



Mind in Harrogate District Wellbeing Programme for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
7th 12:30 – 2:00: World Mental Health Day Lunch Followed by a chance to take part in our strategic review	8th	9th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	10th 10:00 – 12:00: Allotment Group 	11th 10:30 – 12:30: World Mental Health day brunch 2:00 – 4:00: Sound Bath and World Mental Health Day Afternoon Tea	12th & 13th
14th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group 3:00 – 4:30: Creative Writing with Marissa	15th	16th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	17th	18th 9:30 – 12:30: Trip to Knaresborough on the bus 2:00 – 4:00: Friday Feast 2:30- 4:00: Anxiety Peer Support Group	19th & 20th
21st 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group 3:00 – 4:30: Creative Writing with Marissa	22nd 3:30- 4:30: Mindful Movement with Chloe	23rd 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	24th 10:00 – 12:00: Allotment Group	25th 9:15 – 12:30: Trip to Otley 1:30-2:30: Relaxation with Lisa 3:00 – 4:00: Dance with Leah!	26th & 27th
28th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group 3:00 – 4:30: Creative Writing with Marissa	29th 12:30 -2:30 Coffee and Board Games at Geek Retreat	30th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	31st	1st November 1:30 – 4:00: Freaky Friday Feast: Fabulous Fancy Dress Party! 	2nd & 3rd
4th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group 3:00 – 4:30: 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

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

9th Oct – Valley Gardens

16th Oct – Stray Walk

23rd Oct – Walk to Knaresborough and returning via the bus

30th Oct – Harlow Carr

6th Dec - Valley Gardens