

Oakleaf Activities July – September 2019

Course Fee/Conc Rate

<u>Monday</u>	Yoga	1 st July/30 th September	9 Weeks	4:15pm- 5:15pm	Godalming	Weekly	£6/£2 (p/w)
	Anxiety Management	9 th Sept/7 th Oct	5 Weeks	2pm-4pm.	Guildford	Weekly	FREE
	Mindful Movement	1 st July/23 rd September	12 weeks	1:30pm- 2:45pm	Guildford	Weekly	FREE
	Sound Therapy	1 st July/23 rd September	12 weeks	3pm-4pm	Guildford	Weekly	FREE
<u>Tuesday</u>	IT Course	2 nd July/24 th September	12 weeks	10am- 12noon	Guildford	Weekly	FREE
	Beginners Guitar	2 nd July/24 th September	12 weeks	1:30pm- 2pm	Guildford	Weekly	FREE
	Intermediate Guitar	2 nd July/24 th September	12 weeks	2pm- 2:30pm	Guildford	Weekly	FREE
	Advanced Guitar	2 nd July/24 th September	12 weeks	2:30pm- 3pm	Guildford	Weekly	FREE
	Mindfulness	2 nd July/24 th September	12 weeks	2pm-3pm	Godalming	Weekly	FREE
Wednesday	Pilates	3 rd July/24 th July	4 weeks	1pm-2pm	Cranleigh	Weekly	FREE
	IT01 Literacy	3 rd July/25 th September	12 weeks	10:30am- 12noon	Guildford	Weekly	FREE
	Music Production	4 th September/ 2 nd October	5 weeks	2pm-4pm	Guildford	Weekly	FREE
	Tai Chi	3 rd July/25 th September	12 weeks	1:30pm- 2:30pm	Guildford	Weekly	£6/£2 (p/w)
	Yoga	3 rd July/25 th September	12 weeks	3pm-4pm	Guildford	Weekly	£6/£2 (p/w)



MAKING LIFE WORK WITH MENTAL ILLNESS



Oakleaf Activities July-Sep 2019							Course Fee/Concession Rate
<u>Thursday</u>	Art Class	27 th June/25 th July	5 weeks	Am/pm	Guildford	Weekly	£8/£3 (p/w)
	Badminton	4 th July/8 th August	6 weeks	2pm-3pm	Spectrum	Weekly	FREE
	Pilates	4 th July/26 th September	12 weeks	10am-11am	Guildford	Weekly	FREE
	Mindful Meditation	4 th July/26 th September	12 weeks	11:15am-12:30pm	Guildford	Weekly	FREE
	ACT therapy	18 th July/5 th September	8 weeks	2pm-4pm	Guildford	Weekly	FREE
<u>Friday</u>	Cookery Course	12 th July/16 th Aug	6 weeks	1pm-3pm	Bramley	Weekly	FREE
	Mindful Movement/Sound Therapy	6 th Sept/20 th Sept	3 weeks	12:30pm-2pm	Cranleigh	Weekly	FREE
	Fitness Class	5 th July/27 th September	12 weeks	11:30-12:30	Guildford	Weekly	£6/£2 (p/w)
	Football	5 th July/20 th September	12 weeks	2pm-3pm	SSP Guildford	Weekly	FREE
	IT01 Literacy	5 th July/20 th September	12 weeks	10:30-12noon	Guildford	Weekly	FREE
	Guitar	16 th August/20 th September	6 Weeks	1:45pm-2:45pm	Park Barn Centre	Weekly	FREE



MAKING LIFE WORK WITH MENTAL ILLNESS

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

Additional Workshops

Budgeting Session

Mark Fryer one Wednesday a month (please enquire)

Drama Workshop

Guildford Shakespeare Company

Monday 15th July 11am-12noon

Client BBQ

Wednesday 10th July 12:30pm

**Closed for Bank Holiday Monday 26th
August**

Oakleaf Drop Ins

Every Man Choir - Wednesdays 6:30-8:30pm

Mindful Colouring - Tuesdays and Fridays 2pm

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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MAKING LIFE WORK WITH MENTAL ILLNESS

**THE WELCOME
PROJECT**
Unlocking Potential