



What's on @ Yarm Wellness

August 2025





Drop in Sessions

Pre Book Sessions
See Provider Contact
Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	Jul 31	1 1:30 PM - 2:30 PM Sound Bath for Healing & Relaxation	2	3
4 9:15 AM - 10:15 AM All About Pilates	5	6 1:00 PM - 2:30 PM 'Manter' Men's Wellness Group 3:00 PM - 5:00 PM Creative Art for Wellness 5:30 PM - 6:30 PM Menopause Support Group	7 1:00 PM - 3:00 PM Craft & Chat	8	9	10 1:30 PM - 3:30 PM Board Games
11 9:15 AM - 10:15 AM All About Pilates	12	13 1:00 PM - 2:30 PM 'Manter' Men's Wellness Group 3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group	14 1:00 PM - 3:00 PM Craft & Chat	15 6:00 PM - 7:30 PM Shutterbugs- Photography Club	16	17
18 9:15 AM - 10:15 AM All About Pilates 12:30 PM - 2:30 PM Soup & Chat Dementia Cafe & Advice Service	19	20 1:00 PM - 2:30 PM 'Manter' Men's Wellness Group 3:00 PM - 5:00 PM Creative Art for Wellness 5:30 PM - 6:30 PM Menopause Support Group	21 1:00 PM - 3:00 PM Craft & Chat	22	23	24 1:30 PM - 3:30 PM Board Games
25	26	27 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 WellRead Book Club	28 1:00 PM - 3:00 PM Craft & Chat 7:00 PM - 8:00 PM Sound Bath for Healing & Relaxation	29 1:30 PM - 2:30 PM Sound Bath for Healing & Relaxation 6:00 PM - 7:30 PM Shutterbugs- Photography Club	30	31
Sep 1	2	<p>High Church Wynd Yarm TS15 9BQ</p> <p>07732 395 441 yarmwellness@gmail.com www.yarmwellness.co.uk</p> <p>Yarm Wellness is a registered charity 1197256</p>				



Session Provider Contact Details

Yarm Wellness Give Back & Isolation Partnerships [Drop In - no charge except *]		
Creative Art for Wellness * * £2 suggested donation	Coffee, Cake & Chat	Craft & Chat [Pre Book]
Parent & Toddler Playgroup * * £1 per child suggested donation	Veteran's Breakfast	Sunday Board Games * * £2 suggested donation
Shutterbugs- Photo Club * * £2 suggested donation	Yarm Wellness High Church Wynd Yarm TS15 9BQ yarmwellness@gmail.com www.yarmwellness.co.uk	Wellness Walk
WellRead Book Club * * £2 charge to provider Suzi Hunton pidwigeon@aol.com	Kalma Minds Teen Yoga * * £2 suggested donation Kalma Life - Lisa Aaron 07427 945 855 lisa@teesside.kalmalifeuk.co.uk	Menopause Support Group Suzanne Barbour 07388 908 168
'Manter' Men's Wellness Group Roy Willis roywillis@icloud.com	Yarm Wellness Community Choir * * £3 suggested donation Tees Valley Music Service - 01642 603 600 TVRYork@tvms.org.uk	Yarm Lunch Club [Pre Book *] * charge set by provider Carol Hyde & Debs Batley yarmlunchclub@gmail.com www.facebook.com/yarmlunchclub
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 www.allaboutpilates.studio	Gentle Exercise & Relaxation Phillipa McAuley 07989 094 235 sadbergehealing@gmail.com www.sadbergehealing.co.uk	
Sound Bath Deep Relaxation Yoga for Mid-Life & Beyond Susan Lodge 07984 693 539 yogasusanlodge@outlook.com www.yogaviveka.uk	Kalma Baby Yoga Family Yoga with TDLS Kalma Minds Junior Kalma Life - Lisa Aaron 07427 945 855 lisa@teesside.kalmalifeuk.co.uk	
Zumba NEmotion - Zubaidah Moore 07871 331 894 zubaidah@ne-motion.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@gmail.com	Sound Bath for Healing & Relaxation Trulyred Sound Healing- Emily Treadgold 07747 561 917 trulyredsoundhealing@gmail.com	
<div><div><p><i>We are the community supporting the community by inspiring hope and positive well-being through community led activities</i></p><div><div>yarmwellness</div><div>wellnessyarm</div></div><div><p><i>Yarm Wellness is a registered charity 1197256</i></p></div></div></div>		