

# The Wellbeing Programme

A PROGRAMME OF ONLINE WELLBEING WORKSHOPS DESIGNED TO SUPPORT WOMEN DURING COVID-19

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Continuing into March, we will host our weekly **Mindful Monday** sessions: **meditation and mindfulness to help** restore calm & balance.

We also facilitate **Wellbeing Wednesdays**, hosting different workshops & sessions weekly. Upcoming sessions include: **quick cooking with plants, beginners ballet, immune health, integrated wellbeing** and **basic weaving**.

Our Wellbeing Programme is open to all women, no matter where you are based.

Many of our workshops & programmes are free to attend & funding is available for unwaged/low-waged women.

→ **Join us?** ←  
**Click here!**

Funded by

**SMALLWOODTRUST**

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**THE GROWING CLUB CIC**

605 Alston House, White Cross,  
Lancaster, LA1 4XQ  
01524 383846 | 07892 712417

**WWW.THEGROWINGCLUB.CO.UK**



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## MARCH 2021 WORKSHOPS & EVENTS

**MARCH 1:** MINDFUL MONDAY WITH SUSAN WHITEHEAD, 7.00-8.00PM

**MARCH 3:** REST AND DIGEST SELF-MASSAGE, BREATHWORK AND RELAXATION WITH NICOLA GARRET, 7:30-8:30PM

**MARCH 3:** TUCKING INTO PLANTS, LIVE COOKING SESSION WITH JENNIFER TUCKER, 12.00-1.00PM

**MARCH 8:** MINDFUL MONDAY: LUNCHTIME MEDITATION WITH ALISON GOODWIN, 12:30-13:00PM

**MARCH 9:** DEAR ME: FIND YOUR VOICE WITH EMMA RUCASTLE, 10:00-12:30PM

**MARCH 10:** BEGINNERS LADIES BALLET, A ONE OFF SESSION WITH LAURA SANDHAM, 1:30-2:45PM

**MARCH 10:** OPTIMISING OUR IMMUNE HEALTH WITH DAWN KEYSE, 11.00-11:15AM

**MARCH 15:** MINDFUL MONDAY: COMING TO OUR SENSES WITH NICOLA BEARDSWORTH, 2:00-2:45PM

**MARCH 16:** READ ALL ABOUT ME WITH EMMA RUCASTLE, 10:00-12:30

**MARCH 17:** BASIC WEAVING FROM WHAT YOU HAVE AT HOME WITH GINETTE MACDONALD, 10:30-12:00PM

**MARCH 17:** INTEGRATED WELLNESS: CARING FOR THE WHOLE YOU WITH WELLBEING PRACTITIONER CATHERINE HUNT, 2.00-2:15PM

**MARCH 22:** MINDFUL MONDAY MEDITATION WITH HAZEL HARDIE, 10:00-11:00AM

**MARCH 24:** PILATES - HOW AWARE OF YOUR BODY ARE YOU? WITH PAM KNIGHT, 12:00-13:00PM

**MARCH 29:** MINDFUL MONDAY: MINDFULNESS FOR LIFE WITH SUSAN WHITEHEAD, 7:00-8:00PM

**MARCH 31:** GUIDED ENERGY HEALING WITH TRISH SPENCE

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