

DERRY WELL WOMEN PROGRAMMES – January – April 2025

Registration will take place only by calling into

Derry Well Women – 17 Queen Street, Derry BT48 7EQ on Thursday 9th January 2025 – 9.30am – 4.00pm

PROGRAMME & Delivery Method	DATE/DAY	TIME
'Bright Minds – Bold Hearts' Emotional Health Programme for 18 – 30 year olds	Monday 27 th January – 24 th March 2025	10am – 12Noon
Baby Massage	Monday 20 th January – 10 th February 2025	12.30pm & 1.30pm
Mother & Baby Swim Foyle Arena	Monday 20 th January – 3 rd March 2025	1pm – 2pm
Yoga with Aileen 8 weeks £30	Monday 20 th January – 10 th March 2025	1.00pm – 2.30pm
Sound Meditation - Evening Programme	Monday 20 th January – 10 th February 2025	6.30pm – 8.00pm
PROGRAMME & Delivery Method	DATE/DAY	TIME
Coping with Depression & Anxiety	Monday 13 th January – 3 rd February 2025 4 weeks	6.30pm – 9.00pm

Journey to Inner Peace via ZOOM	Monday 20 th January – 10 th March 2025	6.30pm – 8.30pm
Sing Tonicity	Tuesday 21 st January 2025	10am – 12Noon
Baby Reflexology	Tuesday 21 st January – 11 th February 2025	12.15pm & 1.15pm
Self Esteem	Tuesday 21 st January – 11 th March 2025	6.30pm – 8.30pm
Ante-natal & Breastfeeding Workshop	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 22 nd January – 26 th March 2025	10.30am – 1.30pm
‘Sweet Dreams’ – Sleep Management Programme	Wednesday 22 nd January – 12 th March 2025	10am – 12.00pm
PROGRAMME & Delivery Method	DATE/DAY	TIME
Mother & Baby Swim Foyle Arena	Wednesday 15 th January – 26 th February 2025	11.00am – 12Noon
Long Covid Restorative Yoga ZOOM – Register Now	Wednesday January 2025	8pm – 9pm

Young at Heart The Freedom Project Creative Connections Programme	Wednesday 22 nd January 2025	2.00pm – 4.00pm
Restorative Yoga 6 weeks £30	Wednesday 15 th January 2025	6.30pm – 7.30pm
Breast Feeding Support Group	Thursday Mornings Ongoing	10am – 12Noon
Stay & Play Programme	Thursday afternoon 16 th January – 20 th February 2025	1.00pm – 2.00pm
Pilates 6 weeks £30	Thursday Evening 23 rd January – 27 th February 2025	6.30pm – 7.15pm
Mother & Baby Swim Foyle Arena	Friday 17 th January – 28 th February 2025	10.00am – 11am
PROGRAMME & Delivery Method	DATE/DAY	TIME
Sound Meditation	Friday 24 th January – 14 th February 2025	10.00am – 11.30am
The Freedom Project – Journey of Hope 18 – 35 year olds	Friday 21 st February – 28 th March 2025	10am – 12Noon
CANCER SERVICES - Register Now		

Cancer Support Group	Thursday Every Fortnight Please contact the centre for the next group meeting date	11am – 1pm
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 GROUP	DAY	TIME
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