

October 2026 WELLBEING ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 17:30-18:30 Mindful Moments (Online)	2 No Express Yourself Through Sketching 12:00-13:00 Bodyweight Fitness Circuit (Guildford College Gym) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
5 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)	6 11:30-12:30 Table Tennis Club (Oakleaf/Training Room) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	7 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) 13:30-15:00 Peer-Led Support and Guidance Group (Save Haven) 15:45-16:45 Oakleaf Choir (Oakleaf, Upholstery) 18:30-20:00 The Holding Space (Oakleaf, Training Room)	8 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 17:30-18:30 Mindful Moments (Online) (Last session)	9 11:00-11:30 Express Yourself Through Sketching (Oakleaf/Upholstery) 2:00-13:00 Bodyweight Fitness Circuit (Guildford College Gym) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
12 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) 18:00-19:00 Self-help Journaling Session (Online)	13 11:30-12:30 Table Tennis Club (Oakleaf/Training Room) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	14 10:00-12:00 Job Club (Oakleaf, IT Room) 10:30-11:30 Anxiety and Stress Management (Oakleaf/IT room) No The Crafty Collective Session 13:30-15:00 Peer-Led Support and Guidance Group (Save Haven) 15:45-16:45 Oakleaf Choir (Oakleaf, Upholstery) 18:30-20:00 The Holding Space (Oakleaf, Training Room)	15 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) 17:30-18:30 Evening Meditation (Online)	16 10:30-11:30 Express Yourself Through Sketching (Oakleaf/Upholstery) 12:00-13:00 Bodyweight Fitness Circuit (Guildford College Gym) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
19 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)	20 11:30-12:30 Table Tennis Club (Oakleaf/Training Room) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	21 10:00-12:00 Job Club (Oakleaf, IT Room) 10:30-11:30 Anxiety and Stress Management (Oakleaf/Training room) No The Crafty Collective Session 13:30-15:00 Peer-Led Support and Guidance Group (Save Haven) No Oakleaf Choir Session 18:30-20:00 The Holding Space (Oakleaf, Training Room)	22 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 17:30-18:30 Evening Meditation (Online)	23 10:30-11:30 Express Yourself Through Sketching (Oakleaf/Upholstery) 12:00-13:00 Bodyweight Fitness Circuit (Guildford College Gym) 18:00-19:00 LGBTQ + Peer Support Group (online) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
26 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)	27 11:30-12:30 Table Tennis Club (Oakleaf/Training Room) 12:00-14:00 Autumnal Flower Arranging Workshop (Oakleaf/Upholstery) 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room)	28 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) 13:30-15:00 Peer-Led Support and Guidance Group (Save Haven) No Oakleaf Choir Session 18:30-20:00 The Holding Space (Oakleaf, Training Room)	29 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 17:30-18:30 Evening Meditation (Online)	30 10:30-11:30 Halloween Arts and Craft Workshop No Express Yourself Through Sketching 12:00-13:00 Bodyweight Fitness Circuit (Guildford College Gym) 18:00-19:00 LGBTQ + Peer Support Group (Online) (Last session) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)

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

October 2026

WELLBEING ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfried-Noyce, Oglethorpe room)	2
5 14:30-15:30 Mindfulness and Wellbeing (Godalming, Wilfrid-Noyce, Oglethorpe Room)	6 11:15-13:15 Colour of You Art (Wilfrid-Noyce, Oglethorpe Room) 14:30 -15:30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	7 13.45-14:45 Yoga for All (Godalming, Well & Good Fitness Centre)	8 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfried-Noyce, Oglethorpe room)	9
12 14:30-15:30 Mindfulness and Wellbeing (Godalming, Wilfrid-Noyce, Oglethorpe Room)	13 11:15-13:15 Colour of You Art (Wilfrid-Noyce, Oglethorpe Room) 14:30 -15:30 Creative Writing (Wilfrid-Noyce, Oglethorpe Room)	14 13.45-14:45 Yoga for All (Godalming, Well & Good Fitness Centre)	15 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfried-Noyce, Oglethorpe room)	16
19 14:30-15:30 Mindfulness and Wellbeing (Godalming, Wilfrid-Noyce, Oglethorpe Room)	20 11:15-13:15 Colour of You Art (Wilfrid-Noyce, Oglethorpe Room)	21 No Yoga for All Session	22 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfried-Noyce, Oglethorpe room)	23 13.45-14.45 Growing Confidence (Godalming/Well&Good Fitness Centre)
26 14:30-15:30 Mindfulness and Wellbeing (Godalming, Wilfrid-Noyce, Oglethorpe Room)	27 11:15-13:15 Colour of You Art (Wilfrid-Noyce, Oglethorpe Room)	28 13.45-14:45 Yoga for All (Godalming, Well & Good Fitness Centre)	29 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfried-Noyce, Oglethorpe room)	30 13.45-14.45 Growing Confidence (Godalming/Well&Good Fitness Centre)

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

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