



# Mind in Wallingford



For better  
mental health

## Programme of Activities February to March 2008

DATE	ACTIVITY	TIME	VENUE
Tues 5 Feb	Wallingford Pancake Race	10.30am - 12.30pm	Wallingford town & Methodist Church
Thurs 7 Feb	Relaxation	2.15pm	Centre 70
Tues 12 Feb	Challenge-setting	10.30am - 12.30pm	Methodist Church
Thurs 14 Feb	Relaxation	2.15pm	Centre 70
Tues 19 Feb	Challenge feedback	10.30am - 12.30pm	Methodist Church
Thurs 21 Feb	Planning community activities	2.15pm	Centre 70
Tues 26 Feb	Group support	10.30am - 12.30pm	Methodist Church
Thurs 28 Feb	Planning community activities	2.15pm	Centre 70
Tues 4 Mar	Indoor gardening	10.30am - 12.30pm	Methodist Church
Thurs 6 Mar	Planning community activities	2.15pm	Centre 70
Tues 11 Mar	Relaxation	10.30am - 12.30pm	Methodist Church
Thurs 13 Mar	Planning community activities	2.15pm	Centre 70
Tues 18 Mar	Hand massage	10.30am - 12.30pm	Methodist Church
Thurs 20 Mar	Planning community activities	2.15pm	Centre 70
Tues 25 Mar	Wordsearch & crossword	10.30am - 12.30pm	Methodist Church
Thurs 27 Mar	Planning community activities	2.15pm	Centre 70

**Points of Contact:**  
Tues 10.30am- 12.30pm  
Methodist Church  
St Leonard's Square  
Wallingford

Thurs 10.30am - 12.00pm  
Methodist Church  
Coffee Shop

Thurs 12.00 - 3.30pm  
Centre 70, The Kinecroft  
Wallingford  
OX10 0DT

**Phone:**  
01491 826886  
07999 537884

**Email:**  
mindinwalling-  
ford@hotmail.co.uk

Oxfordshire Mind is Registered Charity  
Number 261476  
Company Limited by Guarantee  
Number 4343625  
Registered in England at Registered  
Office 125 Walton Street  
Oxford OX2 6AH