

Revised Oakleaf Timetable

Please see below our activity plan for the next two weeks, which we would love for you to join in with. Simply email annalisebaker@oakleaf-enterprise.org or kelvinbossman@oakleaf-enterprise.org if you would like to join an activity.

All activities will take place via Zoom.

Week 1

Day	Activity	Time
Monday 20th April	Fitness with Beccy	12noon – 1pm
	Yoga with Liane	4:15pm – 5:15 pm
	LGBT Support Group with Lucia	7pm - 8pm
Tuesday 21st April	IT Wordpress	10:30am – 11:30am
	Check in and Chat with Annalise	11am-12noon
	Mindfulness with Steve	2pm-3pm
	Mens Group with Andrew	4pm – 5pm
	Women's Group with Sam	7pm – 8pm
Wednesday 22nd April	Tai Chi with Debbie	1:30pm-2:30pm
	Creativity with Sam	4pm-5pm
	Choir with Roger	6:30pm-7:30pm
Thursday 23rd April	Mindfulness with Steve	11:15am-12:15pm
	Check in and Chat with Annalise	2pm-3pm
	Anxiety Management Support with Loran	3:15pm-4:15pm
Friday 24th April	IT Course	11am – 12noon
	Fitness with Becky	11:30am-12:30pm
	Art with Calypso	3:30pm-4:30pm



MAKING LIFE WORK WITH MENTAL ILLNESS

Week 2

Day	Activity	Time
Monday 27th April	Fitness with Beccy	12noon – 1pm
	Budgeting with Mark	1pm-3pm
	Yoga with Liane	4:15pm – 5:15 pm
Tuesday 28th April	IT Wordpress	10:30am – 11:30am
	Check in and Chat with Annalise	11am-12noon
	Mindfulness with Steve	2pm-3pm
	Men's Group with Andrew	4pm – 5pm
	Women's Group with Sam	7pm-8pm
Wednesday 29th April	Tai Chi with Debbie	1:30pm-2:30pm
	Creativity with Sam	4pm-5pm
	Choir with Roger	6:30pm-7:30pm
Thursday 30th April	Mindfulness with Steve	11:15am-12:15pm
	Check in and Chat with Annalise	2pm-3pm
	Anxiety Management Support/Tips with Loran	3:15pm-4:15pm
Friday 1st May	IT Course	11am – 12noon
	Fitness with Becky	11:30am-12:30pm
	Art with Calypso	3:30pm-4:30pm



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