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| square logo**Wellbeing Café**  **September 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**

**Carolyn Bell - Energy community Champion @ Eggborough, Selby and Sherburn**

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

**Horizons –** Sam Thompson Drug and alcohol Talk @ Selby

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