





Mind Matters

Support and creative activities to improve your mental health and wellbeing.

Bedale ~ Dales Care Centre DL8 1ER ~ Every Monday ~ 12pm - 2pm

Easingwold ~ Easingwold Community Hub YO61 3AD ~ Every Wednesday ~ 1pm - 3pm

Northallerton ~ 1st Floor, 159/160 High Street DL7 8JZ ~ Every Monday, Wednesday, Thursday & Friday ~ 10am - 12pm

Richmond ~ Richmond Town Hall DL10 4QL ~ Every Friday ~ 11am - 1pm

Thirsk ~ Thirsk Town Hall Annex YO7 1QR ~ Every Monday ~ 1.30pm - 3pm

Mind Matters is funded by North Yorkshire Council

For further information, please contact us:

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mind in Hambleton and Richmondshire

mind Darlington

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