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| square logo**Wellbeing Café**  **August 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**

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

**Mark Willis – WiderSKY – Anxiety Workshop @ Selby and Sherburn**

**Karla Burton - Yorkshire Sport – Keeping fit and well with Chair exercises @ Eggborough**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 3 | 4 | 5  **Tadcaster**  Closed  Staff Training | 6  **Eggborough**  **Yorkshire sport**  Coffee, Talk & Mindful Activities | 7  **Selby**  **Sherburn**  Coffee, Talk & Mindful Activities | 8 | 9 |
| 10 | 11 | 12  **Tadcaster**  Coffee, Talk, Mindful Activities | 13  **Eggborough**  Coffee, Talk & Mindful Activities | 14  **Selby**  **Sherburn**  **Mark Willis Anxiety workshop**  Coffee, Talk & Mindful Activities | 15  **Selby Park**  **Picnic Party**  **11am to 1pm** | 16    10am to 12pm  @ Community House |
| 17 | 18 | 19  **Tadcaster**  Coffee, Talk, Mindful Activities | 20  **Eggborough**  Coffee, Talk & Mindful Activities | 21  **Selby**  **Sherburn**  Coffee, Talk & Mindful Activities | 22 | 23 |
| 24 | 25 | 26  **Tadcaster**  Coffee, Talk, Mindful Activities | 27  **Eggborough**  Coffee, Talk & Mindful Activities | 28  **Selby**  **Living Well stop smoking**  **Sherburn**  Coffee, Talk & Mindful Activities | 29 | 30 |
| 31 |  |  |  |  |  |  |

 Back by popular demand, ‘Picnic Party’ held at Selby Park - 165 Bawtry Rd, Selby, YO8 4PW between 11am and 1pm 15th August. Weather permitting. Please note if it is raining this event will be cancelled and rearranged for another time.