

Meeting Places

September/October 2026



Forthcoming Group Itinerary

Every Tuesday 11am - 1pm

(Please arrive no earlier than 10 minutes before the meeting start times)

8th Sept	Self supporting
15th Sept	Chair exercises
22nd Sept	Nature walk led by Sarah Wright
29th Sept	Food and drink quiz
6th Oct	Mindfulness and Meditation
13th Oct	Show and tell
20th Oct	Client engagement update - Jenny
27th Oct	An introduction to Crystals

WARE WELLBEING CENTRE

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