

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 16:00-17:15 My Creative Journey (Online)	4 10:00-11:00 Anger Management (Online) 11:30-12:30 Walking Club (start from Oakleaf) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	5 10:00-12:00 Job Club (Oakleaf, IT Room) 10:30-11:30 Building Healthy Routines and Emotional Resilience (Oakleaf/Training room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 13:30-14:30 Peer-led Neurodivergent Support Group (Oakleaf/Training) 18:30-20:00 The Holding Space (Oakleaf, Training Room)	6 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) No Taiso Session 15:30-16:30 Table Tennis Club (Oakleaf/Training Room) 17:30-18:30 Anxiety Management Support Session (Online)	7 No ActivZone Gym Session 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
10 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 16:00-17:15 My Creative Journey (Online)	11 10:00-11:00 Anger Management (Online) 11:30-12:30 Walking Club (start from Oakleaf) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	12 10:00-12:00 Job Club (Oakleaf, IT Room) 10:30-11:30 Building Healthy Routines and Emotional Resilience (Oakleaf/Training room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 13:30-14:30 Peer-led Neurodivergent Support Group (Oakleaf/Training) 18:30-20:00 The Holding Space (Oakleaf, Training Room)	13 No Wellbeing Brunch Café 12:30-13:30 Taiso (Guildford United Reformed Church) 14:00-15:30 LGBTQ+Café Meet Up 15:30-16:30 Table Tennis Club (Oakleaf/Training Room) 17:30-18:30 Mindful Moments (Online)	14 12:00-13:00 ActivZone Gym (Guildford College) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
17 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 16:00-17:15 My Creative Journey (Online)	18 10:00-11:00 Anger Management (Online) 11:30-12:30 Walking Club (start from Oakleaf) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	19 10:00-12:00 Job Club (Oakleaf, IT Room) 10:30-11:30 Building Healthy Routines and Emotional Resilience (Oakleaf/Training room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 13:30-14:30 Peer-led Neurodivergent Support Group (Oakleaf/Training) 18:30-20:00 The Holding Space (Oakleaf, Training Room)	20 No Wellbeing Brunch Café 12:30-13:30 Taiso (Guildford United Reformed Church) 15:30-16:30 Table Tennis Club (Oakleaf/Training Room) 17:30-18:30 Mindful Moments (Online)	21 12:00-13:00 ActivZone Gym (Guildford College) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
24 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) No `My Creative Journey` Session	25 10:00-11:00 Anger Management (Online) No Walking Club No Tabletop Gaming Club OFFICE CLOSED	26 10:00-12:00 Job Club (Oakleaf, IT Room) 10:30-11:30 Building Healthy Routines and Emotional Resilience (Oakleaf/Training room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 13:30-14:30 Peer-led Neurodivergent Support Group (Oakleaf/Training) 18:30-20:00 The Holding Space (Oakleaf, Training Room)	27 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Taiso (Guildford United Reformed Church) 15:30-16:30 Table Tennis Club (Oakleaf/Training Room) No Mindful Moments Session	28 12:00-13:00 ActivZone Gym (Guildford College) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
31 Bank Holiday/Office Closed				

August 2026

WELLBEING ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 14.30 – 15.30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	4	5 13.45-14:45 Yoga for All (Godalming, Well & Good)	6	7
10 14.30 – 15.30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	11 11:15-12:15 Building confidence and Self-esteem (Wilfrid-Noyce, Oglethorpe Room)	12 No Yoga for All Session	13	14
17 14.30 – 15.30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	18 11:15-12:15 Building confidence and Self-esteem (Wilfrid-Noyce, Oglethorpe Room)	19 No Yoga for All Session	20	21
24 14.30 – 15.30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room) (Last Session)	25 11:15-12:15 Building confidence and Self-esteem (Wilfrid-Noyce, Oglethorpe Room)	26 13.45-14:45 Yoga for All (Godalming, Well & Good)	27	28
31 Bank Holiday/Office Closed				

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

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

August 2026

WELLBEING ACTIVITIES CALENDAR

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