

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 15:45-16:45 Oakleaf Choir (Oakleaf/Upholstery) No Parents and Carers Wellbeing Group	2 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Taiso (Guildford United Reformed Church) 15:30-16:30 Puzzle & Lego Club (Oakleaf/Training Room)	3 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)
6 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 13:00-14:00 Grief and Bereavement (online) 16:00-17:15 My Creative Journey (Online)	7 11:30-12:30 Walking Club (start from Oakleaf) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	8 10:30-11:30 Building Healthy Routines and Emotional Resilience (Oakleaf/ Training room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 15:45-16:45 Oakleaf Choir (Oakleaf/Upholstery) 18:30-20:00 Parents and Carers Wellbeing Group (Oakleaf, Training Room)	9 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Taiso (Guildford United Reformed Church) 15:30-16:30 Puzzle & Lego Club (Oakleaf/Training Room)	10 12:00-13:00 ActivZone Gym (Guildford College) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door for 18-30 year olds (Oakleaf)
13 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 13:00-14:00 Grief and Bereavement (online) 16:00-17:15 My Creative Journey (Online)	14 10:00-11:00 Anger Management (Online) No Walking Club 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	15 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 Room 15:45-16:45 Oakleaf Choir (Oakleaf/Upholstery) 18:30-20:00 Parents and Carers Wellbeing Group (Oakleaf, Training Room)	16 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Taiso (Guildford United Reformed Church) 14:00-15:30 LGBTQ+Café Meet Up 15:30-16:30 Puzzle & Lego Club (Oakleaf/Training Room) 17:30-18:30 Anxiety Management Support Session (Online)	17 12:00-13:00 ActivZone Gym (Guildford College) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door for 18-30 year olds (Oakleaf)
20 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 16:00-17:15 My Creative Journey (Online)	21 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)	22 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 15:45-16:45 Oakleaf Choir (Oakleaf/Upholstery) 18:30-20:00 Parents and Carers Wellbeing Group (Oakleaf, Training Room)	23 10:00-12:00 Wellbeing Brunch Café No Taiso Session 15:30-16:30 Puzzle & Lego Club (Oakleaf/Training Room) 17:30-18:30 Anxiety Management Support Session (Online)	24 No ActivZone Gym 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door for 18-30 year olds (Oakleaf)
27 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 16:00-17:15 My Creative Journey (Online) 18:00-19:00 Self-Help Journaling Group (Online)	28 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)	29 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 18:30-20:00 Parents and Carers Wellbeing Group (Oakleaf, Training Room)	30 10:00-12:00 Wellbeing Brunch Café No Taiso Session 15:30-16:30 Puzzle & Lego Club (Oakleaf/Training Room) 17:30-18:30 Anxiety Management Support Session (Online)	31 No ActivZone Gym 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door for 18-30 year olds (Oakleaf)

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

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

July 2026

WELLBEING ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6 14.30 – 15.30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	7 11:15-12:15 Building confidence and Self-esteem (Wilfrid-Noyce, Oglethorpe Room)	8	9	10
13 14.30 – 15.30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	14 11:15-12:15 Building confidence and Self-esteem (Wilfrid-Noyce, Oglethorpe Room)	15	16	17 10:00-14:00 Wellness Trip with Surrey Coalition
20 14.30 – 15.30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	21 11:15-12:15 Building confidence and Self-esteem (Wilfrid-Noyce, Oglethorpe Room))	22 13.45-14:45 Yoga for All (Godalming, Well & Good)	23	24
27 14.30 – 15.30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	28 11:15-12:15 Building confidence and Self-esteem (Wilfrid-Noyce, Oglethorpe Room)	29 13.45-14:45 Yoga for All (Godalming, Well & Good)	30	31

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