



DERRY WELL WOMEN PROGRAMMES APRIL - JUNE 2024

Registration will take place only by calling into

Derry Well Women – 17 Queen Street, Derry BT48 7EQ on **Tuesday 16th April 2024 – 9.30am – 4.00pm**

PROGRAMME & Delivery Method	DATE/DAY	TIME
Mother & Baby Swim Foyle Arena	Monday 22 nd April – 10 th June 2024	1pm – 2pm
Minding Mammy	Monday Assessments – 22 nd April 2024 Programme start date: 29 th April 2024	10am – 12Noon
Sound Meditation – Morning Programme	Monday 13 th & 20 th May 2024 3 rd & 10 th June 2024	10.00am – 11.30am
Sound Meditation - Evening Programme	Monday 13 th & 20 th May 2024 3 rd & 10 th June 2024	6.30pm – 8.00pm
Yoga with Aileen	Monday 22 nd April – 24 th June 2024	1.00pm – 2.30pm

PROGRAMME & Delivery Method	DATE/DAY	TIME
Baby Massage	Monday 22 nd April – 20 th May 2024 3 rd June – 24 th June	12Noon & 1.15pm
Baby Reflexology	Tuesday 23 rd April – 11 th June 2024	12.15pm & 1.15pm
Sing Tonicity	Tuesday 23 rd April – 11 th June 2024	10am – 12Noon
HENRY PROGRAMME	Tuesday 23 rd April 2024	10am – 12Noon
Ante-natal	Tuesday evenings Contact the centre for the next clinic date	6.30pm – 8.30pm
The Well Programme for women living with Cancer Register Now	Wednesday 10 th April 2024 – 29 th May 2024	10.30am – 1.30pm
Mother & Baby Swim Foyle Arena	Wednesday 17 th April – 22 nd May 2024 29 th May – 26 th June 2024	11.00am – 12Noon
Long Covid Restorative Yoga ZOOM – Register Now	Wednesday 10 th April – 15 th May 2024	8pm – 9pm

PROGRAMME & Delivery Method	DATE/DAY	TIME
TRANSFORM (overcoming anxiety and depression by reducing overthinking)	Wednesday 24 th April 2024 – 12 th June 2024	10am – 12Noon
Young at Heart	Wednesday 10 th April – 12 th June 2024	2.00pm – 4.00pm
Autism Awareness - 4 weeks – Register Now £30 + £16 exam fee	Wednesday 17 th April – 8 th May 2024	6pm – 9pm
Mindfulness Yoga with Ellen	Wednesday 15 th May – 26 th June 2024	6.30pm – 8.00pm
Breast Feeding Support Group	Thursday Mornings Beginning 7 th March 2024	10am – 12Noon
Paediatric First Aid – 2 weeks	Thursday 18 th & 25 th April 2024 – Booked Further class planned Monday evening April 2024	6.30pm – 8.30pm
CBT - Menopause Programme	Thursday 25 th April – 30 th May 2024	6.30pm – 8.30pm
Mother & Baby Swim Foyle Arena	Friday 19 th April – 24 th May 31 st May – 28 th June	10.00am – 11am

CANCER SERVICES		
Cognitive Behaviour Therapy Programme (CBT)	Friday 26 th April – 31 st May 2024	10.00am – 12Noon
The Well Programme – Derry Well Women	Wednesday 10 th April 2024 – 29 th May 2024	10.30am – 1.30pm
Cancer Support Group	Thursday Every Fortnight Please contact the centre for the next group meeting date	11am – 1pm
Nutritionist	One to one appointment	Contact the centre for next clinic date.
Complementary Therapies for women living with Cancer	Ongoing - Wednesday Mornings Please contact Derry Well Women on: 02871360777 to register	10am – 1pm
Cancer Counselling	On-going	Please contact Ann on: 0287360777
CLINICS		
Menopause Clinic	Monthly Contact Derry Well Women for next Clinic Date	Morning Clinic

Podiatry Clinic	Monthly Contact Derry Well Women for next Clinic Date	Morning Clinic
SUPPORT GROUPS		
Breast-Feeding Support Group	Every Thursday morning Health visitor input 10.30am – 11.30am	10am – 12Noon
Breast-Feeding Workshop	Monthly Next one Wednesday 20 th March 2024 Telephone to register	10am – 12Noon
Endometriosis Support Group In-house	Last Tuesday of each month Telephone to register	6.30pm – 8.30pm
Menopause Support Group	Last Monday of each month Telephone to register	6.30pm – 8.30pm
Cancer Support Group In-house	Thursday Every Fortnight	11am – 1pm