



What's on @ Yarm Wellness

August 2026

Drop in Sessions

Pre Book Sessions
See Provider Contact
Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	Jul 31	1	2
3	4	5	6	7	8	9
9:15 AM - 10:15 AM All About Pilates	6:00 PM - 7:00 PM Yoga and Relaxation	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	1:00 PM - 3:00 PM Craft & Chat			1:30 PM - 3:30 PM Board Games
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	7:30 PM - 8:30 PM Flourish Finding You	3:00 PM - 5:00 PM Creative Art for Wellness	6:00 PM - 7:00 PM Neurodiverse Family Network			
1:00 PM - 3:00 PM Stoma Support Group			7:30 PM - 8:30 PM Vibe Dance Fitness			
4:00 PM - 5:00 PM Diva Dots Dance						
10	11	12	13	14	15	16
9:15 AM - 10:15 AM All About Pilates	7:30 PM - 9:30 PM InkWell Writing Group	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	1:00 PM - 3:00 PM Craft & Chat	6:00 PM - 7:30 PM Shutterbugs- Photography Club		
10:45 AM - 12:15 PM Gentle Exercise & Relaxation		3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group	7:30 PM - 8:30 PM Vibe Dance Fitness			
4:00 PM - 5:00 PM Diva Dots Dance						
17	18	19	20	21	22	23
9:15 AM - 10:15 AM All About Pilates	2:30 PM - 4:30 PM Yoga for Cancer relaxing Mini Retreat	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	1:00 PM - 3:00 PM Craft & Chat			1:30 PM - 3:30 PM Board Games
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	7:30 PM - 8:30 PM Flourish Finding You	3:00 PM - 5:00 PM Creative Art for Wellness	7:30 PM - 8:30 PM Vibe Dance Fitness			
12:30 PM - 2:30 PM Soup & Chat Dementia Cafe & Advice Service		7:00 PM - 8:00 PM Sound Bath for Healing & Relaxation				
4:00 PM - 5:00 PM Diva Dots Dance						
24	25	26	27	28	29	30
9:15 AM - 10:15 AM All About Pilates	11:45 AM - 1:15 PM Red Balloons Walk & Talk	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	1:00 PM - 3:00 PM Craft & Chat	6:00 PM - 7:30 PM Shutterbugs- Photography Club		
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	7:30 PM - 8:30 PM Flourish Finding You	3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group	7:30 PM - 8:30 PM Vibe Dance Fitness			
4:00 PM - 5:00 PM Diva Dots Dance		7:00 PM - 8:00 PM WellRead Book Club				
31	Sep 1	 yarmwellness  wellnessyarm High Church Wynd Yarm TS15 9BQ 07935 343 372 yarmwellness@gmail.com www.yarmwellness.co.uk 				

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
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
Neurodiverse Family Network Interactive session for SEN families Danielle Richards 07766 627 467	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	
<i>We are the community supporting the community by inspiring hope and positive well-being through community led activities</i>		 yarmwellness  wellnessyarm  <i>Yarm Wellness is a registered charity 1197256</i>