



# Mind in Witney

## Programme of Activities

### May 2008

#### Points of Contact:

Mon  
10.30am - 1.30pm  
(open access) &  
2.00 - 3.00pm  
Sharing & Support  
Group

Wed  
10.30am - 1.30pm  
(open access/  
Craft Group) &  
2.00 - 4.00pm  
structured groups

Thur  
2.00 - 4.00pm  
Norton's Café meet  
4.30 - 8.00pm  
open access &  
groups @ Moorland  
Centre

**Address:**  
Moorland Centre  
24 Dark Lane  
Witney OX28 6LE

**Phone:**  
01993 702999

**Email:**  
mindinwitney  
@oxfordshire-  
mind.org.uk



For better  
mental health

DATE	ACTIVITY	TIME	VENUE
Thur 1 May	Film discussion group	4.30 - 6.00pm	Mind in Witney
Mon 5 May	<b>CLOSED-BANK HOLIDAY</b>	<b>N/A</b>	
Wed 7 May	Health Walk	2.00 - 4.00pm	Start at Mind in Witney
Thur 8 May	Celebratory supper for end of Paul's charity walk for Mind	4.30 - 6.00pm	Mind in Witney
Wed 14 May	Alexander Technique	2.00 - 4.00pm	Mind in Witney
Thur 15 May	Connection Floating Support	4.30 - 6.00pm	Norton's Café
Wed 21 May	Becoming more assertive	2.00 - 4.00pm	Mind in Witney
Thur 22 May	Music Group	4.30 - 6.00pm	Mind in Witney
Mon 26 May	<b>CLOSED - BANK HOLIDAY</b>	<b>N/A</b>	
Wed 28 May	'Get into reading'	2.00 - 4.00pm	Mind in Witney
Thur 29 May	Yoga stretches	4.30 - 6.00pm	Mind in Witney



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



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### June 2008

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10.30am - 1.30pm  
(open access) &  
2.00 - 3.00pm  
Sharing & Support  
Group

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(open access/  
Craft Group) &  
2.00 - 4.00pm  
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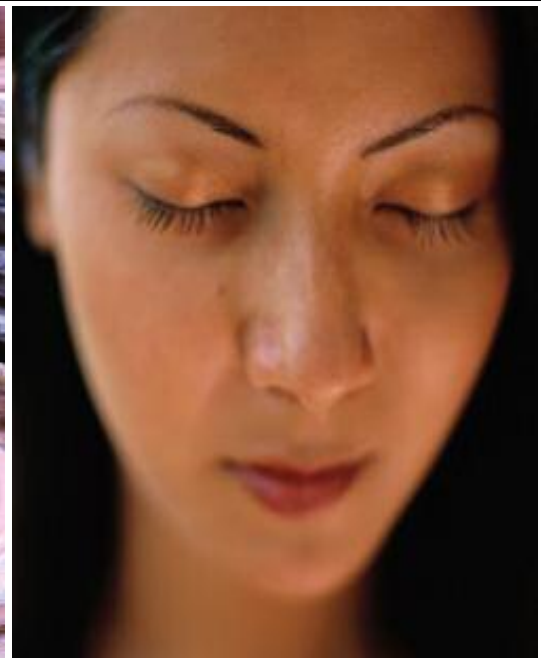
#### Phone:

01993 702999

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DATE	ACTIVITY	TIME	VENUE
Wed 4 June	Clay pottery	2.00 - 4.00pm	Mind in Witney
Thur 5 June	Hand massage	4.30 - 6.00pm	Mind in Witney
Wed 11 June	Clay pottery	2.00 - 4.00pm	Mind in Witney
Thur 12 June	Film discussion group	4.30 - 6.00pm	Mind in Witney
Wed 18 June	Clay pottery	2.00 - 4.00pm	Mind in Witney
Thur 19 June	Mindfulness meditation	4.30 - 6.00pm	Mind in Witney
Wed 25 June	Clay pottery	2.00 - 4.00pm	Mind in Witney
Thur 26 June	No group - open access only	4.30 - 8.00pm	Mind in Witney



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