

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>12:00-13:00 Support Group for Addictive Behaviours (Oakleaf) 16:00-17:15 Spring Colours (Online)</p>	<p>3</p> <p>10:00-11:00 Mindful Moments (Online) (Last Session) 13:00-15:00 Reducing financial stress workshop (Oakleaf/Training Room) 13:00-15:00 Kickstart One to One Session (Oakleaf, Safe H) (Last Session)</p>	<p>4</p> <p>10:00-12:00 Wellbeing for Work (Oakleaf/Training Room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 14:30-15:30 Puzzle Club; Calm Your Mind</p>	<p>5</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Martial Movement (Guildford United Reformed Church)</p>	<p>6</p> <p>12:00-13:00 ActivZone Gym (Guildford College) 12:00-16:00 Advice and Guidance drop-in (Save Haven) 13:00-14:00 National Women's Day Support Group (Oakleaf, Upholstery) 18:00-19:00 LGBTQ + Peer Support Group (online)</p>
<p>9</p> <p>12:00-13:00 Support Group for Addictive Behaviours (Oakleaf) 16:00-17:15 Spring Colours (Online) 10:00-11:00 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven) 15:30-16:30 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven)</p>	<p>10</p> <p>13:00-15:00 Reducing financial stress workshop (Oakleaf/Training Room)</p>	<p>11</p> <p>10:00-12:00 Wellbeing for Work (Oakleaf/Training Room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 14:30-15:30 Puzzle Club; Calm Your Mind</p>	<p>12</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Martial Movement (Guildford United Reformed Church) 14:00-15:30 LGBTQ Meet Up Café</p>	<p>13</p> <p>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)</p>
<p>16</p> <p>12:00-13:00 Support Group for Addictive Behaviours (Oakleaf) 16:00-17:15 Spring Colours (Online) 10:00-11:00 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven) 15:30-16:30 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven)</p>	<p>17</p> <p>13:00-15:00 Reducing financial stress workshop (Oakleaf/Training Room)</p>	<p>18</p> <p>10:00-12:00 Wellbeing for Work (Oakleaf/Training Room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 14:30-15:30 Puzzle Club; Calm Your Mind</p>	<p>19</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Martial Movement (Guildford United Reformed Church)</p>	<p>20</p> <p>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)</p>
<p>23</p> <p>12:00-13:00 Support Group for Addictive Behaviours (Oakleaf) 16:00-17:15 Spring Colours (Online) 10:00-11:00 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven) 15:30-16:30 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven)</p>	<p>24</p>	<p>25</p> <p>10:00-12:00 Wellbeing for Work (Oakleaf/Training Room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 14:30-15:30 Puzzle Club; Calm Your Mind</p>	<p>26</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Martial Movement (Guildford United Reformed Church)</p>	<p>27</p> <p>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)</p>
<p>30</p> <p>12:00-13:00 Support Group for Addictive Behaviours (Oakleaf) 16:00-17:15 Spring Colours (Online) 10:00-11:00 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven) 15:30-16:30 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven)</p>	<p>31</p>			

MARCH 2026

WELLBEING ACTIVITIES CALENDAR

ACTIVITIES 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) (Last Session)	3 12:15-13:45 Colour of You `Art` (Wilfred Noyce, Godalming)	4 10:00-11:00 Managing Stress and Anxiety (Ockford & Aaron Hill Hub, Godalming) 13.45-14:45 Yoga for All (Well & Good, Godalming)	5	6
9	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	13
16	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	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
30	31 12:15-13:45 Colour of You `Art` (Wilfred Noyce, Godalming)			

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

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WELLBEING ACTIVITIES CALENDAR

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