

Oakleaf Activities October – December 2019

Course Fee/Conc Rate

<u>Monday</u>	Art Therapy	28 th Oct/2 nd Dec	6 Weeks	10am-12pm	Bramley	Weekly	Free
	Stop Smoking	30 th Sept/16 th Dec	12 Weeks	10:30am-11:30m	Guildford	Weekly	Free
	Mindful Movement	7 th Oct/9 th Dec	10 weeks	1:15pm-2:30pm	Guildford	Weekly	Free
	Gym	7 th Oct/9 th Dec	10 Weeks	2pm-3pm	TurnFit Gym	Weekly	£6/£2 (p/w)
	Sound Therapy	7 th Oct/9 th Dec	10 Weeks	2:45pm-3:45pm	Guildford	Weekly	Free
	Yoga	7 th Oct/9 th Dec	10 Weeks	4:15pm-5:15pm	Godalming	Weekly	£6/£2 (p/w)
<u>Tuesday</u>	IT Course	1 st Oct/10 th Dec	10 weeks	10am-12noon	Guildford	Weekly	Free
	Guitar Lessons	1 st Oct/10 th Dec	10 Weeks	1:30-3pm (3x 30 min lessons)	Guildford	Weekly	Free
	Mindfulness	1 st Oct/10 th Dec	11 Weeks	2pm-3pm	Godalming	Weekly	Free
	Craft Course	8 th Oct/12 th Nov	6 weeks	2pm-4pm	Guildford	Weekly	Free
	Table Tennis	1 st Oct/10 th Dec	8 weeks	2pm-3pm	Spectrum	Weekly	Free
	Print Making	24 th Sept/22 nd Oct	6 Weeks	2pm-4pm	Bramley	Weekly	Free
<u>Wednesday</u>	Anxiety & Stress workshop	9 th Oct	1 Week	10:30am-12:30pm	Godalming	One off	Free
	Maths	25 th Sept/4 th Dec	10 weeks	10:30am-12:30pm	Guildford	Weekly	Free

Oakleaf Activities October -December 2019							Course Fee/Concession Rate
<u>Wednesday</u>	Self-esteem & Self care workshop	23 rd Oct	1 Week	10:30am-12:30pm	Godalming	One off	Free
<u>Cont..</u>	Tai Chi	2 nd Oct/11 th Dec	11 Weeks	1:30pm-2:30pm	Guildford	Weekly	£6/£2(p/w)
	Yoga	2 nd Oct/11 th Dec	11 Weeks	3pm-4pm	Guildford	Weekly	£6/£2(p/w)
<u>Thursday</u>	Pilates	3 rd Oct/12 th Dec	11 Weeks	10am-11am	Guildford	Weekly	Free
	Mindful Meditation	3 rd Oct/12 th Dec	11 Weeks	11:15am-12:15pm	Guildford	Weekly	Free
	Badminton	3 rd Oct/12 th Dec	9 Weeks	2pm-3pm	Spectrum	Weekly	Free
	Cookery Course	3 rd Oct/7 th Nov	6 weeks	1pm-3pm	Bramley	Weekly	Free
<u>Friday</u>	1to1 literacy	4 th Oct/13 th Dec	11 Weeks	10:30-12noon	Guildford	Weekly	Free
	Fitness Class	4 th Oct/13 th Dec	11 Weeks	11:30am-12:30pm	Guildford	Weekly	£6/£2(p/w)
	Football	4 th Oct/13 th Dec	11 Weeks	2pm-3pm	SSP	Weekly	Free
	Mindful Meditation/ Sound Therapy	4 th Oct/13 th Dec	10 Weeks	12:30pm-2pm	Bramley	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

A separate downstairs toilet,

WELCOME PROJECT DROP INS

Camberley – Tuesday 11-3

Godalming – Tuesday 11-3

Welcome Project number: 01483 415950

Additional Workshops

Budgeting Session

Mark Fryer one Wednesday a month (please enquire)

Musical Workshop: Zombie

Chris Munroe

Friday 15th November 2pm-3pm

Motivational Talk: Loneliness

Fiona Doran Smith

Friday 29th November 2pm-3pm

Creative Writing with Eloisa Davis

Motivation Talk: 11th October 2pm-3pm

Workshop: 25th October 2pm-3:30pm

Client Christmas Party

Tuesday 17th December

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:

annalisebaker@oakleaf-enterprise.org

kelvinbossman@oakleaf-enterprise.org



MAKING LIFE WORK WITH MENTAL ILLNESS

**THE WELCOME
PROJECT**
Unlocking Potential