

### HEALTH & WELLBEING TIMETABLE (Final) FEB – DEC 2021

DATE(S)	TIME(S)	ACTIVITY	FACILITATOR (Claire OM, has contact details)	LOCATION	COST £
Thursday 14 Jan	6 pm-7.30 pm	Getting Together After Xmas	Louisa Taylor	Zoom / Teams	
Thursday 28 Jan	6 pm-7.30 pm		To be replaced with 22 March session by Debbie (Fight ED)	Zoom	
Thursday 11 Feb	6 pm-7.30 pm	Positive coping methods for dealing with stress and anxiety	Louisa Taylor	Zoom	
Thursday 25 Feb	6 pm-7.30 pm	Mindful Mark-Making and Mandalas	Veronica Rowland	Zoom	
Thursday 11 Mar	6 pm-7.30 pm	Kindness vs Niceness	Sara Sarita Lourenco	Zoom	
Thursday 25 Mar	6 pm-7.30 pm	Body Image	Sara Sarita Lourenco	Zoom	
Thursday 8 Apr	6 pm-7.30 pm	Trauma based Yoga	Sally Roach	Zoom	
Thursday 22 Apr	6 pm-7.30 pm	Relaxation Yoga Nida	Rachal Rafiefar	Zoom	

Thursday 6 May	6 pm-7.30 pm	Self-Worth, Self Esteem and Perfectionism	Louisa Taylor	Zoom	
Thursday 20 May	6 pm-7.30 pm	Self-compassion	Louisa Taylor	Zoom	
Thursday 10 Jun	6 pm-7.30 pm	Mindful Art Workshop	Veronica Rowland	Zoom	

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Thursday 24 Jun	6 pm-7.30 pm	Embodied self-awareness/ mindful movement	Sally Roach	Zoom / Teams	
Thursday 8 Jul	6 pm-7.30 pm	Mind calm session and Emotional Freedom Technique	Silvia Mather		
Thursday 22 Jul	6 pm-7.30 pm	Being true to yourself. Relationships and boundaries	Sarah Seed		
Thursday 12 Aug	6 pm-7.30 pm	Food and Mood	Layla Priest Tyneside Women's Centre		

Thursday 26 Aug	6 pm-7.30 pm	Distress Tolerance	Layla Priest Tyneside Women's Centre		
Thursday 9 Sep	6 pm-7.30 pm	Working with The Inner Critic	Sarah Radd		
Thursday 23 Sep	6 pm-7.30 pm	Using the power of The Inner Coach	Sarah Radd		
Thursday 7 Oct	6 pm-7.30 pm	Dare to Dream How you would like your life to be?	Sara Seed		
Thursday 21 Oct	6 pm-7.30 pm	*****to be arranged			
Thursday 11 Nov	6 pm-7.30 pm	Yoga for Wellness in Winter	Rachael Rafiefar		
Thursday 25 <sup>th</sup> Nov	6pm-7.30pm	*****to be arranged			
Thursday 9 <sup>th</sup> Dec	6pm-7.30pm	Coping with Christmas	To be arranged		