

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 Chess 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 Wellness Walk 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	Menopause Support Group Suzanne Barbour 07388 908 168
'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 yarlunchclub@gmail.com www.facebook.com/yarlunchclub
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 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 Chair Yoga Susan Lodge 07984 693 539 yogasusanlodge@outlook.com www.yogaviveka.uk	Kalma Baby Yoga Family Yoga with TDLS Kalma Minds Junior Kalma Life - Phillipa Home 07399 098 651 philippa@teesside.kalmalifeuk.co.uk	
Diva Dots Dance Diva Dance- Rachael Bramley 07908 253 298 rbrunton83@yahoo.co.uk	Yoga with Nicky/ Gentle Yoga for Beginners Dragonfly Yoga - Nicky Skinner 07398 757 262 dragonflyyoga1@outlook.com	
Yoga and Relaxation Your Yoga Journey- Claire Lloyd 07734 858 485 claire230582@googlemail.com	Sound Bath for Healing & Relaxation Sound Bath & Yoga Trulyred Sound Healing- Emily Treadgold 07747 561 917 trulyredsoundhealing@gmail.com	
InkWell Writing Group Suzanne Hunton pidwigeon@aol.com		
<p><i>We are the community supporting the community by inspiring hope and positive well-being through community led activities</i></p>		
 yarmwellness  wellnessyarm		
<p style="text-align: right;"><small>Yarm Wellness is a registered charity 1197256</small></p>		