

ACTIVITIES for August 2019 in Mole Valley

NOTE: All activities are weekly (unless dates are stated) and take place at 23 The Crescent in Leatherhead, unless stated otherwise.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		09.00-12.00 Advice & Info Appts 10.00-11.00 Walking Football Meadowbank, Dorking 10:30-12:30 Botanical Art 6 August (for 4 weeks)	11.00-14.00 Butterfly Café	10.00-13.00 Intro to Mental Health First Aid 29 August	10.00-15.00 Advice & Info Appts 10.00-11.00 – Walking Photography – 2, 16 and 30 August 11.00-14.00 Butterfly Café	11.00-12.00 Walk for Health, Leatherhead Theatre 10 August
Afternoon			13.30-15.30 Women's Group 1 and 8 August			
Evening		18.30-20.00 Book Club Chosen Book: The Museum of Extraordinary Things – by Alice Hoffman 27 August	17.30-18.30 Back to Netball – Dorking Sports Centre	19.00-21.00 Bipolar Self-Help Group 1 August 19.00-21.00 Hoarders Self-Help Group 8 August 19.00-21.00 LGBT Peer Support Group 15 August 19.00-21.00 Men's Group 29 August		