



What's on @ Yarm Wellness

April 2026

Drop in Sessions
Pre Book Sessions
See Provider Contact
Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	Mar 31	1	2	3	4	5
		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	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond 1:00 PM - 3:00 PM Craft & Chat			1:30 PM - 3:30 PM Board Games
6	7	8	9	10	11	12
	9:30 AM - 11:00 AM Veteran's Breakfast 1:30 PM - 3:00 PM Coffee, Cake & Company 7:30 PM - 8:30 PM Flourish Finding You	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	1:00 PM - 3:00 PM Craft & Chat	6:00 PM - 7:30 PM Shutterbugs-Photography Club		
13	14	15	16	17	18	19
9:15 AM - 10:15 AM All About Pilates 1:00 PM - 3:00 PM Chess Club 4:00 PM - 5:00 PM Diva Dots Dance	12:00 PM - 1:00 PM Yarm Lunch Club 2:30 PM - 4:30 PM Yoga for Cancer relaxing Mini Retreat 7:30 PM - 9:30 PM InkWell Writing Group	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	1:00 PM - 3:00 PM Craft & Chat			1:30 PM - 3:30 PM Board Games
20	21	22	23	24	25	26
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	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	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group 3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond 1:00 PM - 3:00 PM Craft & Chat	9:30 AM - 11:00 AM Parent & Toddler Playgroup 11:30 AM - 12:30 PM Pamper & Chat 3:30 PM - 5:30 PM Yarm Wellness Community Choir 6:00 PM - 7:30 PM Shutterbugs-Photography Club		9:45 AM - 11:00 AM Yoga with Nicky 11:00 AM - 1:30 PM Restore and Relax: Yoga and Soundbath Retreat
27	28	29	30	Yarm Wellness High Church Wynd Yarm TS15 9BQ yarmwellness@gmail.com www.yarmwellness.co.uk  yarmwellness  wellnessyarm 		
9:15 AM - 10:15 AM All About Pilates 10:45 AM - 12:15 PM Gentle Exercise & Relaxation 1:00 PM - 3:00 PM Chess Club 4:00 PM - 5:00 PM Diva Dots Dance	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	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	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond 1:00 PM - 3:00 PM Craft & Chat			

Yarm Wellness Give Back & Isolation Partnerships [Drop In - no charge except *]		
Creative Art for Wellness * <i>* £2 suggested donation</i> Parent & Toddler Playgroup * <i>* £1 per child suggested donation</i> Shutterbugs- Photo Club * <i>* £2 suggested donation</i> Chess Club* <i>* £2 suggested donation</i>	Coffee, Cake & Chat Veteran's Breakfast Yarm Wellness High Church Wynd yarmwellness@gmail.com Yarm TS15 9BQ www.yarmwellness.co.uk	Craft & Chat [Pre Book] Sunday Board Games * <i>* £2 suggested donation</i> Wellness Walk Gardening Group
WellRead Book Club * <i>* £2 charge to provider</i> Suzi Hunton pidwigeon@aol.com	Yarm Wellness Community Choir * <i>* £3 suggested donation</i> 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 *] <i>* charge set by provider</i> Carol Hyde & Debs Batley yarlunchclub@gmail.com www.facebook.com/yarlunchclub
Flourish Finding You [Pre Book] Wellbeing & Fitness session for girls, 8- 18 years old Karina Rose karinarose90@googlemail.com	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 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	Yoga with Nicky Restore & Relax Dragonfly Yoga - Nicky Skinner 07398 757 262 dragonflyyoga1@outlook.com	
Diva Dots Dance Diva Dance- Rachael Bramley 07908 253 298 rbrunton83@yahoo.co.uk	Sound Bath for Healing & Relaxation Trulyred Sound Healing- Emily Treadgold 07747 561 917 trulyredsoundhealing@gmail.com	
Yoga and Relaxation Your Yoga Journey- Claire Lloyd 07734 858 485 claire230582@googlemail.com	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>