

Wellbeing Café

April 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 12pm



Laura Cobb Community Safety Officer and her Colleague will be visiting Tadcaster on the 8th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tadcaster Coffee, Talk, Mindful Activities	2 Eggborough Coffee, Talk & Mindful Activities	3 Selby Sherburn Coffee, Talk & Mindful Activities	4	5
6	7	8 Tadcaster Crime Stoppers Coffee, Talk, Mindful Activities	9 Eggborough Coffee, Talk & Mindful Activities	10 Selby Sherburn Coffee, Talk & Mindful Activities	11	12
13	14	15 Tadcaster Coffee, Talk, Mindful Activities	16 Eggborough Coffee, Talk & Mindful Activities	17 Selby Sherburn Coffee, Talk & Mindful Activities	18	19
20	21	22 Tadcaster Coffee, Talk, Mindful Activities	23 Eggborough Coffee, Talk & Mindful Activities	24 Selby Sherburn Coffee, Talk & Mindful Activities	25	26 10am to 12pm @ Community House
27	28	29 Tadcaster Coffee, Talk, Mindful Activities	30 Eggborough Coffee, Talk & Mindful Activities			

Please note as of the 1st May the Cunliffe Wellbeing Café will be changing Venues to St Richards Centre – 36 Barwic Parade, Selby, YO8 8DL.

