

## Activities, Trips and events

### JULY

Tuesday 14th July Trip to Southend meeting at Rainham station at 10 o'clock  
July, date to be confirmed NHS Vascular/heart checks, 12.00 at Mind,  
lunch is provided.

Thursday 2nd July **Fit for 2012 sports at Goodmays.**  
**Lodge will be closed this day.**  
**Please come along and join in or just come for a lovely  
day out and support us. Meet at Lodge at 10.30.**  
**Tai chi, well being advice, football, aerobics, healthy  
eating, Think arts, tug of war, rounder's.**

Thursday 9th July Quality Management in Mind Information Technology  
meeting all welcome. 11-1

Friday 17th July S U R G coffee morning, 11-12.30 in open session

Thursday 30th July Client meeting, 1.30 at Lodge

### AUGUST

Thursday 13th August Planning and Policy development meeting  
all welcome. 11-1

Thursday 27th August Client meeting 1.30 at Lodge

Sunday 30th August Havering show, volunteers needed.

and 31st August

### SEPTEMBER

Mon 14th-18th Sept Holiday, fully booked.

Wed 30th Sept Hastings trip, client led, see poster

**We are starting a  
new personal best  
course in  
October.  
For more details  
see poster**

If you are interested in any of these trips please ask any member of staff for more details and see posters for more information.

### WEDNESDAY ACTIVITIES

1st July Tai chi, meet at Lodge at 12.30  
8th July Lunch & tour of old mill in East end, meet at Lodge at 10.30, cost £8,  
you need to book,  
15th July Bowling, meet at Lodge at 12.30, cost £1.75.  
22nd July Walk or Bar-b-q meet at Lodge at 12.30 (subject to weather)  
29th July Walk or Bar-b-q meet at Lodge at 12.30 (subject to weather)  
5th August Walk or Bar-b-q meet at Lodge at 12.30 (subject to weather)  
12th August Walk or Bar-b-q meet at Lodge at 12.30 (subject to weather)  
19th August Walk or Bar-b-q meet at Lodge at 12.30 (subject to weather)  
26th August Walk, meet at Lodge at 12.30