

Oakleaf Activities April – June 2019

Course Fee/Conc Rate

<u>Monday</u>	Yoga	29 th April/24 th June	7 Weeks	4:14pm-5:15pm	Godalming	Weekly	£56/£14
	Tai Chi	1 st April/24 th June	12 Weeks	1:30pm-2:30pm	Farnham	Weekly	£78/£24
	Gym	1 st April/24 th June	12 weeks	2pm-3pm	Guildford	Weekly	£60/£24
	Badminton	1 st April/24 th June	7 weeks	2pm-3pm	Camberley	Weekly	FREE
	Cookery Course	3 rd June/8 th July	6 weeks	3:30pm-5:30pm	Camberley	Weekly	FREE
	Therapeutic Art	8 th April/15 th July	12 weeks	11am-1pm	Camberley	Weekly	£72/£24
<u>Tuesday</u>	IT Course	2 nd April/25 th June	6 weeks	10am-12noon	Guildford	Weekly	FREE
	Beginners Guitar	2 nd April/25 th June	13 weeks	2pm-2:30pm	Guildford	Weekly	FREE
	Intermediate Guitar	2 nd April/25 th June	13 weeks	2:30pm-3pm	Guildford	Weekly	FREE
	Advanced Guitar	2 nd April/25 th June	13 weeks	3pm-3:30pm	Guildford	Weekly	FREE
	Mindfulness	2 nd April/25 th June	12 weeks	2pm-3pm	Godalming	Weekly	FREE
<u>Wednesday</u>	Tai Chi	3 rd April/26 th June	12 weeks	1:30pm-2:30pm	Guildford	Weekly	£72/£24
	Yoga	3 rd April/26 th June	12 weeks	3pm-4pm	Guildford	Weekly	£72/£24
	NLP Course	6 th March/24 th April	8 weeks	2pm-4pm	Farnham	Weekly	FREE
	NLP Course	22 nd May/17 th July	8 weeks	2pm-4pm	Camberley	Weekly	FREE

		<u>Oakleaf Activities</u>	<u>April –June</u>	<u>2019</u>			<u>Course Fee/Concession Rate</u>
<u>Thursday</u>	Art Class	11 th April/16 th May	6 weeks	am/pm	Guildford	Weekly	£60/£18
	Art Class	23 rd May/27 th June	6 weeks	am/pm	Guildford	Weekly	£60/£18
	Mindful Movement	23 rd May/3 rd June	6 weeks	2pm-3pm	Guildford	Weekly	FREE
	Numeracy/Literacy	25 th April/23 rd May	5 weeks	11am-12:30pm	Guildford	Weekly, term time	FREE
	Anxiety Management	4 th April/9 th May	6 weeks	2pm-4pm	Waverley	Weekly	FREE
	Pilates	4 th April/25 th April	4 weeks	10am-11am	Guildford	Weekly	£32/£8
	Yoga	10 th Jan/28 th March	12 weeks	1:30pm-2:30pm	Farnham	Weekly	£72/£24
<u>Friday</u>	Creative Movement Therapy	5 th April/17 th May	6 weeks	1pm-2pm	Camberley	Weekly	FREE
	Fitness Class	5 th April/28 th June	12 weeks	11:30-12:30	Guildford	Weekly	£72/£24
	Football	5 th April/28 th June	12 weeks	1pm-2pm	SSP Guildford	Weekly	FREE
	Art and Design	8 th Feb/12 th April	12 weeks	11am-1pm	Godalming	Weekly	£72/£24
	Guitar	5 th April/14 th June	10 Weeks	1:45pm-2:45pm	North Guildford	Weekly	FREE
	Couch to 5k	3 rd May/5 th July	9 weeks	2pm	Guildford	Weekly	FREE



MAKING LIFE WORK WITH MENTAL ILLNESS





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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



MAKING LIFE WORK WITH MENTAL ILLNESS

Additional Workshops

Bounce Nutrition

Tuesday 16th April: Nutritional Talk 11am-12noon

Guildford Town Guides

Thursday 18th April: Oakleaf Walk 10am-12noon Guildford Town Centre

Pattern Project

Friday 17th May: Art Workshop 2pm-4pm

Friday 14th June: Art Workshop 2pm-4pm

Surrey University Theatre Society

Wednesday 22nd May: Drama Workshop

11am-12noon

Closed for Bank Holiday

Friday 19th April, Monday 22nd April,

Monday 6th May, Monday 27th May.

Oakleaf Drop Ins

Every Man Choir - Wednesdays 6:30-9pm

Mindful Colouring - Tuesdays 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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