



Virtual Offer



Monday Motivation

Join our Wellbeing Services Manager, Faye, online for a body weight home workout designed for all abilities. All you need is a bit of space around you and maybe some water to keep hydrated!

Faye will go live on social media at 2pm for our followers to join in with, so round up your friends and family for these fun fitness sessions to boost the endorphins and our wellbeing.



Trivia Tuesday

Lisa, our wellbeing project worker will be hosting our virtual gaming group, from quiz classics to countdown conundrums, tune in on our social media on Tuesdays at 5.30pm to take part.



Wellbeing Wednesday

Join us at 2pm for live sessions, focused around maintaining our Wellbeing. Lori, one of our Project Workers, will lead these sessions around mindfulness and meditation using Headspace.

Throughout the week there will be bitesize sessions which you can follow along in your own time. We encourage you to share your experiences with us and we can feedback within the live sessions.

Take A Break Thursday

Our existing yoga class goes virtual on Thursdays at 1.30pm. You'll need to have signed up to 'Zoom' and use our log in details to follow Dave, our qualified yoga instructor from Variety Fitness. Send us a message / email to access the log in details.



Feel Good Friday

We are keen to keep our singing group going and share the joy of 'Just Singin' with a wider audience by hosting interactive videos and resources online. We will be sharing resources every Friday as part of the new wellbeing services offer.

Singing has got to be one of the easiest, cheapest and most fun way of promoting positive mental health and wellbeing so what are you waiting for.... Get involved.

