

Autumn Classes for Wellbeing and Relaxation

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

<p>MONDAY 10.30am - 12.00 noon from Sept 24th</p> <p>1 – 2pm from Sept 24th</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>SINGING FOR FUN No need to read music – just come and join in! Friendly , fun and good for your health! Led by Lindsay Hannon</p>
<p>TUESDAY 10 - 11am from Sept 18th</p> <p>11am – 12.15 pm from Sept 18th</p>	<p>TAI CHI Intermediate - with Dominic Cleary Gentle exercise to promote balance and wellbeing. Suitable for those who have some previous experience. Cost: £7 per one hour session *</p> <p>TAI CHI Advanced - with Dominic Cleary Gentle exercise to promote balance and wellbeing. Suitable for experienced students. Cost: £8 per 75 minute session. *</p>
<p>WEDNESDAY 10 - 11am from Sept 19th</p> <p>11:00am – 12:30pm from Sept 19th</p> <p>1 – 2 pm from Sept 5th</p> <p>7 – 8.30pm From Sept 12th</p>	<p>TAI CHI for Beginners – with Dominic Cleary Gentle exercise to promote balance and wellbeing. Cost: £7 per one hour session *</p> <p>QI GONG – MINDFULNESS IN MOTION for Beginners and Improvers Gentle movements, sounds, breathing; Meditation to improve your health and wellbeing Led by Dominic Cleary Cost: £7 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 FOR FUN with HOPS COMMUNITY CHOIR led by Lindsay Hannon All welcome - 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 11am – 1pm From Sept 14th Monthly, second Friday of month</p>	<p>CARERS' GET TOGETHER FREE Friendly time with other carers. Chat, refreshments and activities including First Aid, Singing and Therapies. Second Friday of every month. Also first Wednesday at Hendon ; and second Monday at Houghton. Please contact Beverly for details (see overleaf)</p>
<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</p>	

Special events at HOPS: Booking essential



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

CARERS WELLBEING DAYS: Booking essential

Monthly, usually on last Friday of the month 10.15am – 2.15pm at Roker

FREE places, supported by the People's Health Trust, but private donations welcome.

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

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

CARERS CONNECT: **FREE** at Hendon, Houghton and Roker

11am – 1pm Friendly informal chance to chat with other carers and get involved in sessions on Crafts, Emergency First Aid, Singing, etc. Refreshments available. Just come along! You will be made very welcome. **Contact Beverly (see above)**

MINDFULNESS Skills for Life:

6 week course with experienced tutor Linden Tansley

Saturdays 11am-1pm **8th September - 13th October 2018** Cost: £110

For information or to book a place please contact HOPS (see above)

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 sqmroomhire@gmail.com

EVENTS AND ACTIVITIES ORGANISED BY OTHERS

at The Quaker Meeting House 30 Roker Park Road, SR6 9PG

TUESDAYS	From 6:30pm	GUB CLUB A get together of Guitar Ukulele and Bass players
1st WEDNESDAY monthly	6 pm – 7:00pm	HEALING MEDITATION MEETING contact 07907 051595
THURSDAYS	9.15 – 10.45am	IYENGAR YOGA contact Carrie Kirsten 0796 225545
3rd THURSDAY monthly	12.15 – 1pm	PEACE MEETING with Sunderland Quakers .All welcome.
3rd FRIDAY monthly <i>except September</i>	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