

**Mind in Harrogate District Programme – Virtual programme (all activities will be delivered via Zoom until further notice)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2nd</b> 11.30 – 12.30 : Coffee and Conversation with Leah	<b>3rd</b>	<b>4th</b> 11 – 12 : Arts & Crafts with Sue 12.30 – 1 : Relaxation with Sue	<b>5th</b> 1-2.15pm : Harrogate Mind Bereavement Support Group with Sarah	<b>6th</b> 11.30 – 12.30 : Singing with Nige and Steve 2 – 4 : Emerging Voices Choir with Wayne & Lucy	<b>7th</b>
<b>9th</b> 2.00 – 3.00pm : Coffee and Conversation with Leah  (Please note time change)	<b>10th</b>	<b>11th</b> 11 – 12 : Arts & Crafts with Sue 12.30 – 1 : Relaxation with Sue  2.30 – 3.30 : Living well during COVID with Esther	<b>12th</b> 1-2.15 pm : Harrogate Mind Bereavement Support Group with Sarah – a safe place to meet and receive support.	<b>13th</b> 11.30 – 12.30 : Singing with Nige and Steve  2 – 4 : Emerging Voices Choir with Wayne & Lucy	<b>14th</b>
<b>16th</b> 11.30 – 12.30 : Coffee and Conversation with Leah  2.00 – 3.00pm Women’s Group with Leah	<b>17th</b>	<b>18th</b> 11 – 12 : Arts & Crafts with Sue 12.30 – 1 : Relaxation with Sue  2.30 – 3.30 : Living well during COVID with Esther	<b>19th</b> 1-2.15 pm : Harrogate Mind Bereavement Support Group with Sarah – a safe place to meet and receive support.	<b>20th</b> 11.30 – 12.30 : Singing with Nige and Steve  2 – 4 : Emerging Voices Choir with Wayne & Lucy	<b>21st</b>
<b>23rd</b> 11.30 – 12.30 : Coffee and Conversation with Leah  2.00 – 3.00pm Women’s Group with Leah	<b>24th</b>	<b>25th</b> 11 – 12 : Arts & Crafts with Sue 12.30 – 1 : Relaxation with Sue  2.30 – 3.30 : Living well during COVID with Esther	<b>26th</b> 1-2.15 pm : Harrogate Mind Bereavement Support Group with Sarah – a safe place to meet and receive support.	<b>27th</b> 11.30 – 12.30 : Singing with Nige and Steve  2 – 4 : Emerging Voices Choir with Wayne & Lucy	<b>28th</b>
<b>30th</b> 11.30 – 12.30 : Coffee and Conversation with Leah  2.00 – 3.00pm Women’s Group with Leah					

The Living Well Programme with Esther will be a rolling programme of hour long demonstrations and discussions around the following topics:

- An introduction to healthy living and wellbeing
- Eating well - health snacks, health juices
- Keeping active & maintaining a healthy weight
- Money Management during Covid

You must register with Mind in Harrogate District to join any of these activities and be able to use Zoom. Call 01423 503335 or email [office@mindinharrogate.org.uk](mailto:office@mindinharrogate.org.uk) and we will forward you the links once you register.

**This programme is funded by the COVID 19 Loneliness Fund.**

