

# Wellness Programme at Wesley's

JOIN US

Our mission is to connect individuals through social activities and mindfulness workshops, fostering a sense of community and enhancing overall wellbeing.

## *Walking with Nature* 1st & 3rd Tue (from March)\*

10:30-11:30am

Let's walk to connect, explore, and feel better together in nature. Come join — a journey of serenity and community wellness, one step at a time.



## *Tai Chi (18 Forms)* 2nd, 4th & 5th Tue\*

10.30-11:30am

Tai Chi combines mental focus with physical effort, aiming to enhance strength, flexibility, and mindfulness through the practice. (£5 incl. drink)



## *Bereavement Cafe* 2nd Tue

2:30-4:00pm

You're not alone! Everyone is welcome to access this free, community-led service - whether your loss was recent, or a long time ago.



## *Knit & Natter Group* 2nd & 4th Thur

11:00-12:30pm

Join us for a cosy, creative time! Connect with fellow knitting enthusiasts, share tips, and enjoy lively conversations. All skill levels welcome.



## *Creative Arts Group* 1st & 3rd Thur

2:00-4:00pm

This is for anything creative from art, card making, glass painting, collage, knitting, calligraphy and anything else you would like to join in/fancy bringing along. Tea will be served (contribution appreciated).



## *Board Games* 2nd Fri

2:00-4:00pm

Have a break from screens to encourage social connection, and provide mental stimulation through strategy and problem-solving.



- Please follow / refer to our social media for latest updates



Stay Connected with Wesley's!

For the latest updates and more information, follow Wesley's

Facebook: <https://www.facebook.com/wesleysnewmalDEN/>

Instagram: <https://www.instagram.com/wesleysnewmalDEN/>

Email Lee on [nmmc.wesleys@hotmail.com](mailto:nmmc.wesleys@hotmail.com)



# Wellness Programme at Wesley's

JOIN US

Our mission is to connect individuals through social activities and mindfulness workshops, fostering a sense of community and enhancing overall wellbeing.

## *Walking with Nature* 1st & 3rd Tue (from March)\*

10:30-11:30am

Let's walk to connect, explore, and feel better together in nature. Come join — a journey of serenity and community wellness, one step at a time.



## *Tai Chi (18 Forms)* 2nd, 4th & 5th Tue\*

10.30-11:30am

Tai Chi combines mental focus with physical effort, aiming to enhance strength, flexibility, and mindfulness through the practice. (£5 incl. drink)



## *Bereavement Cafe* 2nd Tue

2:30-4:00pm

You're not alone! Everyone is welcome to access this free, community-led service - whether your loss was recent, or a long time ago.



## *Knit & Natter Group* 2nd & 4th Thur

11:00-12:30pm

Join us for a cosy, creative time! Connect with fellow knitting enthusiasts, share tips, and enjoy lively conversations. All skill levels welcome.



## *Creative Arts Group* 1st & 3rd Thur

2:00-4:00pm

This is for anything creative from art, card making, glass painting, collage, knitting, calligraphy and anything else you would like to join in/fancy bringing along. Tea will be served (contribution appreciated).



## *Board Games* 2nd Fri

2:00-4:00pm

Have a break from screens to encourage social connection, and provide mental stimulation through strategy and problem-solving.



- Please follow / refer to our social media for latest updates



Stay Connected with Wesley's!

For the latest updates and more information, follow Wesley's

Facebook: <https://www.facebook.com/wesleysnewmalDEN/>

Instagram: <https://www.instagram.com/wesleysnewmalDEN/>

Email Lee on [nmmc.wesleys@hotmail.com](mailto:nmmc.wesleys@hotmail.com)

