



Yarm Wellness Give Back & Isolation Partnerships [Drop In - no charge except *]

<p>Creative Art for Wellness * * £2 suggested donation</p> <p>Parent & Toddler Playgroup * * £1 per child suggested donation</p>			<p>Coffee, Cake & Chat</p> <p>Veteran's Breakfast</p>			<p>Craft & Chat [Pre Book]</p> <p>Sunday Board Games * * £2 suggested donation</p> <p>Wellness Walk</p>		
<p>Yarm Wellness</p> <p>High Church Wynd yarmwellness@gmail.com Yarm TS15 9BQ www.yarmwellness.co.uk</p>								
<p>WellRead Book Club * * £2 charge to provider Suzi Hunton pidwigeon@aol.com</p>		<p>Kalma Minds Teen Yoga * * £2 suggested donation Kalma Life - Lisa Aaron 07427 945 855 lisa@teesside.kalmalifeuk.co.uk</p>		<p>Menopause Support Group Suzanne Barbour 07388 908 168</p>				
<p>'Manter' Men's Wellness Group Roy Willis roywillis@icloud.com</p>				<p>Mans-hed (Men's Wellness) Nigel Asipa 07514 316 772 menshealth@yarmwellness.co.uk</p>				
<p>Yarm Lunch Club [Pre Book *] * charge set by provider Carol Hyde & Debs Batley yarmlunchclub@gmail.com www.facebook.com/yarmlunchclub</p>			<p>Yarm Wellness Community Choir * * £3 suggested donation Tees Valley Music Service 01642 603 600 TVRYork@tvms.org.uk</p>					

Charity Partnerships [Drop In - No Charge]

<p>Breaking Waves Connection group for families affected by suicide attempts  Suzanne Barbour 07388 908 168 breakingwavescharity@gmail.com</p>		<p>Yoga for Cancer [Pre Book] Sponsored by Middleton One Row Trust Dragonfly Yoga - Nicky Skinner 07398 757 262 dragonflyyoga1@outlook.com</p>	
<p>Soup & Chat Dementia Café & Advice Service Teesside Dementia Link Services (TDLS)  07722 958 610 tdls2016@virginmedia.com tdls2016.org</p>		<p>It's OK Café (Bereavement Support Group) Red Balloons Women's Peer Support Leigh Trimble 07486 594 499 redballoons.volunteers@gmail.com </p>	

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

<p>Pilates Joanna Gibson 07572 539 213 allaboutpilates@hotmail.com www.allaboutpilates.studio</p>		<p>Gentle Exercise & Relaxation Phillipa McAuley 07989 094 235 sadbergehealing@gmail.com www.sadbergehealing.co.uk</p>	
<p>Sound Bath Deep Relaxation Yoga for Mid-Life & Beyond Susan Lodge 07984 693 539 yogasusanlodge@outlook.com www.yogaviveka.uk</p>		<p>Kalma Baby Massage Family Yoga with TDLS Kalma Minds Junior Kalma Life - Lisa Aaron 07427 945 855 lisa@teesside.kalmalifeuk.co.uk</p>	
<p>Zumba NEmotion - Zubaidah Moore 07871 331 894 zubaidah@ne-motion.co.uk</p>		<p>Yoga with Nicky Dragonfly Yoga - Nicky Skinner 07398 757 262 dragonflyyoga1@outlook.com</p>	

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

