

# Wellbeing Café February 2025



**SELBY** Cunliffe Centre, Petre Ave, Selby, 10am-12noon (weekly)  
**EGGBOROUGH** Methodist Church Wednesday 10am – 12pm (Weekly)  
**SHERBURN** Harold Mills House, Thursday 1pm – 3pm (Weekly)  
**TADCASTER** Calcaria House, Windmill Rise Tuesday 10 – 12noon (Weekly)



**Hot Women – Menopause** run by Jackie Butterworth @ Community House Selby –10am to 12



Kate Urwin – Energy Dr – Will be visiting all the cafes over February. To Discuss Yorkshire Waters rising costs and to answer any queries you may have around your energy bills. **Please Bring any bills you may have.**



Working for Health – Will be Visiting all The cafes, week commencing the 10<sup>th</sup> to play board Games and discuss Multiply

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 <a href="#">Tadcaster - Energy Dr Kate Urwin</a> Coffee, Talk, Mindful Activities	5 <a href="#">Eggborough</a> Coffee, Talk & Mindful Activities	6 <a href="#">Selby</a> <a href="#">Sherburn</a> Coffee, Talk & Mindful Activities	7	8
9	10	11 <a href="#">Tadcaster</a> Coffee, Talk, Mindful Activities	12 <a href="#">Eggborough</a> Coffee, Talk & Mindful Activities	13 <a href="#">Selby</a> <a href="#">Sherburn</a> Coffee, Talk & Mindful Activities	14	15
16	17	18 <a href="#">Tadcaster</a> Coffee, Talk, Mindful Activities	19 <a href="#">Eggborough - Energy Dr Kate Urwin</a> Coffee, Talk & Mindful Activities	20 <a href="#">Selby - Energy Dr Kate Urwin</a> <a href="#">Sherburn</a> Coffee, Talk & Mindful Activities	21	22  10am to 12pm @ Community House
23	24	25 <a href="#">Tadcaster</a> Coffee, Talk, Mindful Activities	26 <a href="#">Eggborough</a> Coffee, Talk & Mindful Activities	27 <a href="#">Selby</a> <a href="#">Sherburn - Energy Dr Kate Urwin</a> Coffee, Talk & Mindful Activities	28	