

Mind in Harrogate District Programme for August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
1st August 2.30 – 4.00: Board Games with a Twist	2 nd Counselling Outreach: Pateley Bridge	3 rd 10.00 – 12.30: Arts & Crafts Group Activity – Teabag Folding 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women's Group Outreach: Masham	4 th Counselling Outreach: Boroughbridge	5 th 10.30 - 12.30: Men's Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00: Friday Get Together	6 th & 7 th
8 th 2.30 – 4.00: Music Group – Live Entertainment by Desperado	9 th Counselling	10 th 10.00 –12.30: Arts & Crafts 10.00 – 4.00: Walking Group Excursion 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women's Group Outreach: Masham	11 th Counselling 11.00 -1.00: Allotment Group * Outreach: Boroughbridge	12 th 10.30 - 12.30: Men's Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00: Friday Get Together	13 th & 14 th
15 th 2.30 – 4.00: Picnic on the Stray	16 th Counselling Outreach: Pateley Bridge	17 th 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women's Group Outreach: Masham	18 th Counselling 11.00 -1.00: Allotment Group * Outreach: Boroughbridge	19 th 10.30 - 12.30 : Men's Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 3.30 : Friday Get Together Outreach: Ripon	20 th & 21 st
22 nd 2.30 – 4.00: Music Group - Singing	23 rd Counselling Outreach: Pateley Bridge	24 th 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women's Group Outreach: Masham	25 th Counselling 11.00 -1.00: Allotment Group * Outreach: Boroughbridge	26 th 10.30 - 12.30: Men's Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00: Friday Get Together	27 th & 28 th
29 th Bank Holiday Centre open to receive calls from 8.30am to 5pm	30 th Counselling	31 st 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group 12.00 – 4.00: Women's Group Excursion Outreach: Masham	1 st Counselling 11.00 -1.00: Allotment Group * Outreach: Boroughbridge	2 nd 10.30 - 12.30: Men's Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00: Friday Get Together Outreach: Ripon	3 rd & 4 th Ripley Food Festival

All activities are available face to face at The Acorn Centre or via Zoom. Outreach Services are available at the location specified, for more information please contact us.

* Please notes that times for the Allotment Group may vary and is dependent on the weather.

You must register with Mind in Harrogate to join any of these activities. Call 01423 503335 or email: office@mindinharrogate.org.uk

Counselling sessions are available, please contact us for any further information.