What's on @ Yarm Wellness
October 2025

Drop in Sessions

Pre Book Sessions See Provider Contact Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	Sep 30	1 **10:00 AM - 11:00 AM** Kalma Family Yoga with TDLS **11:15 AM - 12:15 PM** Kalma Baby Yoga **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 **7:00 PM - 8:00 PM** Stress Less, Live More	2 **10:00 AM - 11:15 AM** Yoga for Mid-Life & Beyond **1:00 PM - 3:00 PM** Craft & Chat	3 **9:30 AM - 11:00 AM** Parent & Toddler Playgroup **1:30 PM - 2:30 PM** Sound Bath for Healing & Relaxation **3:30 PM - 5:30 PM** Yarm Wellness Community Choir	4	5 **1:30 PM - 3:30 PM** Board Games
6 **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 - 6:30 PM** Yoga with Nicky	7 **10:00 AM - 11:30 AM** Veteran's Breakfast **1:30 PM - 3:00 PM** Coffee, Cake & Company **6:00 PM - 7:00 PM** Yoga and Relaxation	8 **10:00 AM - 11:00 AM** Kalma Family Yoga with TDLS **11:15 AM - 12:15 PM** Kalma Baby Yoga **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** Stress Less, Live More	9 **10:00 AM - 11:15 AM** Yoga for Mid-Life & Beyond **1:00 PM - 3:00 PM** Craft & Chat	10 **9:30 AM - 11:00 AM** Parent & Toddler Playgroup **1:30 PM - 2:30 PM** Sound Bath for Healing & Relaxation **3:30 PM - 5:30 PM** Yarm Wellness Community Choir **6:00 PM - 7:30 PM** Shutterbugs- Photography Club	11	12
13 **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 - 6:30 PM** Yoga with Nicky	14 **12:00 PM - 1:00 PM** Yarm Lunch Club **6:00 PM - 7:00 PM** Yoga and Relaxation	15 **10:00 AM - 11:00 AM** Kalma Family Yoga with TDLS **11:15 AM - 12:15 PM** Kalma Baby Yoga **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 **7:00 PM - 8:00 PM** Stress Less, Live More	16 **CLOSED FOR YARM FAIR** 	17	18	19 **1:30 PM - 3:30 PM** Board Games
20 **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 - 6:30 PM** Yoga with Nicky	21 **10:00 AM - 11:30 AM** Veteran's Breakfast **11:45 AM - 1:15 PM** Wellness Walk **1:30 PM - 3:00 PM** Coffee, Cake & Company **6:00 PM - 7:00 PM** Yoga and Relaxation **7:30 PM - 9:30 PM** InkWell Writing Group	22 **10:00 AM - 11:00 AM** Kalma Family Yoga with TDLS **11:15 AM - 12:15 PM** Kalma Baby Yoga **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** Stress Less, Live More	23 **10:00 AM - 11:15 AM** Yoga for Mid-Life & Beyond **1:00 PM - 3:00 PM** Craft & Chat **7:00 PM - 8:00 PM** Sound Bath for Healing & Relaxation	24 **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	25 **9:15 AM - 10:15 AM** Kalma Minds Junior **10:30 AM - 11:30 AM** Kalma Minds Teen Yoga	26
27 **9:15 AM - 10:15 AM** All About Pilates **4:00 PM - 5:00 PM** Diva Dots Dance **5:30 PM - 6:30 PM** Yoga with Nicky	28 **12:00 PM - 1:00 PM** Yarm Lunch Club	29 **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 **7:00 PM - 8:00 PM** WellRead Book Club	30 **10:00 AM - 11:15 AM** Yoga for Mid-Life & Beyond **1:00 PM - 3:00 PM** Craft & Chat	31	**Yarm Wellness** High Church Wynd Yarm TS15 9BQ 07732 395 441 yarmwellness@gmail.com www.yarmwellness.co.uk yarmwellness wellnessyarm	

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*

Wellness Walk

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

Kalma Minds Teen Yoga *
** £2 suggested donation*
Kalma Life - Philippa Home
07399 098 651
philippa@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

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

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 - Philippa 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
Trulyred Sound Healing- Emily Treadgold
07747 561 917
trulyredsoundhealing@gmail.com

InkWell Writing Group
Suzanne Hunton
pidwigeon@aol.com

Stress Less, Live More
Jo Fawell- JoVivi Consultancy and Coaching
yarmwellness@gmail.com / hello@jovivi.co.uk

We are the community

yarmwellness
wellnessyarm

Yarm Wellness is a registered charity 1197256