

Oakleaf Activities Jan-Mar 2019

Course Fee/Conc Rate

<u>Monday</u>	Yoga	14th Jan/4th March	11 Weeks	4:14pm-5:15pm	Godalming	Weekly	£66/£22
	Tai Chi	7th Jan/25th March	12 Weeks	1:30pm-2:30pm	Farnham	Weekly	£78/£24
	Gym	7th Jan/25th March	12 weeks	2pm-3pm	Guildford	Weekly	£60/£24
	Art	7th Jan/11th Feb	6 weeks	11am-1pm	Camberley	Weekly	£36/£18
	Anxiety Management	11 th Feb/18 th March	6 weeks	2pm-4pm	Guildford	Weekly	FREE
	Badminton	4 th Feb/18 th March	4 weeks	2pm-3pm	Camberley	Alternate Weeks	FREE
<u>Tuesday</u>	IT Course	8th Jan/12th Feb	6 weeks	10am-12noon	Guildford	Weekly	FREE
	Beginners Guitar	15th Jan/19th March	10 weeks	1:30pm-2pm	Guildford	Weekly	FREE
	Intermediate Guitar	15th Jan/19th March	10 weeks	2pm-2:30pm	Guildford	Weekly	FREE
	Advanced Guitar	15th Jan/19th March	10 weeks	2:30pm-3pm	Guildford	Weekly	FREE
	Mindfulness	8th Jan/26th March	12 weeks	2pm-3pm	Godalming	Weekly	FREE
	Natural Voice Singing	8th Jan/ 2 nd April	12 weeks	11am-12:30pm	Camberley	Weekly	£72/£24
	New Thoughts Refresher	15th Jan/22nd Jan	2 weeks	7pm-8pm	Guildford	Weekly	FREE
	New Thoughts	5th Feb/12th March	6weeks	7pm-8pm	Camberley	Weekly	FREE
<u>Wednesday</u>	Literacy	2nd Jan/27th March	15 weeks	1pm-2:30pm	Guildford	Weekly, term time	FREE



MAKING LIFE WORK WITH MENTAL ILLNESS

THE WELCOME
PROJECT
Unlocking Potential

Oakleaf Activities Jan-Mar 2019							Course Fee/Concession Rate
	Photography	9 th Jan/28 th March	12 weeks	2:30pm-3:30	Guildford	Weekly	FREE
	Tai Chi	9 th Jan/28 th March	12 weeks	1:30pm-2:30pm	Guildford	Weekly	£72/£24
	Yoga	9 th Jan/28 th March	12 weeks	3pm-4pm	Guildford	Weekly	£72/£24
	Confidence Course	27 th Feb/17 th April	8 weeks	2pm-4pm	Farnham	Weekly	FREE
	Sound Therapy	16 th Jan/23 rd Jan	2 weeks	10:30am-11:30am	Guildford	Weekly	FREE
<u>Thursday</u>	Art Class	10 th Jan/14 th Feb	6 weeks	am/pm	Guildford	Weekly	£60/£18
	Art Class	28 th Feb/4 th April	6 weeks	am/pm	Guildford	Weekly	£60/£18
	Pilates	10 th Jan/29 th March	12 weeks	10am-11am	Guildford	Weekly	£72/£24
	Numeracy	3 rd Jan/28 th March	12 weeks	11am-12:30pm	Guildford	Weekly, term time	FREE
	Badminton	10 th Jan/28 th March	12 weeks	2pm-3pm	Guildford Spectrum	Weekly	FREE
	Yoga	10 th Jan/28 th March	12 weeks	1:30pm-2:30pm	Farnham	Weekly	£72/£24
<u>Friday</u>	Art Class	11 th Jan/15 th Feb	6 weeks	09:30-12:30	Guildford	Weekly	£60
	Fitness Class	11 th Jan/29 th March	12 weeks	11:30-12:30	Guildford	Weekly	£72/£24
	Football	11 th Jan/29 th March	12 weeks	1pm-2pm	SSP Guildford	Weekly	FREE
	Art and Design	25 th Jan/29 th March	12 weeks	11am-1pm	Godalming	Weekly	£72/£24
	Sound Therapy	8 th Feb/22 nd March	4 weeks	1:30-2:30	Farnham	Alternate Weeks	£24/£8



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WELCOME PROJECT

Gym/Swim

Farnham – Monday (930-1130) staffed
- Friday (930-1130) not staffed

Godalming – Wednesday (1030-1230) staffed
- Friday (1030-1230) not staffed

Gardening

Godalming – Thursday 10-1

Knitting & Craft

Godalming – Friday – 930 -12

WELCOME PROJECT DROP INS

Camberley – Tuesday 11-3

Godalming – Tuesday 11-3

Drama Workshops

Guildford Shakespeare Company

Thursday 31 Jan: A Midsummer Night's Dream dress rehearsal 3.00-4.15pm

Thursday 7 Feb: Measure for Measure Workshop, 1.30-2.30pm

University of Surrey Theatre Soc

Thursday 24th Jan 2pm

Wednesday 6th March 11am.

Oakleaf Drop Ins

Wellbeing Café - Mondays 6-9pm

Every Man Choir - Wednesdays 6:30-9pm

Mindful Colouring - Mondays and Fridays 2pm

Wellbeing Walk Camberley - Wednesday 1pm-3pm

For more information or to register for any course or activity please call 01483 303649 to speak with Client Services!

Alternatively, email:

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