










What's on @ Yarm Wellness

April 2024

Drop in Sessions
Pre Book Sessions
See Provider Contact
Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>5:15 PM - 6:15 PM Yoga for Cancer</p> <p>6:30 PM - 7:30 PM Yoga with Nicky</p>	<p>2</p> <p>4:45 PM - 5:45 PM Menopause Support Group</p>	<p>3</p> <p>1:00 PM - 2:30 PM 'Manter' Men's Wellness Group</p> <p>3:00 PM - 5:00 PM Creative Art for Wellness</p> <p>6:00 PM - 7:00 PM Breaking Waves</p>	<p>4</p> <p>10:00 AM - 11:00 AM Yoga for Mid-Life & Beyond</p> <p>1:15 PM - 3:15 PM Craft & Chat</p> <p>4:30 PM - 6:00 PM It's OK Cafe (Bereavement Support Group)</p>	<p>5</p> <p>9:30 AM - 11:00 AM Toddler Playgroup</p> <p>1:00 PM - 3:00 PM Ear Acupuncture</p> <p>6:00 PM - 7:00 PM Mens-hed (Men's Mental Health)</p>	<p>6</p>	<p>7</p> <p>2:00 PM - 4:00 PM Sunday Games Session</p>
<p>8</p> <p>9:15 AM - 10:15 AM Pilates</p> <p>11:00 AM - 12:00 PM Gentle Exercise & Relaxation</p> <p>5:15 PM - 6:15 PM Yoga for Cancer</p> <p>6:30 PM - 7:30 PM Yoga with Nicky</p>	<p>9</p> <p>10:00 AM - 11:30 AM Veteran's Breakfast</p> <p>1:30 PM - 3:30 PM Coffee, Cake & Company</p>	<p>10</p> <p>1:00 PM - 2:30 PM 'Manter' Men's Wellness Group</p> <p>3:30 PM - 4:45 PM Red Balloons Women's Mental Health</p>	<p>11</p> <p>10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond</p> <p>11:30 AM - 12:30 PM Sound Bath Deep Relaxation</p> <p>1:15 PM - 3:15 PM Craft & Chat</p> <p>7:00 PM - 7:45 PM Zumba</p>	<p>12</p> <p>9:30 AM - 11:00 AM Toddler Playgroup</p> <p>6:00 PM - 7:00 PM Mens-hed (Men's Mental Health)</p>	<p>13</p>	<p>14</p>
<p>15</p> <p>9:15 AM - 10:15 AM Pilates</p> <p>11:00 AM - 12:00 PM Gentle Exercise & Relaxation</p> <p>12:30 PM - 2:30 PM Soup & Chat Dementia Cafe & Advice Service</p>	<p>16</p> <p>4:45 PM - 5:45 PM Menopause Support Group</p> <p>6:00 PM - 7:00 PM Yoga & Relaxation</p> <p>7:15 PM - 9:15 PM Knock Out Depression</p>	<p>17</p> <p>10:45 AM - 11:30 AM Family Yoga with TDLS</p> <p>11:45 AM - 12:30 PM Kalma Baby Massage</p> <p>1:00 PM - 2:30 PM 'Manter' Men's Wellness Group</p> <p>3:00 PM - 5:00 PM Creative Art for Wellness</p>	<p>18</p> <p>10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond</p> <p>1:15 PM - 3:15 PM Craft & Chat</p> <p>6:00 PM - 6:50 PM Yoga & Relaxation</p> <p>7:00 PM - 7:45 PM Zumba</p>	<p>19</p> <p>9:30 AM - 11:00 AM Toddler Playgroup</p> <p>3:30 PM - 5:30 PM Yarm Wellness Community Choir</p> <p>6:00 PM - 7:30 PM Mens-hed (Men's Mental Health)</p>	<p>20</p> <p>9:30 AM - 10:15 AM Kalma Minds Junior</p> <p>10:30 AM - 11:15 AM Kalma Minds Teen Yoga</p> <p>4:00 PM - 6:30 PM Cacao ceremony with breathwork and meditation</p>	<p>21</p> <p>2:00 PM - 4:00 PM Sunday Games Session</p>
<p>22</p> <p>9:15 AM - 10:15 AM Pilates</p> <p>11:00 AM - 12:00 PM Gentle Exercise & Relaxation</p> <p>5:15 PM - 6:15 PM Yoga for Cancer</p> <p>6:30 PM - 7:30 PM Yoga with Nicky</p>	<p>23</p> <p>10:00 AM - 11:30 AM Veteran's Breakfast</p> <p>11:45 AM - 2:15 PM Wellness Walk</p> <p>1:30 PM - 3:30 PM Coffee, Cake & Chat</p> <p>6:00 PM - 7:00 PM Yoga & Relaxation</p> <p>7:15 PM - 9:15 PM Knock Out Depression</p>	<p>24</p> <p>10:45 AM - 11:30 AM Family Yoga with TDLS</p> <p>11:45 AM - 12:30 PM Kalma Baby Massage</p> <p>1:00 PM - 2:30 PM 'Manter' Men's Wellness Group</p> <p>3:30 PM - 4:45 PM Red Balloons Women's Mental Health</p> <p>7:00 PM - 8:00 PM WellRead Book Club</p>	<p>25</p> <p>10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond</p> <p>11:45 AM - 12:45 PM Crochet Club</p> <p>1:15 PM - 3:15 PM Craft & Chat</p> <p>6:00 PM - 6:50 PM Yoga & Relaxation</p> <p>7:00 PM - 7:45 PM Zumba</p>	<p>26</p> <p>9:30 AM - 11:00 AM Toddler Playgroup</p> <p>3:30 PM - 5:30 PM Yarm Wellness Community Choir</p> <p>6:00 PM - 7:30 PM Mens-hed (Men's Mental Health)</p>	<p>27</p> <p>9:30 AM - 10:15 AM Kalma Minds Junior</p> <p>10:30 AM - 11:15 AM Kalma Minds Teen Yoga</p>	<p>28</p> <p>10:00 AM - 12:00 PM Ear Acupuncture</p>
<p>29</p> <p>9:15 AM - 10:15 AM Pilates</p> <p>11:00 AM - 12:00 PM Gentle Exercise & Relaxation</p> <p>5:15 PM - 6:15 PM Yoga for Cancer</p> <p>6:30 PM - 7:30 PM Yoga with Nicky</p>	<p>30</p> <p>4:45 PM - 5:45 PM Menopause Support Group</p> <p>6:00 PM - 7:00 PM Yoga & Relaxation</p> <p>7:15 PM - 9:15 PM Knock Out Depression</p>	<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> <p>Printed 22 March 2024</p>				



Yarm Wellness Give Back & Isolation Partnerships [Drop In - no charge except *]		
<p>'Creative Art for Wellness' *</p> <p>* £2 suggested donation</p> <p>Toddler Playgroup *</p> <p>* £1 per child suggested donation</p>	<p>Coffee, Cake & Company</p> <p>Crochet Club</p> <p>It's OK Café (Bereavement Support Group)</p> <p>Yarm Wellness</p> <p>High Church Wynd 07732 395 441 Yarm TS15 9BQ yarmwellness@gmail.com www.yarmwellness.co.uk</p>	<p>Craft & Chat [Pre Book]</p> <p>Games Group *</p> <p>* £2 suggested donation</p> <p>Veteran's Breakfast</p> <p>Wellness Walk</p>
<p>Book Club *</p> <p>* £2 charge to provider</p> <p>Suzi Hunton pidwigeon@aol.com</p>	<p>Kalma Minds Teen Yoga *</p> <p>* £2 suggested donation</p> <p>Kalma Life - Lisa Aaron 07427 945 855 lisa@teesside.kalmalifeuk.co.uk</p>	<p>Menopause Support Group</p> <p>Suzanne Barbour 07388 908 168</p>
<p>'Manter' Men's Wellness Group</p> <p>Roy Willis roywillis@icloud.com</p>	<p>Knock Out Depression</p> <p>Matthew Williams www.knockoutdepression.co.uk 07885217448</p>	<p>Mens-hed (Men's Mental Health)</p> <p>Nigel Asipa 07514 316 772 menshealth@yarmwellness.co.uk</p>
<p>Lunch Club [Pre Book *]</p> <p>* charge set by provider</p> <p>Carol Hyde & Debs Batley yarmlunchclub@gmail.com www.facebook.com/yarmlunchclub</p>		<p>Yarm Wellness Community Choir *</p> <p>* £3 suggested donation</p> <p>Tees Valley Music Service 01642 603 600 TVRYork@tvms.org.uk</p>
Charity Partnerships [Drop In - No Charge]		
<p>Breaking Waves</p> <p>Connection group for families affected by suicide attempts</p> <p>Suzanne Barbour 07388 908 168 breakingwavescharity@gmail.com</p> 	<p>Yoga for Cancer [Pre Book]</p> <p>Sponsored by Macmillan Cancer Support</p> <p>Dragonfly Yoga - Nicky Skinner 07825 781 877 dragonflyyoga1@outlook.com</p> 	
<p>Soup & Chat Dementia Café & Advice Service</p> <p>Teesside Dementia Link Services (TDLS)</p> <p>07722 958 610 tdls2016@virginmedia.com tdls2016.org</p> 	<p>Red Balloons Women's Mental Health</p> <p>Leigh Trimble 07486 594 499 redballoons.volunteers@gmail.com</p> 	
Mind & Body Workshops [Pre Book - charges set by provider]		
<p>All About Pilates</p> <p>Joanna Gibson 07572 539 213 allaboutpilates@hotmail.com www.allaboutpilates.studio</p>	<p>Gentle Exercise & Relaxation</p> <p>Phillipa McAuley 07989 094 235 sadbergehealing@gmail.com www.sadbergehealing.co.uk</p>	<p>Ear Acupuncture</p> <p>Be Informed - Amanda 7887505627 amanda.beinformed@gmail.com</p>
<p>Sound Bath Deep Relaxation</p> <p>Yoga for Mid-Life & Beyond</p> <p>Susan Lodge 07984 693 539 yogasusanlodge@outlook.com www.yogaviveka.uk</p>		<p>Kalma Baby Massage</p> <p>Kalma Care Family Yoga with TDLS</p> <p>Kalma Minds Junior</p> <p>Kalma Life - Lisa Aaron 07427 945 855 lisa@teesside.kalmalifeuk.co.uk</p>
<p>Yoga & Relaxation</p> <p>Your Yoga Journey - Claire Lloyd 07734 858 485 claire230582@gmail.com</p>		<p>Yoga with Nicky</p> <p>Spring Yoga & Wellbeing Workshop</p> <p>Dragonfly Yoga - Nicky Skinner 07825 781 877 dragonflyyoga1@outlook.com</p>
<p>Zumba</p> <p>Zubaidah Moore 07871 331894 zubaidah@vividance.co.uk www.vividance.co.uk</p>		<p>Cacao Ceremony</p> <p>Shane Cooke Jasper Wellbeing Ltd 07979 967 080 hello@jasperwellbeing.com</p>
<p><i>We are the community supporting the community by inspiring hope and positive well-being through community led activities</i></p>		<p> yarmwellness</p> <p> wellnessyarm</p> <p></p> <p>Yarm Wellness is a registered charity 1197256</p>