What's on @ Yarm Wellness
November 2026

Drop in Sessions

Pre Book Sessions See Provider Contact Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	Oct 31	1 **1:30 PM - 3:30 PM** Board Games
2 **9:15 AM - 10:15 AM** All About Pilates **10:45 AM - 12:15 PM** Gentle Exercise & Relaxation **1:00 PM - 3:00 PM** Stoma Support Group **4:00 PM - 5:00 PM** Diva Dots Dance **5:30 PM - 6:45 PM** Yoga with Susan	3 **9:30 AM - 11:00 AM** Veteran's Breakfast **1:30 PM - 3:00 PM** Coffee, Cake & Company **6:00 PM - 7:00 PM** Yoga and Relaxation **7:30 PM - 8:30 PM** Flourish Finding You	4 **1:00 PM - 2:30 PM** 'Manter' Men's Wellness Group **3:30 PM - 4:45 PM** Red Balloons Womens Peer Support Group	5 **10:00 AM - 11:15 AM** Yoga for Mid-Life & Beyond **1:00 PM - 3:00 PM** Craft & Chat **7:30 PM - 8:30 PM** Vibe Dance Fitness	6 **9:30 AM - 11:00 AM** Parent & Toddler Playgroup **3:30 PM - 5:30 PM** Yarm Wellness Community Choir **6:00 PM - 7:30 PM** Shutterbugs-Photography Club	7 **10:00 AM - 11:00 AM** Introducing Mindfulness course	8 **2:00 PM - 4:00 PM** Women's 18-35 Wellbeing Focus Group
9 **9:15 AM - 10:15 AM** All About Pilates **10:45 AM - 12:15 PM** Gentle Exercise & Relaxation **4:00 PM - 5:00 PM** Diva Dots Dance **5:30 PM - 6:45 PM** Yoga with Susan	10 **12:00 PM - 1:00 PM** Yarm Lunch Club **2:30 PM - 4:30 PM** Yoga for Cancer relaxing Mini Retreat **6:00 PM - 7:00 PM** Yoga and Relaxation **7:30 PM - 9:30 PM** InkWell Writing Group	11 **1:00 PM - 2:30 PM** 'Manter' Men's Wellness Group **3:00 PM - 5:00 PM** Creative Art for Wellness	12 **10:00 AM - 11:15 AM** Yoga for Mid-Life & Beyond **1:00 PM - 3:00 PM** Craft & Chat **7:30 PM - 8:30 PM** Vibe Dance Fitness	13 **9:30 AM - 11:00 AM** Parent & Toddler Playgroup **3:30 PM - 5:30 PM** Yarm Wellness Community Choir	14 **10:00 AM - 11:00 AM** Introducing Mindfulness course	15 **1:30 PM - 3:30 PM** Board Games **5:00 PM - 6:00 PM** Gong Sound Healing Immersion
16 **9:15 AM - 10:15 AM** All About Pilates **10:45 AM - 12:15 PM** Gentle Exercise & Relaxation **12:30 PM - 2:30 PM** Soup & Chat Dementia Cafe & Advice Service **4:00 PM - 5:00 PM** Diva Dots Dance **5:30 PM - 6:45 PM** Yoga with Susan	17 **9:30 AM - 11:00 AM** Veteran's Breakfast **11:45 AM - 1:15 PM** Red Balloons Walk & Talk **1:30 PM - 3:00 PM** Coffee, Cake & Company **6:00 PM - 7:00 PM** Yoga and Relaxation **7:30 PM - 8:30 PM** Flourish Finding You	18 **1:00 PM - 2:30 PM** 'Manter' Men's Wellness Group **3:30 PM - 4:45 PM** Red Balloons Womens Peer Support Group **7:00 PM - 8:00 PM** Sound Bath for Healing & Relaxation	19 **10:00 AM - 11:15 AM** Yoga for Mid-Life & Beyond **1:00 PM - 3:00 PM** Craft & Chat **7:30 PM - 8:30 PM** Vibe Dance Fitness	20 **9:30 AM - 11:00 AM** Parent & Toddler Playgroup **11:30 AM - 1:00 PM** Pamper & Chat **3:30 PM - 5:30 PM** Yarm Wellness Community Choir **6:00 PM - 7:30 PM** Shutterbugs-Photography Club	21	22
23 **9:15 AM - 10:15 AM** All About Pilates **10:45 AM - 12:15 PM** Gentle Exercise & Relaxation **4:00 PM - 5:00 PM** Diva Dots Dance **5:30 PM - 6:45 PM** Yoga with Susan	24 **12:00 PM - 1:00 PM** Yarm Lunch Club **6:00 PM - 7:00 PM** Yoga and Relaxation **7:30 PM - 8:30 PM** Flourish Finding You	25 **1:00 PM - 2:30 PM** 'Manter' Men's Wellness Group **3:00 PM - 5:00 PM** Creative Art for Wellness **7:00 PM - 8:00 PM** WellRead Book Club	26 **10:00 AM - 11:15 AM** Yoga for Mid-Life & Beyond **1:00 PM - 3:00 PM** Craft & Chat **7:30 PM - 8:30 PM** Vibe Dance Fitness	27 **9:30 AM - 11:00 AM** Parent & Toddler Playgroup **3:30 PM - 5:30 PM** Yarm Wellness Community Choir	28	Nov 29 **1:30 PM - 3:30 PM** Board Games
30 **9:15 AM - 10:15 AM** All About Pilates **10:45 AM - 12:15 PM** Gentle Exercise & Relaxation **4:00 PM - 5:00 PM** Diva Dots Dance **5:30 PM - 6:45 PM** Yoga with Susan	Dec 1					

yarmwellness

wellnessyarm

High Church Wynd
Yarm TS15 9BQ

yarmwellness@gmail.com
www.yarmwellness.co.uk

Yarm Wellness is a registered charity 1197256

Session Provider Contact Details

Yarm Wellness Give Back & Isolation Partnerships [Drop In - no charge except *]

Creative Art for Wellness *
** £2 suggested donation*

Parent & Toddler Playgroup *
** £1 per child suggested donation*

Shutterbugs- Photo Club *
** £2 suggested donation*

Coffee, Cake & Chat

Veteran's Breakfast

Yarm Wellness
High Church Wynd
Yarm TS15 9BQ
yarmwellness@gmail.com
www.yarmwellness.co.uk

Craft & Chat [Pre Book]

Sunday Board Games *
** £2 suggested donation*

Gardening Group

WellRead Book Club *
** £2 charge to provider*
Suzi Hunton
pidwigeon@aol.com

Yarm Wellness Community Choir *
** £3 suggested donation*
Tees Valley Music Service - 01642 603 600
TVRYork@tvms.org.uk

Flourish Finding You [Pre Book]
Wellbeing & Fitness session for girls, 8- 18 years old
Karina Rose
karinarose90@googlemail.com

'Manter' Men's Wellness Group
Roy Willis
roywillis@icloud.com

Yoga for Cancer Mini Retreat [Pre Book]
Nicky Skinner
07398 757 262
dragonflyyoga1@outlook.com

Yarm Lunch Club [Pre Book *]
** charge set by provider*
Carol Hyde & Debs Batley
yarmlunchclub@gmail.com
www.facebook.com/yarmlunchclub

18-35 Women's Wellbeing Focus Group
Red Balloons Partnership
admin@redballoons.co.uk
07871 658 157

Pamper & Chat [Pre Book]
Beauty and Wellbeing session for women over 50

Jean Lister
yarmwellness@gmail.com

Charity Partnerships [Drop In - No Charge]

Soup & Chat Dementia Café & Advice Service
(For those with Dementia and their friends)
Teesside Dementia Link Services (TDLS)
07722 958 610
tdls2016@virginmedia.com
tdls2016.org

Red Balloons Women's Peer Support
Red Balloons Walk & Talk
Kylie Terry
07871 658 157
kylie@redballoons.co.uk

Mind & Body Workshops [Pre Book - charges set by provider]

All about Pilates
Joanna Gibson
07572 539 213
allaboutpilates@hotmail.com

Gentle Exercise & Relaxation
Phillipa McAuley
07989 094 235
sadbergehealing@gmail.com
www.sadbergehealing.co.uk

Yoga for Mid-Life & Beyond
Yoga with Susan
Susan Lodge
07984 693 539
yogasusanlodge@outlook.com
www.yogaviveka.uk

Sound Bath for Healing & Relaxation
Trulyred Sound Healing- Emily Treadgold
07747 561 917
trulyredsoundhealing@gmail.com

Diva Dots Dance
Diva Dance- Rachael Bramley
07908 253 298
rbrunton83@yahoo.co.uk

Yoga and Relaxation
Your Yoga Journey- Claire Lloyd
07734 858 485
claire230582@googlemail.com

Vibe Dance Fitness
Vibe Dance Fitness- Matt Campbell
Matt@vibedancefitness.co.uk
07751 206 026
www.vibedancefitness.co.uk

InkWell Writing Group
Suzanne Hunton
pidwigeon@aol.com

Introducing Mindfullness Course
Robert William Hawkes
robertwilliamhawkes@outlook.com
07758 667 292

Gong Sound Healing Immersion
Val Lambert
07713 594 322

We are the community supporting the community by inspiring hope and positive well-being through community led activities

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