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| square logo**Wellbeing Café**  **June 2025** |



**SELBY** **St Richards Centre, 36 Barwic Parade – Thursday 10am – 12pm (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

**NORTH YORKSHIRE SPORT -** Talk with Karla Burton – Moving, Activities and Sport @ Eggborough

**LIVING WELL – SMOKE FREE -** Talk with Emily Fazal – Stop Smoking Support @Selby

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