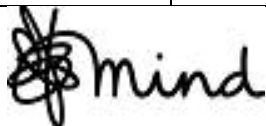


<u>Date</u>	<u>Name of Activity/Group/Event</u>	<u>Time</u>
Thurs 3 rd	Regatta Caffe Nero CLOSED to us because of Regatta	
Mon 7 th	Allotment Outing Crafts with locum (Gemma on leave)	a.m. p.m.
Thurs 10 th	General Meeting Snakes & ladders, and Music Caffe Nero (Possibility of closure – watch this space)	5.00 -7.00 p.m.
Mon 14 th	Allotment Outing Ping pong, games	a.m. p.m.
Thurs 17 th	Open Chat Crafts Caffe Nero	a.m. p.m. 5.00 -7.00 p.m.
Mon 21 st	Allotment Outing Mini-bus County Trip	a.m. p.m.
Thurs 24 th	Open Chat Quiz – General Knowledge Caffe Nero	a.m. p.m. 5.00 -7.00 p.m.
Mon 28 th	Allotment Outing Craft Day	a.m. p.m.
Thurs 31 st	Visit to Local Market Caffe Nero	5.00 -7.00 p.m.


 The logo for Mind, featuring a stylized brain icon to the left of the word "mind" in a lowercase, handwritten-style font.

For better
mental health

Project – Henley**Month - August 2008**

<u>Date</u>	<u>Name of Activity/Group/Event</u>	<u>Time</u>
Mon 4 th	Allotment	a.m.
	General Meeting	p.m.
Thurs 7 th	Games Day	a.m.
	Bingo	p.m.
	Caffe Nero	5.00 -7.00 p.m.
Mon 11 th	Allotment	a.m.
	Crafts	p.m.
Thurs 14 th	Bring in a newspaper/magazine article to share	a.m.
	Making real lemonade	p.m.
	Caffe Nero	5.00 -7.00 p.m.
Mon 18 th	Allotment	a.m.
	Boccia	p.m.
Thurs 21 st	Renew birthday book	a.m.
	Hand massage	p.m.
	Caffe Nero	5.00 -7.00 p.m.
Mon 25 th	CLOSED FOR BANK HOLIDAY	
Thurs 28 th	Preparing for autumn, any goals we might have	a.m.
	Artwork around our goals	p.m.
	Caffe Nero	5.00 -7.00 p.m.