



DERRY WELL WOMEN PROGRAMMES SEPTEMBER - DECEMBER 2024

Registration will take place only by calling into

Derry Well Women – 17 Queen Street, Derry BT48 7EQ on Thursday 12th September – 9.30am – 4.00pm

PROGRAMME & Delivery Method	DATE/DAY	TIME
Minding Mammy Register Now	Monday Assessments – 16 th September 2024 Programme start date: 23 rd September – 4 th November 2024	10am – 12Noon
Sound Meditation – Morning Programme	Monday 16 th September – 7 th October 2024	10.00am – 11.30am
“Get Well” Programme for Long Covid Sufferers – Via ZOOM Register Now	Monday 2 nd September – 7 th October 2024	10.30am – 12.30pm
Baby Massage	Monday 16 th September 2024 - 7 th October 14 th October – 4 th November 2024	12.30pm & 1.30pm

PROGRAMME & Delivery Method	DATE/DAY	TIME
Mother & Baby Swim Foyle Arena	Monday 16 th September – 21 st October 2024	1pm – 2pm
Yoga with Aileen	Monday 16 th September – 4 th November 2024	1.00pm – 2.30pm
Sound Meditation - Evening Programme	Monday 16 th September – 7 th October 2024	6.30pm – 8.00pm
Coping with Depression & Anxiety	Monday 23 rd September – 28 th October 2024	6.30pm – 8.30pm
Journey to Inner Peace via ZOOM	Monday 23 rd September – 11 th November 2024	6.30pm – 8.30pm
Sing Tonicity	Tuesday 17 th September 2024	10am – 12Noon
HENRY PROGRAMME Register Now	Tuesday 17 th September 2024	10am – 12Noon
Baby Reflexology	Tuesday 17th September - 8th October 2024 15th October – 5th November 2024	12.15pm & 1.15pm

PROGRAMME & Delivery Method	DATE/DAY	TIME
Self Esteem	Tuesday 24 th September – 12 th November 2024	6.30pm – 8.30pm
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 18 th September – 6 th November 2024	10.30am – 1.30pm
TRANSFORM	Wednesday 25 th September – 13 th November 2024	10am – 12.30pm
Mother & Baby Swim Foyle Arena	Wednesday 18 th September – 23 rd October 2024	11.00am – 12Noon
Long Covid Restorative Yoga ZOOM – Register Now	Wednesday September 2024	8pm – 9pm
Young at Heart	Wednesday 11 th September – 13 th November 2024	2.00pm – 4.00pm
Pilates for Menopause	Thursday 19 th September – 24 th October 2024	6.30pm – 7.15pm

PROGRAMME & Delivery Method	DATE/DAY	TIME
Breast Feeding Support Group	Thursday Mornings Ongoing	10am – 12Noon
Stay & Play Programme	Thursday afternoon 24 th October – 14 th November 2024	1.30pm – 2.30pm
Mother & Baby Swim Foyle Arena	Friday 20 th September – 25 th October 2024	10.00am – 11am
CANCER SERVICES - Register Now		
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 - Register Now		
Menopause Clinic	Monthly by appointment Contact Derry Well Women for next Clinic Date	Morning Clinic
Podiatry Clinic	Monthly by appointment Contact Derry Well Women for next Clinic Date	Morning Clinic
SUPPORT GROUPS - Register Now		
Breast-Feeding Support Group	Every Thursday morning Health visitor input 10.30am – 11.30am	10am – 12Noon
Breast-Feeding Workshop	Monthly	10am – 12Noon
Endometriosis Support Group In-house	Last Tuesday of each month Telephone to register	6.30pm – 8.30pm
Cancer Support Group In-house	Thursday Every Fortnight	11am – 1pm

