

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 18:30-20:00 Parents and Carers Wellbeing Group (Oakleaf, Training Room)	<b>2</b> 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Martial Movement (Guildford United Reformed Church) <b>14:00-15:00 Easter Egg Colouring (Oakleaf, Training Room)</b>	<b>3</b> <b>Good Friday/Office Closed</b>
<b>6</b> <b>Easter Monday/Office Closed</b>	<b>7</b> <b>10:00-11:00 Mindfulness and wellbeing (Oakleaf/Training Room)</b> <b>19:00-20:00 Low Mood -Support Group with Peter (online)</b>	<b>8</b> 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 18:30-20:00 Parents and Carers Wellbeing Group (Oakleaf, Training Room)	<b>9</b> 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Martial Movement (Guildford United Reformed Church) <b>14:00-15:30 LGBTQ Meet Up Café</b>	<b>10</b> 12:00-13:00 ActivZone Gym (Guildford College) 16:00-17:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door (Oakleaf)
<b>13</b> <b>10:00-11:00 Table Tennis</b> <b>11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite)</b> <b>16:00-17:15 Spring Colours (Online)</b>	<b>14</b> 10:00-11:00 Mindfulness and wellbeing (Oakleaf/Training Room) <b>11:30-12:30 Walking Club (start from Oakleaf)</b> 15:30-16:30 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven) 19:00-20:00 Low Mood -Support Group with Peter (online)	<b>15</b> 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 18:30-20:00 Parents and Carers Wellbeing Group (Oakleaf, Training Room)	<b>16</b> 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Martial Movement (Guildford United Reformed Church)	<b>17</b> 12:00-13:00 ActivZone Gym (Guildford College) 16:00-17:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door (Oakleaf)
<b>20</b> 10:00-11:00 Table Tennis 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 16:00-17:15 Spring Colours (Online)	<b>21</b> 10:00-11:00 Mindfulness and wellbeing (Oakleaf/Training Room) 11:30-12:30 Walking Club (start from Oakleaf) 15:30-16:30 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven) 19:00-20:00 Low Mood -Support Group with Peter (online)	<b>22</b> 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 18:30-20:00 Parents and Carers Wellbeing Group (Oakleaf, Training Room)	<b>23</b> 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Martial Movement (Guildford United Reformed Church)	<b>24</b> 12:00-13:00 ActivZone Gym (Guildford College) 16:00-17:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door (Oakleaf)
<b>27</b> 10:00-11:00 Table Tennis (Last Session) 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 16:00-17:15 Spring Colours (Online)	<b>28</b> 10:00-11:00 Mindfulness and wellbeing (Oakleaf/Training Room) 11:30-12:30 Walking Club (start from Oakleaf) 15:30-16:30 Activity Calendar & Booking Drop-in (Oakleaf, Safe Haven) 19:00-20:00 Low Mood -Support Group with Peter (online)(Last Session)	<b>29</b> <b>10:30-11:30 Theatre Visit &amp; Backstage Tour at The Yvonne Arnaud Theatre</b> 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 18:30-20:00 Parents and Carers Wellbeing Group (Oakleaf, Training Room)	<b>30</b> 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Martial Movement (Guildford United Reformed Church)(Last Session)	

For all enquiries or to register for an activity please email [mariannkallai-walker@oakleaf-enterprise.org](mailto:mariannkallai-walker@oakleaf-enterprise.org) OR call 01483 303649

# APRIL 2026

# WELLBEING ACTIVITIES CALENDAR

ACTIVITIES IN WAVERLEY - NEW ACTIVITIES STARTING THIS MONTH ARE SHOWN IN BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 10:00-11:00 Managing Stress and Anxiety (Ockford & Aaron Hill Hub, Godalming)	<b>2</b>	<b>3</b> <b>Good Friday/Office Closed</b>
<b>6</b> <b>Easter Monday/Office Closed</b>	<b>7</b>	<b>8</b> 10:00-11:00 Managing Stress and Anxiety (Ockford & Aaron Hill Hub, Godalming)	<b>9</b>	<b>10</b>
<b>13</b> 14:30-15:30 Creative Writing (Wilfrid Noyce-Oglethorpe Room, Godalming)	<b>14</b>	<b>15</b> 10:00-11:00 Managing Stress and Anxiety (Ockford & Aaron Hill Hub, Godalming) 13.45-14:45 Yoga for All (Surrey Holistic Centre of Functional Medicine, Godalming)	<b>16</b>	<b>17</b>
<b>20</b> 14:30-15:30 Creative Writing (Wilfrid Noyce-Oglethorpe Room, Godalming)	<b>21</b>	<b>22</b> 10:00-11:00 Managing Stress and Anxiety (Ockford & Aaron Hill Hub, Godalming) 13.45-14:45 Yoga for All (Surrey Holistic Centre of Functional Medicine, Godalming)	<b>23</b>	<b>24</b>
<b>27</b> 14:30-15:30 Creative Writing (Wilfrid Noyce-Oglethorpe Room, Godalming)	<b>28</b>	<b>29</b> 10:00-11:00 Managing Stress and Anxiety (Ockford & Aaron Hill Hub, Godalming) 13.45-14:45 Yoga for All (Surrey Holistic Centre of Functional Medicine, Godalming)	<b>30</b>	

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Safe Haven is open every day 18:00-23:00

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Safe Haven is open every day 18:00-23:00