

Oakleaf Activities April – June 2020

Course Fee/Conc Rate

<u>Monday</u>	Water Colour Art	17th Apr/22nd May	6 Weeks	10:30am-12:30pm	Bramley	Weekly	Free
	Mindful Movement	6 th Apr/29 th June	10 Weeks	1:15pm-2:30pm	Guildford	Weekly	Free
	16-25 Photography	2 nd Mar/20 th Apr	6 Weeks	2pm-3:30pm	Guildford	Weekly	Free
	NLP Course	20 th Apr/15 th June	8 Weeks	2pm-4pm	Godalming	Weekly	Free
	TurnFit Gym	6 th Apr/29 th June	10 Weeks	2pm-4pm	Guildford Town Centre	Weekly	£2/£6 p/w
	Sound Therapy	6 th Apr/29 th June	10 Weeks	2:45pm-3:45pm	Guildford	Weekly	Free
	Yoga	6 th Apr/29 th June	11 Weeks	4:15pm-5:15pm	Godalming	Weekly	£2/£6 p/w
LGBT Support Group	20 th Apr/15 th June	3 Weeks	5:30pm-7:30pm	Guildford	Weekly	Free	
<u>Tuesday</u>	IT Course	7 th Apr/30 th June	10 Weeks	10am-12noon	Guildford	Weekly	Free
	Guitar Lessons	7 th Apr/30 th June	10 Week	1:30pm-3pm(3x 30min lessons)	Guildford	Weekly	Free
	Mindfulness	7 th Apr/30 th June	12 Weeks	2pm-3pm	Godalming	Weekly	Free
	Women's Support Group	7 th Apr/30 th June	12 Weeks	5:30pm-7:30pm	Guildford	Weekly	Free

		Oakleaf Activities	April	-June	2020		Course Fee/Concession Rate
<u>Wednesday</u>	Fitness	8 th Apr/13 th June	6 weeks	12:30pm-1:30pm	Bramley	Weekly	Free
	Tai Chi	8 th Apr/24 th June	10 Weeks	1:30-2:30	Guildford	Weekly	Free
	Music Production	8 th Apr/6 th May	5 Weeks	2:30pm-4:30pm	Guildford	Weekly	Free
<u>Thursday</u>	Pilates	9 th Apr/25 th June	10 Weeks	10am-11am	Guildford	Weekly	Free
	Spanish Lessons	16 th Apr/21 st May	6 Weeks	11am – 12noon	QE Park	Weekly	Free
	Karate	2 nd Apr/25 th June	10 Weeks	11:15am-12:15pm	Guildford	Weekly	Free
	Employability Course	23 rd Apr/21 st May	5 Weeks	2pm-4pm	Guildford	Weekly	Free
<u>Friday</u>	1to1 Literacy	3 rd Apr/26 th June	10 Weeks	10:30am	Guildford	Weekly	Free
	Fitness	3 rd Apr/26 th June	10 Weeks	11:30am-12:30pm	Guildford	Weekly	£2/£6 p/w
	Karate	15 th May/19 th June	6 Weeks	12:30 – 1:30pm	Bramley	Weekly	Free
	Football	TBC	TBC	2pm-3pm	North Guildford	Weekly	Free



MAKING LIFE WORK WITH MENTAL ILLNESS

WELCOME PROJECT Activities

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

Welcome Project number: 01483 415950

Additional Workshops

Budgeting Session

Mark Fryer one session a month (please enquire)

Nutritional Workshop

Waitrose Food Matters
Tuesday 12th May 11am

World Mental Health Awareness Week

Key Theme: Sleep
Various activities 18th – 22nd May (please enquire)

Guildford Town Guides Walk

Thursday 9th April 11am

CLOSED FOR BANK HOLIDAY

10th April, 13th April, 8th May, 25th May.

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