

September 2026 WELLBEING ACTIVITIES CALENDAR

ACTIVITES ONLINE AND AT OAKLEAF IN GUILDFORD - NEW ACTIVITIES STARTING THIS MONTH ARE SHOWN IN BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00-11:00 Anger Management (Online) (Last Session) 11:30-12:30 Walking Club (start from Oakleaf) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	2 10:00-12:00 Job Club (Oakleaf, IT 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) No The Holding Space Session	3 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 15:30-16:30 Puzzle and Lego Club (Oakleaf/Training Room) 17:30-18:30 Mindful Moments (Online)	4 10:30-11:30 Express Yourself Through Sketching (Oakleaf/Upholstery) 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)
7 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 13:00-14:00 Positivity Hour (Online) 16:00-17:15 Finding Beauty in Ordinary Art Group (Online) 18:00-19:00 Self-help Journaling (Online)	8 11:30-12:30 Walking Club (start from Oakleaf) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	9 10:00-12:00 Job Club (Oakleaf, IT Room) 10:30-11:30 Anxiety and Stress Management (Oakleaf/Training room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 13:30-14:30 Peer-Led Support and Guidance Group (Oakleaf/Training) 15:45-16:45 Oakleaf Choir (Oakleaf. Upholstery) 18:30-20:00 The Holding Space (Oakleaf, Training Room)	10 09:00-10:00 Dance Through Time (Oakleaf/Training Room) 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 15:30-16:30 Puzzle and Lego Club (Oakleaf/Training Room) 17:30-18:30 Mindful Moments (Online)	11 No Express Yourself Through Sketching 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)
14 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 13:00-14:00 Positivity Hour (Online) 14:30-15:30 Strong at Home (Online) 16:00-17:15 Finding Beauty in Ordinary Art Group (Online)	15 11:30-12:30 Walking Club (start from Oakleaf) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	16 No Job Club 10:30-11:30 Anxiety and Stress Management (Oakleaf/Training room) 10:30 Yvonne Arnaud Theatre Trip 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 13:30-14:30 Peer-Led Support and Guidance Group (Oakleaf/Training) 15:45-16:45 Oakleaf Choir (Oakleaf. Upholstery) 18:30-20:00 The Holding Space (Oakleaf, Training Room)	17 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 14:00-15:30 LGBTQ+Café Meet Up (Oakleaf/Training Room) 15:30-16:30 Puzzle and Lego Club (Oakleaf/Training Room) 17:30-18:30 Mindful Moments (Online)	18 10:30-11:30 Express Yourself Express Yourself Through Sketching (Oakleaf/Upholstery) 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)
21 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 13:00-14:00 Positivity Hour (Online) 14:30-15:30 Strong at Home (Online) 16:00-17:15 Finding Beauty in Ordinary Art Group (Online)	22 11:30-12:30 Walking Club (start from Oakleaf) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	23 10:00-12:00 Job Club (Oakleaf, IT Room) 10:30-11:30 Anxiety and Stress Management (Oakleaf/Training room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 13:30-14:30 Peer-Led Support and Guidance Group (Oakleaf/Training) 13:40-17:00 Matinee of The Choir of Man (Theatre) 15:45-16:45 Oakleaf Choir (Oakleaf. Upholstery) 18:30-20:00 The Holding Space (Oakleaf, Training Room)	24 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 15:30-16:30 Puzzle and Lego Club (Oakleaf/Training Room) 17:30-18:30 Mindful Moments (Online)	25 No Express Yourself Through Sketching 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)
28 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 13:00-14:00 Positivity Hour (Online) 14:30-15:30 Strong at Home (Online) 16:00-17:15 Finding Beauty in Ordinary Art Group (Online)	29 11:30-12:30 Walking Club (start from Oakleaf) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	30 10:00-12:00 Job Club (Oakleaf, IT Room) 10:30-11:30 Anxiety and Stress Management (Oakleaf/Training room) 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 13:30-14:30 Peer-Led Support and Guidance Group (Oakleaf/Training) 15:45-16:45 Oakleaf Choir (Oakleaf. Upholstery) 18:30-20:00 The Holding Space (Oakleaf, Training Room)		

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

September 2026 WELLBEING ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:15-13:15 Colour of You Art (Wilfrid-Noyce, Oglethorpe Room)	2 13.45-14:45 Yoga for All (Godalming, Well & Good Fitness Centre)	3 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre)	4
7 10:00-11:00 Coping with Grief (Cranleigh Methodist Church)	8 11:15-13:15 Colour of You Art (Wilfrid-Noyce, Oglethorpe Room)	9 13.45-14:45 Yoga for All (Godalming, Well & Good Fitness Centre)	10 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre)	11
14 10:00-11:00 Coping with Grief (Cranleigh Methodist Church)	15 11:15-13:15 Colour of You Art (Wilfrid-Noyce, Oglethorpe Room)	16 13.45-14:45 Yoga for All (Godalming, Well & Good Fitness Centre)	17 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfried-Noyce, Oglethorpe room)	18
21 10:00-11:00 Coping with Grief (Cranleigh Methodist Church)	22 11:15-13:15 Colour of You Art (Wilfrid-Noyce, Oglethorpe Room)	23 NO Yoga for All session	24 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfried-Noyce, Oglethorpe room)	25
28 10:00-11:00 Coping with Grief (Cranleigh Methodist Church)	29 11:15-13:15 Colour of You Art (Wilfrid-Noyce, Oglethorpe Room) 14:30 -15:30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	30 13.45-14:45 Yoga for All (Godalming, Well & Good Fitness Centre)		

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

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