PROGRAMME – July 2019





Sheriff Court Building Dunnottar Avenue

Stonehaven, AB39 2JD

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

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

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

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

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