

Mind in Harrogate District Programme for June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
30th May 2.30 – 4.00: Music Group	31st Counselling	1st June 10.00 – 12.30: Arts & Crafts Group Activity – Jubilee Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women’s Group Outreach: Masham	2nd Bank Holiday Centre open to receive calls from 8.30am – 5pm	3rd Platinum Jubilee Bank Holiday Centre open to receive calls from 8.30am – 5pm	4th & 5th
6th 2.30 – 4.00: Music Group	7th Counselling Outreach: Pateley Bridge	8th 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	9th Counselling 11.00 -1.00: Allotment Group * Outreach: Boroughbridge	10th 10.30 - 12.30: Men’s Group 1.30 – 4.00: Friday Get Together Outreach: Ripon	11th & 12th
13th 2.30 – 4.00: Music Group	14th Counselling Outreach: Pateley Bridge	15th 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	16th Counselling Outreach: Boroughbridge	17th 10.30 - 12.30 : Men’s Group 1.30 – 4.00 : Friday Get Together Outreach: Ripon	18th & 19th
20th 2.00 – 3.30: Music Group 4:30 – 6:00: Service User Forum	21st Counselling Outreach: Pateley Bridge	22nd 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women’s Group	23rd Counselling 11.00 -1.00: Allotment Group * Outreach: Boroughbridge	24th 10.30 - 12.30: Men’s Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00: Friday Get Together Outreach: Ripon	25th & 26th
27th 2.30 – 4.00: Music Group – Live Entertainment by Desperado	28th Counselling	29th 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women’s Group	30th Counselling 11.00 -1.00: Allotment Group * Outreach: Boroughbridge	1st July 10.30 - 12.30: Men’s Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00: Friday Get Together Outreach: Ripon	2nd & 3rd

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.