

Mind in Wantage

Programme of Activities

April to June 2008



Points of Contact:

Tues 11.00am - 4.00pm
Thurs 1.00pm - 4.00pm
Methodist Hall
Newbury St
Wantage

Phone:

01235 770411

Email:

mindinwantage@oxfordshire-mind.org.uk



For better
mental health

Oxfordshire Mind
Registered Charity Number 261476
Company Limited by Guarantee Number
4343625
Registered in England at registered office:
125 Walton Street Oxford OX2 6AH
www.oxfordshire-mind.org.uk

DATE	ACTIVITY	TIME	VENUE
Tues 1 April	Relaxation to music	11.00am - 4.00pm	Methodist Hall
Thurs 3 April	Closed access: Community café meeting	1.00 - 4.00pm	Methodist Hall
Tues 8 April	Learn to crochet/ General Meeting	11.00am - 4.00pm	Methodist Hall
Thurs 10 April	Open access	1.00 - 4.00pm	Methodist Hall
Tues 15 April	Visit from Adult Education	11.00am - 4.00pm	Methodist Hall
Thurs 17 April	Open access	1.00 - 4.00pm	Methodist Hall
Tues 22 April	Art collage/ celebrating diversity	11.00am - 4.00pm	Methodist Hall
Thurs 24 April	Taster session: Jewellery-making	1.00 - 4.00pm	Methodist Hall
Tues 29 April	Bric-a-brac	11.00am - 4.00pm	Methodist Hall
Thurs 1 May	Closed access: Community café meeting	1.00 - 4.00pm	Methodist Hall
Tues 6 May	Themed art: 'Springtime'	11.00am - 4.00pm	Methodist Hall
Thurs 8 May	Open access	1.00 - 4.00pm	Methodist Hall
Tues 13 May	Trip out: tbc	tbc	TBC
Thurs 15 May	Open access	1.00 - 4.00pm	Methodist Hall
Tues 20 May	Hand massage & relaxation	11.00am - 4.00pm	Methodist Hall
Thurs 22 May	Closed access: 'Staying young whilst getting older' workshop	1.00 - 4.00pm	Methodist Hall

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DATE	ACTIVITY	TIME	VENUE
Tues 27 May	Discussion Group: tbc	11.00am - 4.00pm	Methodist Hall
Thurs 29 May	Open access	1.00 - 4.00pm	Methodist Hall
Tues 3 June	Qi Gong: tbc	11.00am - 4.00pm	Methodist Hall
Thurs 5 June	Closed access: community café meeting	1.00 - 4.00pm	Methodist Hall
Tues 10 June	Picnic in the Parkside	11.00am - 4.00pm	Methodist Hall
Thurs 12 June	Open access	1.00 - 4.00pm	Methodist Hall
Tues 17 June	General Meeting/ Mindfulness relaxation	11.00am - 4.00pm	Methodist Hall
Thurs 19 June	Open access	1.00 - 4.00pm	Methodist Hall
Tues 24 June	Bring & share: local/organic food	11.00am - 4.00pm	Methodist Hall
Thurs 26 June	Open access	1.00 - 4.00pm	Methodist Hall