

ACTIVITIES for June 2019 in Mole Valley

NOTE: All groups 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 10.00-12.00 Art with Beccy	11.00-14.00 Butterfly Café 11.00-12.00 Golf Lessons Pachesham Golf Centre (7 weeks from 5 th June)	10.00-12.00 Managing Anxiety (4 weeks from 13 th June) Not on - 20 th June	10.00-15.00 Advice & Info Appts 10.00-11.00 – Walking Photography – 7 th and 21 st June 11.00-14.00 Butterfly Café	11.00-13.00 Walk for Health, Leatherhead Theatre 8 th June 11.00-14.00 Basic Mental Health First Aid For Men 29 th June
Afternoon	15:30 – 16:30 Football Training, Leatherhead Leisure Centre	12.30-15.30 Decluttering Workshop 11 th June	13.30-15.30 Women’s Group	13.00-16.00 Self-Worth Workshop Leatherhead Institute 13 th June (Room G5) 14.00-17.00 Confidence Building Ashtead Peace Memorial Hall (27 th June)	13.15-14.15 Yoga for Beginners - St. Peter and St. Paul’s Church, Leatherhead (6 weeks from 7 th June)	12:00-16:00 Ashtead Village Day 8 th June
Evening	18:30-20:00 - Book Club – The Hundred year old man... by Jonas Jonasson 24 th June		17.30-18.30 Back to Netball - Dorking	19.00-21.00 Bipolar Self Help Group 6 th June 19.00-21.00 Hoarders Self Help Group 13 th June 19.00-21.00 Men’s Group 27 th June		

All activities are weekly unless dates are otherwise stated.