

Mind in Harrogate District Wellbeing Programme for November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
4th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group – To be Confirmed* 3:00 – 4:00: Creative Writing with Marissa	5th	6th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group	7th 10:00 – 12:00: Allotment Group	8th 10:30 – 12:30: Pool Tournament 2:00 – 4.00: Friday Feast	9th & 10th
11th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group – To be Confirmed* 3:00 – 4:00: Creative Writing with Marissa	12th 3:30-4:30: Mindful movement 	13th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group	14th	15th 9:00 – 12:30: Wetherby trip (meet at the bus station) 2:00-4:00: Friday Feast 2:30 – 4:00: Anxiety peer support	16th & 17th
18th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group – To be Confirmed* 3:00 – 4:00: Creative Writing with Marissa	19th 12:30 -2:30 Coffee and Board Games at Geek Retreat	20th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group 2:00-3:30: Carol singing	21st	22nd 9:00-3:00: Ripon Christmas Market Trip (meet at the bus station) 1:30 – 2:30: Relaxation with Lisa 2:30-3:30 Bust a Mood: Dance with Leah 	23rd & 24th
25th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group – To be Confirmed* 3:00-4:30 Neurodivergent peer support Group	26th	27th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group ** 2:00-3:30: Carol singing	28th 10:00 – 12:00: Allotment Group	29th 9:00 – 4:00: Trip to Leeds (meet at the bus station) 2:00 – 3.00: Sound Bath 	30th & 1st Dec
2nd 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group – To be Confirmed*	3rd	4th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group 2:00-3:30: Carol singing	5th	6th 2:00-4:00: Service User Forum with Christmas Tree decorating and Festive Feast 	7th & 8th

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

Walking Routes

6th November – Valley Gardens

13th Nov – Stray walk

20th Nov – Knaresborough (returning via bus)

27th Nov – Valley Gardens

4th Dec – Ripley (returning via bus)

*Music group not confirmed for November, please see weekly emails on a Friday.