

# WOMEN'S WELLBEING DAY

**Saturday 27<sup>th</sup> September**  
**10 AM - 4 PM**

## Activity Room 1

Me Time Holistic  
Four Seasons Reflexology  
Poppy Jasper  
Recipe 4 change

### Essential Oils Workshop with MeTime Holistics – Discover, Blend & Take Home

**Learn the basics of essential oils in this fun, hands-on workshop. Discover their benefits and create your own custom blend to take home.**

20 people capacity      [www.metimeholistics.uk](http://www.metimeholistics.uk)

**Time**  
11-11:45am

### Reflexology: The Face, The Ears, and The Seeds to Well-being

**Learn simple reflexology techniques and explore ear seed therapy to support relaxation and wellbeing. Enjoy live demos, try ear seeds yourself, and discover how small mindful practices can make a big impact.**

25 people capacity      [www.fourseasonsreflexology.co.uk](http://www.fourseasonsreflexology.co.uk)

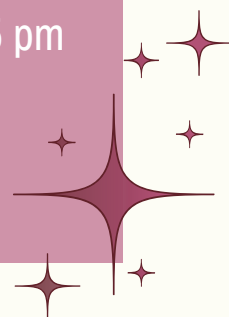
**Time**  
12-12:45pm

### Qigong Demonstration & Taster Session with Poppy Jasper

**Try Qigong in this gentle, beginner-friendly session led by Poppy Jasper. Enjoy slow movements and mindful breathing to boost energy, improve wellbeing, and find calm.**

25 people capacity      [www.poppyjasper.co.uk](http://www.poppyjasper.co.uk)

**Time**  
1-1:45 pm





## Healthy Fruit Crumble workshop – with Recipe 4 Change

Learn how to make a healthier fruit crumble using simple ingredients and smart swaps in this hands-on cooking session. Guided by Recipe 4 Change, you'll prepare your own crumble to take home and enjoy.

### Time

2:15-4.00 pm

Drop in activity – 25 people at a time

### Notes :

All activities are free for attendees. It will be first come first served on the day . Secure your ticket via the Eventbrite link below:

<https://shorturl.at/uOzee>



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## Activity Room 2

Kieran Lockwood  
Dr Kayleigh Lawrence  
Renata Seeking  
Jacqui Housley

Managing depression and anxiety in our community – with Kieran Lockwood  
Mental Health Practitioner

**Join us for a practical session with Kieran Lockwood offering real-world advice on recognising depression and anxiety and accessing local mental health support.**

15 people capacity [www.primarycaredoncaster.co.uk](http://www.primarycaredoncaster.co.uk)

### Time

11-11:30am

STIs, Contraceptives & Periods: What You Need to Know – with Dr Kayleigh Lawrence and senior Specialist in Contraception Renata Seeking

**Join us for an inclusive and informative workshop covering key topics in sexual and reproductive health, including STIs, contraception, and menstrual wellbeing. The session is relaxed and practical—perfect for anyone looking to learn, ask questions, or feel more confident about their health.**

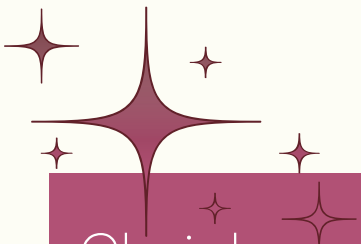
15 people capacity

[www.sexualhealthservices4doncaster.co.uk](http://www.sexualhealthservices4doncaster.co.uk)

### Time

12-12:45 pm

15 people capacity [www.pnpnjasper.co.uk](http://www.pnpnjasper.co.uk)



## Chair based exercise class for all – with Jacqui Housley

Join us for a gentle, chair-based exercise class that supports women’s physical and emotional wellbeing in a welcoming space. It’s ideal for all fitness levels, especially those with limited mobility or just starting out.

8 person capacity x 2 sessions

### Time

1- 1:45pm

and

2- 2:45pm

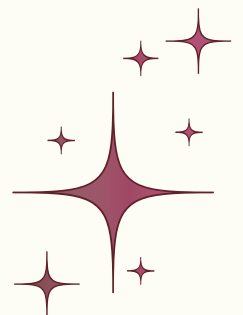
### Notes :

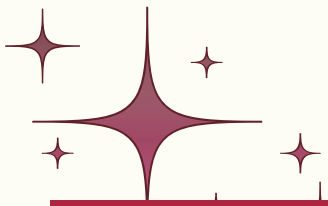
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## Activity Room 3

Solutions 4 Health  
Sojourn  
North West Primary Care  
Now See The Wood  
Talking Therapies

Sex and Menopause: A Conversation with Shelly Diprose from Solutions4Health

**We're excited to welcome Shelly Diprose for a session on sex and menopause, covering desire, hormones, intimacy, and physical changes. Shelly brings warmth and expertise to help open up honest conversations around sexual wellbeing.**

**Time**

**11-11:45am**

30 people capacity

[www.sexualhealthservices4doncaster.co.uk](http://www.sexualhealthservices4doncaster.co.uk)

Menopause: Understanding the Journey – with Bri Ball, Sojourn Doncaster

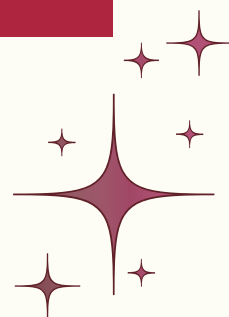
**Led by Bri Ball from Sojourn Doncaster, this session offers practical advice and resources on perimenopause, menopause, and beyond. It's open to everyone and provides tools to support physical and emotional wellbeing in a safe, supportive space.**

**Time**

**12-12:45pm**

30 people capacity

[www.sojourn.co.uk](http://www.sojourn.co.uk)



## Nutrition Through the Life Cycle for Women With Grace Agi-Edoh, North West Primary Care Diet

**Join Grace Agi-Edoh for a practical session on how nutrition supports health through every life stage, from adolescence to healthy ageing. You'll gain clear advice and real-life tips to help boost energy, wellbeing, and long-term health.**

Time

1- 1:45pm

30 people capacity

[www.primarycaredoncaster.co.uk](http://www.primarycaredoncaster.co.uk)

## Aging is Inevitable – How You Meet It is Your Choice – with Gillian Wood, Life Coach

**Join Gillian Wood for a mindset-focused session on ageing, exploring how thoughts and habits can support resilience, dignity, and emotional wellbeing. Through practical strategies and fresh insights, you'll be invited to reflect, reset, and reconnect with what matters most.**

Time

2- 2:45pm

30 people capacity

[www.nowseethewood.com](http://www.nowseethewood.com)

## Exploring the Connection Between Physical and Mental Health – with NHS Talking Therapies

**This NHS Talking Therapies session explores how physical and mental health are connected, especially when living with long-term conditions. You'll learn practical ways to manage emotional challenges and discover support options to improve overall wellbeing**

Time

3- 3:45pm

30 people capacity