

February 2026

ACTIVITIES ONLINE AND AT OAKLEAF IN GUILDFORD

NEW ACTIVITIES STARTING THIS MONTH ARE SHOWN IN BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00-11:00 Table Tennis Club (Oakleaf) 11:00-11:40 Dynamic Yoga (Surrey Sport Park-Active Wellbeing Suit) 12:00-13:00 Support Group for Addictive Behaviours (Oakleaf) 16:00-17:15 Exploring 7 Elements of Art (Online)	3 10:00-11:00 Mindful Moments (Online) 13:00-15:00 Reducing financial stress workshop (Oakleaf/Training Room) 15:00-16:00 Pilates with Sam (Guildford United Reformed Church) 16:30-17:30 Kickstart/Nutrition Session + Group Session (Surrey Sport Park, Active Wellbeing Suit)	4 10:00-12:00 Wellbeing for Work (Oakleaf/Training Room) 10:30-11:30 Kickstart/Exercise Session (Surrey Sport Park, Active Wellbeing Suit) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery)	5 10:00-12:00 Wellbeing Brunch Café (Oakleaf) 12:30-13:30 Martial Movement (Guildford United Reformed Church)	6 12:00-13:00 ActivZone Gym (Guildford College) 12:00-16:00 Advice and Guidance drop-in (Save Haven) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door (Oakleaf)
9 10:00-11:00 Table Tennis Club 11:00-11:40 Dynamic Yoga (Surrey Sport Park-Active Wellbeing Suit) 12:00-13:00 Support Group for Addictive Behaviours (Oakleaf) 16:00-17:15 Exploring 7 Elements of Art (Online)	10 10:00-11:00 Mindful Moments (Online) 13:00-15:00 Reducing financial stress workshop (Oakleaf/Training Room) 15:00-16:00 Pilates with Sam (Guildford United Reformed Church) 16:30-17:30 Kickstart/Nutrition Session + Group Session (Surrey Sport Park, Active Wellbeing Suit)	11 10:00-12:00 Wellbeing for Work (Oakleaf/Training Room) 10:30-11:30 Kickstart/Exercise Session (Surrey Sport Park, Active Wellbeing Suit) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery)	12 10:00-12:00 Wellbeing Brunch Café (Oakleaf) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 14:00-15:30 LGBTQ Meet Up Café	13 12:00-13:00 ActivZone Gym (Guildford College) 12:00-16:00 Advice and Guidance drop-in (Save Haven) 18:00-19:00 LGBTQ + Peer Support Group (Online) 18:00-22:00 Open Door (Oakleaf)
16 10:00-11:00 Table Tennis Club (Oakleaf) 11:00-11:40 Dynamic Yoga (Surrey Sport Park-Active Wellbeing Suit) 12:00-13:00 Support Group for Addictive Behaviours (Oakleaf) 16:00-17:15 Exploring 7 Elements of Art (Online)	17 10:00-11:00 Mindful Moments (Online) No Reducing financial stress workshop 15:00-16:00 Pilates with Sam (Guildford United Reformed Church) 16:30-17:30 Kickstart/Nutrition Session + Group Session (Surrey Sport Park, Active Wellbeing Suit)	18 10:00-12:00 Wellbeing for Work (Oakleaf/Training Room) 10:30-11:30 Kickstart/Exercise Session (Surrey Sport Park, Active Wellbeing Suit) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery)	19 10:00-12:00 Wellbeing Brunch Café (Oakleaf) 12:30-13:30 Martial Movement (Guildford United Reformed Church)	20 12:00-13:00 ActivZone Gym (Guildford College) 12:00-16:00 Advice and Guidance drop-in (Save Haven) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door (Oakleaf)
23 10:00-11:00 Table Tennis Club (Last Session) 11:00-11:40 Dynamic Yoga (Surrey Sport Park-Active Wellbeing Suit) (Last Session) 12:00-13:00 Support Group for Addictive Behaviours (Oakleaf) 16:00-17:15 Exploring 7 Elements of Art (Online) (Last Session)	24 10:00-11:00 Mindful Moments (Online) 13:00-15:00 Reducing financial stress workshop (Oakleaf/Training Room) 15:00-16:00 Pilates with Sam (Guildford United Reformed Church) 16:30-17:30 Kickstart/Nutrition Session (Surrey Sport Park, Active Wellbeing Suit)	25 10:00-12:00 Wellbeing for Work (Oakleaf/Training Room) 10:30-11:30 Kickstart/Exercise Session (Surrey Sport Park, Active Wellbeing Suit) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery)	26 10:00-12:00 Wellbeing Brunch Café (Oakleaf) 12:30-13:30 Martial Movement (Guildford United Reformed Church) (Last Session)	27 12:00-13:00 ActivZone Gym (Guildford College) 12:00-16:00 Advice and Guidance drop-in (Save Haven) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door (Oakleaf)

Save Haven Open Every Day 18:00-23:00

For all enquiries or to register for an activity please email mariannkallai-walker@oakleaf-enterprise.org OR call 01483 303649

February 2026 WELLBEING ACTIVITIES CALENDAR

ACTIVITES IN WAVERLEY

NEW ACTIVITIES STARTING THIS MONTH ARE SHOWN IN BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 14:30-15:30 Creative Writing (Wilfrid Noyce-Oglethorpe Room, Godalming)	3 12:15-13:45 Colour of You `Art` (Wilfred Noyce, Godalming)	4 13.45-14:45 Yoga for All (Well & Good, Godalming)	5 10:30-11:30 Collage or Montage? (Rowley -Waverley Suite)	6 14:00-16:00 Workshop with Russell- The Art of Repair: Healing Relationship Ruptures (Cranleigh, Rowley) (Last Session)
9 14:30-15:30 Creative Writing (Wilfrid Noyce-Oglethorpe Room, Godalming)	10 12:15-13:45 Colour of You `Art` (Wilfred Noyce, Godalming)	11 10:00-11:00 Managing Stress and Anxiety (Ockford & Aaron Hill Hub, Godalming) 13:45-14:45 Yoga for All (Well & Good, Godalming)	12 10:30-11:30 Collage or Montage? (Rowley -Waverley Suite) (Last Session)	13
16 14:30-15:30 Creative Writing (Wilfrid Noyce-Oglethorpe Room, Godalming)	17 12:15-13:45 Colour of You `Art` (Wilfred Noyce, Godalming)	18 10:00-11:00 Managing Stress and Anxiety (Ockford & Aaron Hill Hub, Godalming) 13.45-14:45 Yoga for All (Well & Good, Godalming)	19	20
23 14:30-15:30 Creative Writing (Wilfrid Noyce-Oglethorpe Room, Godalming)	24 12:15-13:45 Colour of You `Art` (Wilfred Noyce, Godalming)	25 10:00-11:00 Managing Stress and Anxiety (Ockford & Aaron Hill Hub, Godalming) 13.45-14:45 Yoga for All (Well & Good, Godalming)	26	27