

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 10:30-11:30 Walks for Wellbeing 10:30- 11:30 Pain Management (online) 12:00-13:00 Weave & Stitch 13:30-15:00 Therapeutic Art (Wilfred Noyce, Godalming)	<b>2</b> 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Karate (GURC) 15:00-16:00 Football (Surrey Sports Park) 15:00-16:00 Mindfulness (online)	<b>3</b> 11:00-12:30 Mother Nature Circle 12:00-13:00 ActivZone Gym (Guildford College) 14:00-17:00 Youth Group 15:00-16:00 Positivity Hour (online)
<b>6 BANK HOLIDAY</b>  Please note there are no activities running today  <b>OAKLEAF CLOSED</b>	<b>7</b> 10:00-14:00 Advice and Support 11:00-12:00 Mental Health Support Group 13:15-14:15 Self-Esteem (Wilfred Noyce, Godalming) 14:30-15:30 Yoga 16:00-17:00 Craft & Chat (online)	<b>8</b> 10:30-11:30 Walks for Wellbeing 10:30- 11:30 Pain Management (online) 12:00-13:00 Weave & Stitch 13:30-15:00 Therapeutic Art (Wilfred Noyce, Godalming)	<b>9</b> 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Karate (GURC) 15:00-16:00 Football (Surrey Sports Park) 15:00-16:00 Mindfulness (online)	<b>10</b> 11:00-12:30 Mother Nature Circle 12:00-13:00 ActivZone Gym (Guildford College) 14:00-17:00 Youth Group 15:00-16:00 Positivity Hour (online)
<b>13</b> 11:00-12:00 Mental Health Awareness Quiz 13:00-14:00 Pilates (online) 13:00-14:00 Therapeutic Dance 14:00-15:00 Yoga (Well & Good, Godalming) 15:15-16:45 Sensory Soothing/ Crisis plan 16:00-17:15 Wet-on-Wet Watercolours painting (online)	<b>14</b> 10:00-14:00 Advice and Support 11:00-12:00 Mental Health Support Group 13:15-14:15 Self-Esteem (Wilfred Noyce, Godalming) 14:30-15:30 Yoga 16:00-17:00 Craft & Chat (online)	<b>15</b> 10:30-11:30 Walks for Wellbeing 10:30- 11:30 Pain Management (online) 12:00-13:00 Weave & Stitch <b>(last session)</b> 13:30-15:00 Therapeutic Art (Wilfred Noyce, Godalming)	<b>16</b> 10:00-12:00 Wellbeing Brunch Café 11:00-13:00 Farnham Ceramics Cafe Trip 12:30-13:30 Karate (GURC) 15:00-16:00 Football (Surrey Sports Park) 15:00-16:00 Mindfulness (online)	<b>17</b> 11:00-12:30 Mother Nature Circle <b>(last session)</b> (Guildford College) 14:00-17:00 Youth Group 15:00-16:00 Positivity Hour (online)  <b>No ActivZone Gym today</b>
<b>20</b> 13:00-14:00 Pilates (online) 13:00-14:00 Therapeutic Dance 13:45-15:15 The Man in the Moon Drama Workshop (Wilfred Noyce, Godalming) 14:00-15:00 Yoga (Well & Good, Godalming) 16:00-17:15 Wet-on-Wet Watercolours (online)	<b>21</b> 10:00-14:00 Advice and Support 11:00-12:00 Mental Health Support Group 13:15-14:15 Self-Esteem (Wilfred Noyce, Godalming) <b>(last session)</b> 14:30-15:30 Yoga 16:00-17:00 Craft & Chat (online)	<b>22</b> 10:30-11:30 Walks for Wellbeing 10:30- 11:30 Pain Management (online) <b>(last session)</b> 13:30-15:00 Therapeutic Art (Wilfred Noyce, Godalming)	<b>23</b> 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Karate (GURC) 15:00-16:00 Football (Surrey Sports Park) 15:00-16:00 Mindfulness (online)	<b>24</b> 12:00-13:00 ActivZone Gym (Guildford College) 14:00-17:00 Youth Group 15:00-16:00 Positivity Hour (online)
<b>27 BANK HOLIDAY</b>  Please note there are no activities running today  <b>OAKLEAF CLOSED</b>	<b>28</b> 10:00-14:00 Advice and Support 11:00-12:00 Mental Health Support Group 14:30-15:30 Yoga 16:00-17:00 Craft & Chat (online)	<b>29</b> 10:30-11:30 Walks for Wellbeing <b>(Last session)</b> 13:30-15:00 Therapeutic Art (Wilfred Noyce, Godalming) <b>(last session)</b>	<b>30</b> 10:00-12:00 Wellbeing Brunch Café 15:00-16:00 Football (Surrey Sports Park) 15:00-16:00 Mindfulness (online)  <b>No Karate today</b>	