

# What's on @ Yarm Wellness January 2025

Drop in Sessions

Pre Book Sessions See Provider Contact Details

D 04	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 31	1	2	3	4	5
			11:45 AM - 1:15 PM	11:00 AM - 2:30 PM	
			Yoga for Cancer	New Beginnings	
				Yoga Retreat	
-			40	44	40
				11	12:00 AM 40:00 PM
					10:00 AM - 12:00 PM
		· ·			Mans-hed Men's Wellness
				-	1:30 PM - 3:30 PM
					Board Games
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	weuness Group	Zunida Fittless			
	3:00 PM - 5:00 PM				
	Creative Art for Wellness				
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				18	19
veteran's Breakfast		_			
1:30 PM - 3:00 PM					
offee, Cake & Company					
			-		
	·		Community Choir		
		Zumba Fitness			
	Peer Support Group				
21	22	22	24	25	26
21	10:30 AM - 11:30 AM	23	24 9:30 AM - 11:00 AM	25	1:30 PM - 3:30 PM
12:00 PM - 1:00 PM	10:30 AM - 11:30 AM	10:00 AM - 11:15 AM	9:30 AM - 11:00 AM	9:30 AM - 10:30 AM	1:30 PM - 3:30 PM
12:00 PM - 1:00 PM Yarm Lunch Club	10:30 AM - 11:30 AM Kalma Family Yoga	<b>10:00 AM - 11:15 AM</b> Yoga for	9:30 AM - 11:00 AM Parent & Toddler		
12:00 PM - 1:00 PM Yarm Lunch Club 5:30 PM - 6:30 PM	10:30 AM - 11:30 AM Kalma Family Yoga with TDLS	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	<b>9:30 AM - 11:00 AM</b> Parent & Toddler Playgroup	9:30 AM - 10:30 AM	1:30 PM - 3:30 PM
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# 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

Coffee, Cake & Chat

**Veteran's Breakfast** 

Craft & Chat [Pre Book] **Sunday Board Games \*** 

\* £2 suggested donation

Wellness Walk

#### **Yarm Wellness**

High Church Wynd

yarmwellness@gmail.com www.yarmwellness.co.uk

Yarm TS15 9BQ

**Menopause Support Group** 

Suzanne Barbour 07388 908 168

'Manter' Men's Wellness Group

WellRead Book Club \*

\* £2 charge to provider

Suzi Hunton

pidwigeon@aol.com

Roy Willis roywillis@icloud.com Kalma Minds Teen Yoga \* £2 suggested donation

Kalma Life - Lisa Aaron 07427 945 855

lisa@teesside.kalmalifeuk.co.uk

Mans-hed (Men's Wellness)

Nigel Asipa 07514 316 772

menshealth@yarmwellness.co.uk

Yarm Lunch Club [Pre Book \*]

\* charge set by provider Carol Hyde & Debs Batley yarmlunchclub@gmail.com www.facebook.com/yarmlunchclub Yarm Wellness Community Choir \*

\* £3 suggested donation Tees Valley Music Service 01642 603 600 TVRYork@tvms.org.uk

# Charity Partnerships [Drop In - No Charge]

#### **Breaking Waves**

Connection group for families affected by suicide attempts

Suzanne Barbour 07388 908 168

breakingwavescharity@gmail.com

Yoga for Cancer [Pre Book]

Sponsored by Middleton One Row Trust

Dragonfly Yoga - Nicky Skinner 07398 757 262

dragonflyyoga1@outlook.com

Soup & Chat Dementia Café & Advice Service

Teesside Dementia Link Services (TDLS)

07722 958 610 tdls2016@virginmedia.com tdls2016.org

It's OK Café (Bereavement Support Group) **Red Balloons Women's Peer Support** 

> Leigh Trimble 07486 594 499

redballoons.volunteers@gmail.com



### Mind & Body Workshops [Pre Book - charges set by provider]

#### **Pilates**

Joanna Gibson 07572 539 213 allaboutpilates@hotmail.com

www.allaboutpilates.studio

**Gentle Exercise & Relaxation** 

Phillipa McAuley 07989 094 235 sadbergehealing@gmail.com www.sadbergehealing.co.uk

Sound Bath Deep Relaxation Yoga for Mid-Life & Beyond

Susan Lodge 07984 693 539 yogasusanlodge@outlook.com www.yogaviveka.uk

Kalma Baby Massage Family Yoga with TDLS Kalma Minds Junior

Kalma Life - Lisa Aaron 07427 945 855 lisa@teesside.kalmalifeuk.co.uk

# Zumba

NEmotion - Zubaidah Moore 07871 331 894 zubaidah@ne-motion.co.uk

#### Yoga with Nicky

Dragonfly Yoga - Nicky Skinner 07398 757 262 dragonflyyoga1@outlook.com

We are the community supporting the community by inspiring hope and positive well-being through community led activities



varmwellness



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Yarm Wellness is a registered charity 1197256