

## Mind in Harrogate District Wellbeing Programme September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>1<sup>st</sup> September</b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b> 10:00 – 1:00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Yorkshire showground 🚶	<b>4<sup>th</sup></b> 10:00 – 12:00: Allotment Group 🌱 11:00 – 12:00: Running Group: Couch to 5k 🏃 (closed group)	<b>5<sup>th</sup></b> 10:00 – 1:00: Pool Tournament 🏊 1:30-2:00: relaxation with Lisa 2:00-4:00: Friday Feast 🍽️	<b>6<sup>th</sup></b> <b>&amp;</b> <b>7<sup>th</sup></b>
<b>8<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	<b>9<sup>th</sup></b> 1:00- 2:30: Neurodivergent Peer Support Group	<b>10<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Pinewoods 🚶 2:00-3:30: Board Games at Geek Retreat	<b>11<sup>th</sup></b> 10:00 – 12:00: Allotment Group 🌱 11:00 – 12:00: Running Group: Couch to 5k 🏃 (closed group)	<b>12<sup>th</sup></b> 10:00-1:00 Walk and Talk around Harrogate 🚶 1:30-2:00: Dance with Leah 2:00 – 4:00: Friday Feast 🍽️ Music Themed 🎵	<b>13<sup>th</sup></b> <b>&amp;</b> <b>14<sup>th</sup></b>
<b>15<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	<b>16<sup>th</sup></b> 1:00-2:30: Anxiety Peer Support Group	<b>17<sup>th</sup></b> 10:00 – 1:00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Valley Gardens 🚶	<b>18<sup>th</sup></b> 10:00 – 12:00: Allotment Group 🌱 11:00 – 12:00: Running Group: Couch to 5k 🏃 (closed group)	<b>19<sup>th</sup></b> 9:30-12:00: Trip to Ripon by bus 🚌 2:00-4:00: Friday Feast 🍽️	<b>20<sup>th</sup></b> <b>&amp;</b> <b>21<sup>st</sup></b>
<b>22<sup>nd</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	<b>23<sup>rd</sup></b> 1:00 – 2:30: Complex Emotional Needs (CEN) Peer Support Group	<b>24<sup>th</sup></b> 10.00 – 1.00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Stray Walk 🚶	<b>25<sup>th</sup></b> 10:00 – 12:00: Allotment Group 🌱 11:00 – 12:00: Running Group: Couch to 5k 🏃 (closed group)	<b>26<sup>th</sup></b> 9:30-12:00: Trip to Knaresborough by bus 🚌 2:00-4:00: Friday Feast 🍽️	<b>27<sup>th</sup></b> <b>&amp;</b> <b>28<sup>th</sup></b>
<b>29<sup>th</sup></b> 11.00 – 1.00: Strollers Group – Gentle pace walking session 🚶 3:00 – 4:30: Creative Writing Group 📝	<b>30<sup>th</sup></b> 11.00 – 1.00: Trekking Group – walk to Knaresborough 🚶	<b>1<sup>st</sup> October</b> 10.00 – 1.00: Arts & Crafts 🎨 11.00 – 1.00: Walking Group – Harrogate Town centre walk 🚶	<b>2<sup>nd</sup></b> 10:00 – 12:00: Allotment Group 🌱 11:00 – 12:00: Running Group: Couch to 5k 🏃 (closed group)	<b>3<sup>rd</sup></b> 9:30-4:30: Trip to Pateley Bridge by bus 1:30-2:00: relaxation with Lisa	<b>4<sup>th</sup></b> <b>&amp;</b> <b>5<sup>th</sup></b>

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](mailto:office@mindinharrogate.org.uk)