

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

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

10:30-11:30am



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

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

10.30-11:30am



Bereavement Cafe 2nd Tuesday

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

2:30-4:00pm



Knit & Natter Group 2nd & 4th Thursday

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

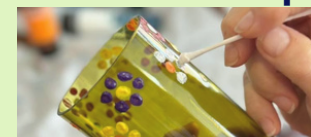
11:00-12:30pm



Creative Arts Group 1st & 3rd Thursday

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

2:00-4:00pm



NEW - Short Tennis Thursday (check the date)

Short Tennis, with a small court and lightweight racket, is ideal for older adults who prefer less running.

1:00-3:00pm



Board Games 2nd Friday

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

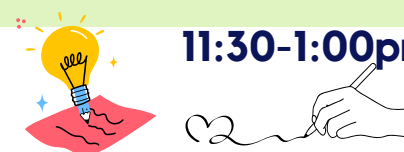
2:00-4:00pm



Writers Workshop Every Friday

Refine your craft and share insights at our writers workshop.

11:30-1:00pm



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



Stay Connected with Wesley's Community Hub for latest!

<https://www.newmaldenmethodistchurch.com/Calendar>

Contact: Lee on nmcc.wesleys@hotmail.com



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