

TRANQUIL THOUGHTFUL THURSDAYS

Aimed at relieving stress and anxiety whilst also exploring the opportunity to express yourself in a variety of ways



Wellbeing sessions for those who have moved on in their cancer journey, are perhaps back at work, but are still in need of support in a calming, nurturing environment.

Thursdays 6pm til 8pm

Only 10 spaces per session available

Registered cancer patient £10

Registered carer £10

Cancer client and carer come together £15

**St Mary's Church Hall
29 Grandstand Road, Hereford HR4 9NE**

Car park, wheelchair accessible, disabled toilet facilities
and hearing loop available.

Pre booking essential via <https://yeleni.pembee.app>



Helping you to live with and beyond cancer



MOVING *on* **to** **WELLBEING**



Breathworks **Mindfulness** **with Jess**

In this session we'll experience simple mindfulness practices to create a space in the midst of our lives. By connecting with the body and breath - we can be with our experience, just as it is, with compassion and kindness. This approach helps us to find calm and balance in our lives and nourish a greater sense of ease.



Creative Arts **with Lorraine**

Art is a powerful and therapeutic medium to promote mental health and wellbeing. These sessions will introduce the use of creative art activities for expression and exploration at an emotional, psychological and spiritual level. You don't have to be 'good' at art. Enjoy the activity, trust the process.



Relaxation/Meditation **with Nicky**

We will be exploring ways to achieve a quiet mind by experiencing a variety of meditative techniques that you can then practise at home, including a chocolate meditation, candle meditation, working with sound, and whole body relaxation.





Creative Writing with Linda

In these sessions you will enjoy the chance to play with words of all shapes and sizes. You don't need any previous experience. You will try out different techniques and styles, and practise different ways and forms of writing. Along the way you might choose to express your own emotions or experiences. Or you might imagine other people's joys and worries. Pieces of paper and pens will almost certainly show up to accompany you. It will be relaxed, and there will be cups of tea to water the occasional waves (or dribbles) of inspiration. There will be ideas and support at hand.



Sound Therapy with Lizzie

Sound Therapy can be a wonderful escape from the everyday. The therapeutic sound frequencies created by a variety of instruments including gongs, chimes, crystal singing bowls, ocean drum to name but a few will encourage the body and mind to unwind, aiding the release of stresses and tensions. Please bring your own mat, pillow and blanket to the session.



**Pre booking essential via
<https://yeleni.pembee.app>**



1st 12 week block

Relaxation/Meditation with Nicky

Thursday 1st May

Thursday 26th June

Creative Writing with Linda

Thursday 8th May

Thursday 5th June

Thursday 3rd July

Creative Arts with Lorraine

Thursday 15th May

Thursday 12th June

Thursday 10th July

Sound Therapy with Lizzie

Thursday 22nd May

Thursday 19th June

Thursday 17th July

Breathworks Mindfulness with Jess

Thursday 29th May

2nd 12 week block

Creative Writing with Linda

Thursday 11th September

Thursday 2nd October

Thursday 13th November

Relaxation/Meditation with Nicky

Thursday 18th September

Thursday 30th October

Creative Arts with Lorraine

Thursday 25th September

Thursday 23rd October

Thursday 20th November

Breathworks Mindfulness with Jess

Thursday 9th October

Sound Therapy with Lizzie

Thursday 16th October

Thursday 6th November

Thursday 27th November

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