

Wellness Programme at Wesley's

JOIN US

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

2024

Walking with Nature 1st & 3rd Tuesday

10:30-11:30am

Join us for a serene stroll in nature, connecting, exploring, and feeling better together. Step into wellness with us!



Tai Chi (18 Forms) 2nd, 4th Tuesday

10.30-11.30am

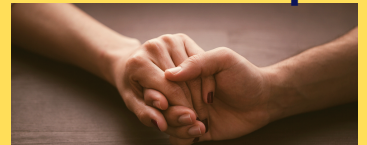
Tai Chi Qigong blends mental focus and physical movement, aiming to boost strength, flexibility, and mindfulness in its practice. £5 contribution drink incl'd.



Bereavement Cafe 2nd Tuesday

2:30-4:00pm

You're not alone! Everyone is invited to access this free, community-led service, no matter when you experienced loss.



Knit & Natter Group 2nd & 4th Thursday

11:00-12:30pm

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



Creative Arts Group 1st & 3rd Thursday

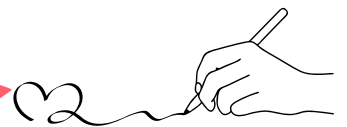
2:00-4:00pm

Join us for a creative session! Whether it's art, card making, knitting, or anything else you enjoy, feel free to join us.



Writers Workshop Friday Morning

Refine your craft and share insights at our writers workshop.



Board Games 2nd Friday

2:00-4:00pm

Take a screen break for social connection and mental stimulation with strategy and problem-solving.



• Please follow us on facebook or check our events calendar online for any changes/ latest information



Stay Connected with Wesley's Community Hub!

www.newmaldenmethodistchurch.com

Email Lee on nmmc.wesleys@hotmail.com



Updated by Lee April 24