:00: Sound Bath with Janie 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 11.00 – 1.00: Trekking Group – walk to Ripley, returning by bus	26th 10.00 – 1.00: Arts & Crafts: Colouring and Bring Your Own 12:30 – 1:30: Community and Online Safety Talk and Q&A with NY Police 11.00 – 1.00: Walking Group – Stray Walk	27th 10:00 – 12:00: Allotment Group	28th 10:00-1:00 Pool Tournament 2:00 – 4:00: Friday Feast	29th & 30th
31st 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 2:45: Music Group 3:00 – 4:30: Writing Group	1st April	2nd 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group – Yorkshire Show Ground	3rd 10:00 – 12:00: Allotment Group	4th 10:00-12:00: Brunch in the Centre 2:00-4:00: Coffee in Everyman	5th & 6th

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