


Mind in Harrogate District Wellbeing Programme October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
29th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	30th 11.00 – 1.00: Trekking Group – walk to Knaresborough 🚶	1st October 10.00 – 1.00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Harrogate Town centre walk 🚶	2nd 10:00 – 12:00: Allotment Group 🌱 11:00 – 12:00: Running Group: Couch to 5k 🏃 (closed group)	3rd 1:30-2:00: relaxation with Lisa 9:30-4:00: Trip to Leeds	4th & 5th
6th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	7th 1:00- 2:30: Neurodivergent Peer Support Group 1	8th 10.00 – 1.00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Pinewoods 🚶	9th 10:00 – 12:00: Allotment Group 🌱 11:00 – 12:00: Running Group: Couch to 5k 🏃 (closed group)	10th 2:00 – 4:00: World Mental Health Day Talks	11th & 12th
13th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	14th 1:00-2:30: Anxiety Peer Support Group	15th 10:00 – 1.00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Valley Gardens 🚶 2:00-3:30: Board Games at Geek Retreat	16th 10:00 – 12:00: Allotment Group 🌱	17th 9:30-4:00: Trip to Pateley Bridge by bus 🚌	18th & 19th
20th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	21st 1:00 – 2:30: Complex Emotional Needs (CEN) Peer Support Group	22nd 10.00 – 1.00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Stray Walk 🚶	23rd 10:00 – 12:00: Allotment Group 🌱	24th 9:30-12:00: Trip to Knaresborough by bus 🚌 1:00-1:30: Dance with Leah 2:00-4:00: Winter Warmer Friday Feast 🍷 with energy talk 	25th & 26th
27th 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	28th 11.00 – 1.00: Trekking Group – walk to Ripley 🚶	29th 10.00 – 1.00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Harrogate Town centre walk 🚶	30th 10:00 – 12:00: Allotment Group 🌱	31st 9:30 – 11:30: Pool Tournament 12:00-1:00: Sound Bath with Janie 2:00 – 4:00: Freaky Friday: Halloween Party 🎃 🍷 🧛	1st and 2nd Nov

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