

Mind in Harrogate District Wellbeing Programme for September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
2 nd Staff Training. Acorn Centre closed.	3 rd	4 th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	5 th 10:00 – 12:00: Allotment Group	6 th 9:45 – 4:30: Trip to Pateley Bridge (meet at the bus station) museum, picnic 3:00 – 4:00: Dance with Leah!	7 th & 8 th
9 th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group 3:00 – 4:30: Creative Writing with Marissa	10 th 12:30 -2:30 Coffee and Board Games at Geek Retreat	11 th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	12 th 10:00 – 12:00: Allotment Group	13 th 10:30- 12:30: Brunch at the Centre 2:00 – 3.00: Sound Bath with Janie	14 th & 15 th
16 th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group 3:00 – 4:30: Creative Writing with Marissa	17 th	18 th 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	19 th 10:00 – 12:00: Allotment Group	20 th 9:30 – 12:30: Walk around town taking leaflets to shops and having a coffee 2:00 – 4.00: Friday Feast	21 st & 22 nd
23 rd 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group 3:00 – 4:30: Creative Writing with Marissa	24 th	25 th 11.00 – 1.00: Arts & Crafts with Angela 9:45 – 4:30: Walking group Trip to Pateley Bridge (meet at the bus station) 1:30-2:30: Relaxation with Lisa	26 th 10:00 – 12:00: Allotment Group	27 th 9:15 – 4:00: Jorvik Centre Trip to MUST BE BOOKED AND PAID FOR IN ADVANCE (£16.50 by 20 th Sept) 12:30 – 2:00: Anxiety Peer Support Group	28 th & 29 th
30 th 11.00 – 1.00: Strollers Group – Gentle pace walking session 1:00 – 3:00: Music Group 3:00 – 4:30: Creative Writing with Marissa	1 st October	2 nd 10.00 – 1.00: Arts & Crafts 11.00 – 1.00: Walking Group **	3 rd 10:00 – 12:00: Allotment Group	4 th 10:30 – 12:30: Pool Tournament 2:00 – 4.00: Friday Feast	5 th & 6 th

All activities are available face to face at The Acorn Centre or via Zoom. 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

4th Sept – Leafletting walk around Harrogate – handing out leaflets to shops etc. around Town

11th Sept – walk to Knaresborough and returning via bus

18th Sept – Valley Gardens walk

25th Sept – Trip to Pateley Bridge on the bus

2nd Oct – Stray Walk