





# What's on @ Yarm Wellness

## January 2026

Drop in Sessions

Pre Book Sessions  
See Provider Contact  
Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	Dec 31	1	2	3	4
						9:30 AM - 11:00 AM Gardening Group
5	6	7	8	9	10	11
9:15 AM - 10:15 AM All About Pilates	12:00 PM - 1:00 PM Yarm Lunch Club	10:00 AM - 11:00 AM Kalma Family Yoga with TDLS	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		9:30 AM - 11:00 AM Gardening Group
4:00 PM - 5:00 PM Dots Dance	6:00 PM - 7:00 PM Yoga and Relaxation	11:15 AM - 12:15 PM Kalma Baby Yoga	1:00 PM - 3:00 PM Craft & Chat	1:30 PM - 2:30 PM Sound Bath for Healing & Relaxation		1:30 PM - 3:30 PM Board Games
5:30 PM - 6:30 PM Yoga with Nicky		1:00 PM - 2:30 PM 'Manter' Men's Wellness Group		3:30 PM - 5:30 PM Yarm Wellness Community Choir		
6:30 PM - 7:30 PM Yoga with Nicky		3:00 PM - 5:00 PM Creative Art for Wellness				
		5:30 PM - 6:30 PM Menopause Support Group				
12	13	14	15	16	17	18
9:15 AM - 10:15 AM All About Pilates	10:00 AM - 11:30 AM Veteran's Breakfast	10:00 AM - 11:00 AM Kalma Family Yoga with TDLS	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		9:30 AM - 11:00 AM Gardening Group
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	1:30 PM - 3:00 PM Coffee, Cake & Company	11:15 AM - 12:15 PM Kalma Baby Yoga	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
4:00 PM - 5:00 PM Dots Dance	6:00 PM - 7:00 PM Yoga and Relaxation	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group		6:00 PM - 7:30 PM Shutterbugs- Photography Club		
5:30 PM - 6:30 PM Yoga with Nicky	7:30 PM - 9:30 PM InkWell Writing Group	3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group				
6:30 PM - 7:30 PM Yoga with Nicky						
19	20	21	22	23	24	25
9:15 AM - 10:15 AM All About Pilates	12:00 PM - 1:00 PM Yarm Lunch Club	10:00 AM - 11:00 AM Kalma Family Yoga with TDLS	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup	9:30 AM - 10:15 AM Kalma Minds Junior	9:30 AM - 11:00 AM Gardening Group
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	6:00 PM - 7:00 PM Yoga and Relaxation	11:15 AM - 12:15 PM Kalma Baby Yoga		3:30 PM - 5:30 PM Yarm Wellness Community Choir	10:30 AM - 11:15 AM Kalma Minds Junior	1:30 PM - 3:30 PM Board Games
12:30 PM - 2:30 PM Soup & Chat Dementia Cafe & Advice Service		1:00 PM - 2:30 PM 'Manter' Men's Wellness Group				
4:00 PM - 5:00 PM Dots Dance		3:00 PM - 5:00 PM Creative Art for Wellness				
5:30 PM - 6:30 PM Yoga with Nicky		5:30 PM - 6:30 PM Menopause Support Group				
6:30 PM - 7:30 PM Yoga with Nicky						
26	27	28	29	30	<b>Yarm Wellness</b> High Church Wynd Yarm TS15 9BQ  <a href="mailto:yarmwellness@gmail.com">yarmwellness@gmail.com</a> <a href="http://www.yarmwellness.co.uk">www.yarmwellness.co.uk</a>   <a href="https://www.facebook.com/yarmwellness">yarmwellness</a>  <a href="https://www.instagram.com/wellnessyarm">wellnessyarm</a>	
9:15 AM - 10:15 AM All About Pilates	10:00 AM - 11:30 AM Veteran's Breakfast	10:00 AM - 11:00 AM Kalma Family Yoga with TDLS	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	11:45 AM - 1:15 PM Wellness Walk	11:15 AM - 12:15 PM Kalma Baby Yoga	7:00 PM - 8:00 PM Sound Bath for Healing & Relaxation	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
4:00 PM - 5:00 PM Dots Dance	1:30 PM - 3:00 PM Coffee, Cake & Company	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group		6:00 PM - 7:30 PM Shutterbugs- Photography Club		
5:30 PM - 6:30 PM Yoga with Nicky	6:00 PM - 7:00 PM Yoga and Relaxation	3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group				
6:30 PM - 7:30 PM Yoga with Nicky		7:00 PM - 8:00 PM WellRead Book Club				

Yarm Wellness Give Back & Isolation Partnerships [Drop In - no charge except *]		
<b>Creative Art for Wellness *</b> * £2 suggested donation <b>Parent &amp; Toddler Playgroup *</b> * £1 per child suggested donation <b>Shutterbugs- Photo Club *</b> * £2 suggested donation	<b>Coffee, Cake &amp; Chat</b>  <b>Veteran's Breakfast</b>  <b>Yarm Wellness</b> High Church Wynd Yarm TS15 9BQ <a href="mailto:yarmwellness@gmail.com">yarmwellness@gmail.com</a> <a href="http://www.yarmwellness.co.uk">www.yarmwellness.co.uk</a>	<b>Craft &amp; Chat [Pre Book]</b> <b>Sunday Board Games *</b> * £2 suggested donation  <b>Wellness Walk</b> <b>Gardening Group</b>
<b>WellRead Book Club *</b> * £2 charge to provider Suzi Hunton <a href="mailto:pidwigeon@aol.com">pidwigeon@aol.com</a>	<b>Yarm Wellness Community Choir *</b> * £3 suggested donation Tees Valley Music Service - 01642 603 600 <a href="mailto:TVRYork@tvms.org.uk">TVRYork@tvms.org.uk</a>	<b>Menopause Support Group</b> Suzanne Barbour 07388 908 168
<b>'Manter' Men's Wellness Group</b> Roy Willis <a href="mailto:roywillis@icloud.com">roywillis@icloud.com</a>		<b>Yarm Lunch Club [Pre Book *]</b> * charge set by provider Carol Hyde & Debs Batley <a href="mailto:yarlunchclub@gmail.com">yarlunchclub@gmail.com</a> <a href="http://www.facebook.com/yarlunchclub">www.facebook.com/yarlunchclub</a>
Charity Partnerships [Drop In - No Charge]		
<b>Soup &amp; Chat Dementia Café &amp; Advice Service</b> (For those with Dementia and their friends) Teesside Dementia Link Services (TDLS)  07722 958 610 <a href="mailto:tdls2016@virginmedia.com">tdls2016@virginmedia.com</a> <a href="http://tdls2016.org">tdls2016.org</a>	<b>Red Balloons Women's Peer Support</b>  Kylie Terry 07871 658 157 <a href="mailto:kylie@redballoons.co.uk">kylie@redballoons.co.uk</a> 	
Mind & Body Workshops [Pre Book - charges set by provider]		
<b>All about Pilates</b> Joanna Gibson 07572 539 213 <a href="mailto:allaboutpilates@hotmail.com">allaboutpilates@hotmail.com</a>	<b>Gentle Exercise &amp; Relaxation</b> Phillipa McAuley 07989 094 235 <a href="mailto:sadbergehealing@gmail.com">sadbergehealing@gmail.com</a> <a href="http://www.sadbergehealing.co.uk">www.sadbergehealing.co.uk</a>	
<b>Yoga for Mid-Life &amp; Beyond</b> <b>Chair Yoga</b> Susan Lodge 07984 693 539 <a href="mailto:yogasusanlodge@outlook.com">yogasusanlodge@outlook.com</a> <a href="http://www.yogaviveka.uk">www.yogaviveka.uk</a>	<b>Kalma Baby Yoga</b> <b>Family Yoga with TDLS</b> <b>Kalma Minds Junior</b> Kalma Life - Philippa Home 07399 098 651 <a href="mailto:philippa@teesside.kalmalifeuk.co.uk">philippa@teesside.kalmalifeuk.co.uk</a>	
<b>Diva Dots Dance</b> Diva Dance- Rachael Bramley 07908 253 298 <a href="mailto:rbrunton83@yahoo.co.uk">rbrunton83@yahoo.co.uk</a>	<b>Yoga with Nicky/ Gentle Yoga for Beginners</b> Dragonfly Yoga - Nicky Skinner 07398 757 262 <a href="mailto:dragonflyyoga1@outlook.com">dragonflyyoga1@outlook.com</a>	
<b>Yoga and Relaxation</b> Your Yoga Journey- Claire Lloyd 07734 858 485 <a href="mailto:claire230582@googlemail.com">claire230582@googlemail.com</a>	<b>Sound Bath for Healing &amp; Relaxation</b> <b>Sound Bath &amp; Yoga</b> Trulyred Sound Healing- Emily Treadgold 07747 561 917 <a href="mailto:trulyredsoundhealing@gmail.com">trulyredsoundhealing@gmail.com</a>	
<b>InkWell Writing Group</b> Suzanne Hunton <a href="mailto:pidwigeon@aol.com">pidwigeon@aol.com</a>		
<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><div></div><div><div>yarmwellness</div><div>wellnessyarm</div></div></div><div><p>Yarm Wellness is a registered charity 1197256</p></div></div>		