

## Mind in Harrogate District Programme for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>4<sup>th</sup></b> 1.00 – 3.00: Strollers Group – Gentle pace walking session 1.00 – 3.00: Music Group with Rufus 3:00 – 5:00: Service User Forum	<b>5<sup>th</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	<b>6<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	<b>7<sup>th</sup></b> Counselling Outreach: Masham *	<b>8<sup>th</sup></b> 9:00 - 12.00: Trip to Otley – meet at bus station 11.00 – 1.00: Women’s Chat for International Women’s Day 2:00 – 4.00: Friday Feast Outreach: Ripon *	<b>9<sup>th</sup> &amp; 10<sup>th</sup></b>
<b>11<sup>th</sup></b> 1.00 – 3.00: Strollers Group – Gentle pace walking session 1:30 – 3:30: Music Group with Rufus	<b>12<sup>th</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	<b>13<sup>st</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	<b>14<sup>th</sup></b> Counselling Outreach: Masham *	<b>15<sup>th</sup></b> 9:15 - 12.00: Trip to Knaresborough – meet at bus station 11.30 – 12.00: Mindfulness (Zoom) 2:00 – 4.00: Friday Feast Outreach: Ripon *	<b>16<sup>th</sup> &amp; 17<sup>th</sup></b>
<b>18<sup>th</sup></b> 1.00 – 3.00: Strollers Group – Gentle pace walking session 1:30 – 3:30: Music Group with Rufus	<b>19<sup>th</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	<b>20<sup>th</sup></b> 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	<b>21<sup>st</sup></b> Counselling Outreach: Masham *	<b>22<sup>nd</sup></b> 9:00 - 12.00: Trip to Wetherby – meet at bus station 2:00 – 4.00: Friday Feast Outreach: Ripon *	<b>23<sup>rd</sup> &amp; 24<sup>th</sup></b>
<b>25<sup>th</sup></b> 1.00 – 3.00: Strollers Group – Gentle pace walking session	<b>26<sup>th</sup></b> Counselling Outreach: Pateley Bridge * Boroughbridge	<b>27<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2.00 – 4.00: Mingle & Munch	<b>28<sup>th</sup></b> Counselling	<b>29<sup>th</sup> Good Friday</b> <b>Centre Open for Phone Calls Only</b>	<b>30<sup>th</sup> &amp; 31<sup>st</sup></b>
<b>1<sup>st</sup> April Easter Monday</b> <b>Centre Open for Phone Calls Only</b>	<b>2<sup>nd</sup></b> Counselling 12.30 – 1.00: Relaxation (Zoom) Outreach: Pateley Bridge * Boroughbridge	<b>3<sup>rd</sup></b> 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	<b>4<sup>th</sup></b> Counselling Outreach: Masham *	<b>5<sup>th</sup></b> 11:30 – 1:30: Friday Games 11.30 – 12.00: Mindfulness (Zoom) Outreach: Ripon *	<b>23<sup>rd</sup> &amp; 24<sup>th</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

6<sup>th</sup> March – Knaresborough, returning via bus, 2 hours

13<sup>th</sup> March - Stray Walk, circular route, flat footpaths 1 hour

20<sup>th</sup> March - Valley Gardens - some inclines, flat footpaths, 1.5 hours

27<sup>th</sup> March - Pine Woods - some inclines, mixed terrain including some footpaths 1.5 hours

3<sup>rd</sup> April - Knaresborough, returning via bus, 2 hours

### 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