

PROGRAMME – July 2019



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Monday 1st July	Porty Paths <i>Health Walk followed by coffee and chat</i>	10.30am - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 2nd July	Support Plans <i>By Appointment only</i>	9.30am – 11am	Pillar Office
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
Wednesday 3rd July	Drop In <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	Social Horticulture <i>Connecting with nature to improve wellbeing</i>	10.30am	Pillar Allotment
	Active Minds Programme <i>For women looking to improve their mental and wellbeing.</i>	1.00-3.00pm	Pillar Allotment
Thursday 4th July	Personalised Support Plans <i>By Appointment only</i>	10am – 3pm	By arrangement
Friday 5th July	Minds at Work <i>Call for information</i>	10am – 3pm	By arrangement

Monday 8th July	Porty Paths <i>Health Walk followed by coffee and chat</i>	10.30am - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 9th July	Support Plans <i>By Appointment only</i>	9.30am – 11am	Pillar Office
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
Wednesday 10th July	Drop In <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	Social Horticulture <i>Connecting with nature to improve wellbeing</i>	10.30am	Pillar Allotment
	Active Minds Programme <i>For women looking to improve their mental and wellbeing.</i>	1.00-3.00pm	South Church Hall, Stonehaven
Thursday 11th July	Personalised Support Plans <i>By Appointment only</i>	10am – 3pm	By arrangement
Friday 12th July	Minds at Work <i>Call for information</i>	10am – 3pm	By arrangement

Monday 15th July	Porty Paths <i>Health Walk followed by coffee and chat</i>	10.30am - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 16th July	Support Plans <i>By Appointment only</i>	9.30am – 11am	Pillar Office
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
Wednesday 17th July	Drop In <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	Social Horticulture <i>Connecting with nature to improve wellbeing</i>	10.30am	Pillar Allotment
	Active Minds Programme <i>For women looking to improve their mental and wellbeing.</i>	1.00-3.00pm	Pillar Office
Thursday 18th July	Personalised Support Plans <i>By Appointment only</i>	10am – 3pm	By arrangement
Friday 19th July	Minds at Work <i>Call for information</i>	10am – 3pm	By arrangement

Monday 22nd July	Porty Paths <i>Health Walk followed by coffee and chat</i>	10.30am - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 23rd July	Support Plans <i>By Appointment only</i>	9.30am – 11am	Pillar Office
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
Wednesday 24th July	Drop In <i>To access information and advice</i>	10.00-2.00pm	New Pillar Office
	Social Horticulture <i>Connecting with nature to improve wellbeing</i>	10.30am	Pillar Allotment
	Active Minds Programme <i>For women looking to improve their mental and wellbeing.</i>	1.00-3.00pm	Stonehaven Open Air Pool
Thursday 25th July	Personalised Support Plans <i>By Appointment only</i>	10am – 3pm	By arrangement
Friday 26th July	Minds at Work <i>Call for information</i>	10am – 3pm	By arrangement

Monday 29th July	Porty Paths <i>Health Walk followed by coffee and chat</i>	10.30am - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 30th July	Support Plans <i>By Appointment only</i>	9.30am – 11am	Pillar Office
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
Wednesday 31st July	Drop In <i>To access information and advice</i>	10.00-2.00pm	New Pillar Office
	Social Horticulture <i>Connecting with nature to improve wellbeing</i>	10.30am	Pillar Allotment
	Active Minds Programme <i>For women looking to improve their mental and wellbeing.</i>	1.00-3.00pm	