

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)*

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.

10:30-11:30am



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

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

10.30-11:30am



Bereavement Cafe 2nd Tue

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

2:30-4:00pm



Knit & Natter Group 2nd & 4th Thur

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

11:00-12:30pm



Creative Arts Group 1st & 3rd Thur

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).

2:00-4:00pm



Board Games 2nd Fri

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

2:00-4:00pm



- 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



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