

30 ROKER PARK ROAD, SR6 9PG

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Find us on
Facebook

info@healing-sunderland.org.uk



HEALING OPPORTUNITIES

www.healing-sunderland.org.uk

Charity Reg. Number 1137794

Classes for Wellbeing and Relaxation

*Concessions available e.g. for carers. Please ask.

<p>MONDAY 10.30am - 12.00 noon Starts 25 September</p> <p>1 – 2pm Starts 11 September</p>	<p>YOGA - for Beginners and Improvers - led by Karen Hemming Unites mind, body & spirit through gentle exercise. Also suitable for those with minor health problems. Cost: £7 per 90 minute session / £42 for 6 sessions. *</p> <p>PILATES FOR ALL Helps to improve posture, movement and strength in the body. All exercises can be adapted to suit individuals. Cost: £5 per 60 minute session *</p>
<p>TUESDAY 10 - 11am Starts 26 September</p> <p>11am – 12.15 pm Starts 26 September</p>	<p>TAI CHI for Beginners - with Dominic Cleary Gentle exercise to promote balance and wellbeing. Suitable for complete beginners. Cost: £6 per one hour session *</p> <p>TAI CHI for Improvers - with Dominic Cleary Gentle exercise to promote balance and wellbeing. Suitable for those who have some previous experience. Cost: £7 per 75 minute session. *</p>
<p>WEDNESDAY 11:00am – 12:30pm Starts 27 September</p> <p>1 – 2 pm Every week</p> <p>7 – 8.30pm Starts 13th September</p>	<p>QI GONG – MINDFULNESS IN MOTION for Beginners and Improvers Gentle movements, sounds, breathing and meditation to improve your health and wellbeing Led by Dominic Cleary Cost: £6 per 90 minute session *</p> <p>MEDITATION & MINDFULNESS : “CALM YOUR MIND, CALM YOUR LIFE “ Gentle introduction to becoming more relaxed and focussed. Led by Valerie Chiltonsmith . Beginners and improvers welcome Cost: £30 for 6 sessions * Booking essential Call in or phone</p> <p>SINGING IS FUN ! HOPS COMMUNITY CHOIR led by Lindsay Hannon from the Sage, Gateshead All welcome at this new venture - Great fun and good company...and it improves health and emotional wellbeing at the same time! Cost: £5 per session Book now !</p>
<p>FRIDAY 11.30am – 1.30pm</p>	<p>CARERS' GET TOGETHER FREE Friendly lunchtime with other carers. Activities arranged as requested, including First Aid, Singing and Therapies. First meeting 8th September</p>

* Concessions may be available, e.g. for carers. Please ask at HOPS office.
Email info@healing-sunderland.org.uk or leave message on 0191 548 3722

Special events at HOPS: Booking essential



Email info@healing-sunderland.org.uk or leave message on 0191 548 3722

EVERYDAY FIRST AID: Thursday 5th October 6.30 – 8.30pm **FREE**

“ “ “ Tuesday 10th October 1 – 3pm **FREE**

EVERYDAY FIRST AID FOR CARERS: Friday 13th October +10 November
11.30am – 12.30pm **FREE**

REIKI: An introduction to Reiki for self care: Contact us for details

HEALERS IN THE NHS (for therapists): March 2018

CARERS WELLBEING DAYS: **FREE** Booking essential

Fridays September 22nd, October 20th, November 24th 10am – 2.15pm

Enjoy therapy treatments, group sessions (e.g. Meditation and Movement) and a delicious lunch in friendly and uplifting surroundings.

CARERS GET TOGETHERS: **FREE** **FIRST MEETING** 8th September

Fridays 11.30am – 1.30pm Friendly informal lunchtime meeting Free but please bring your own food! Enjoy being with other carers . Plenty of chat. Activities optional !

HOPS WELLBEING TREATMENTS

**Massage, Shiatsu, Reiki/Healing, Reflexology,
Aromatherapy, Indian Head Massage**

Mon – Thurs 10am -3pm + Tues 6-8pm + Sat 10am – 12 noon
Email info@healing-sunderland.org.uk or leave message on 0191 548 3722

ROOM HIRE AVAILABLE FROM SUNDERLAND QUAKERS

Spacious rooms in the peaceful, friendly Quaker Meeting House.
Suitable for one-to-one work, meetings, workshops and training events. Flexible facilities with reasonable rates
Call 07982 743615 Email sqmhroomhire@gmail.com

EVENTS AND ACTIVITIES ORGANISED BY OTHERS at The Quaker Meeting House 30 Roker Park Road, SR6 9PG

MONDAYS (term time)	6.30pm – 8:00pm	IYENGAR YOGA Unites mind, body & spirit. Ring Carrie Kirsten 07962255545
TUESDAYS	From 6:30	GUB CLUB A get together of Guitar Ukulele and Bass players
2nd WEDNESDAY monthly	6.30 pm – 8:45pm	DOLLS HOUSE GROUP contact 07982743615
1st WEDNESDAY monthly	6 pm – 7:00pm	HEALING MEDITATION MEETING contact 07907 051595
FRIDAY once a month	7.30 pm – 9:30pm	CIRCLE DANCING All welcome. No partner needed. All dances taught. Friendly and uplifting. Contact 07872 066863
Weekend or Evenings	By arrangement	NATIONAL CHILDBIRTH TRUST courses Contact 0300 330 070