



DERRY WELL WOMEN PROGRAMMES SEPTEMBER 2022

Registration by Telephone Only from Thursday 1st September 2022 on: 028-71360777

PROGRAMME & Delivery Method	DATE/DAY	TIME
Mother & Baby Swim Templemore Sports Complex	Monday 5 th September – 10 th October 2022 17 th October - 28 th November 2022	9am – 10am
Post Natal Depression Group – Minding Mammy	Monday 12 th September	10am – 12Noon
Baby Massage	Monday 12 th September – 3 rd October 2022 10 th October - 31 st October 2022 14 th November – 5 th December 2022	12Noon & 1.15pm
Coping with Depression & Anxiety Zoom	Monday 12 th September – 17 th October 2022	6.30pm – 8.30pm
Ante-natal	Monday evenings Contact the centre for the next clinic date	6.30pm – 8.30pm

PROGRAMME & Delivery Method	DATE/DAY	TIME
Beginners Yoga	Monday 12 th September – 7 th November 2022	11.30am – 1.00pm
Yoga	Monday 12 th September – 7 th November 2022	1.30pm – 3.00pm
Emotional Detox ZOOM	Monday 19 th September – 7 th November 2022	7.00pm – 9.00pm
Paediatric First Aid – non accredited for mothers of young children	Monday x 2 weeks 7 th November & 14 th November	6.30pm – 8.30pm
Baby Reflexology	Tuesday 13 th September – 4 th October 2022 11 th October – 1 st November 2022 8 th November – 29 th November 2022	12noon & 1.15pm
Sing Tonicity	Tuesday 11 th October – 29 th November 2022	10am – 12Noon
Nurturing Programme	Tuesday 20 th September – 29 th November 2022	10am – 12 Noon
Self Esteem	Tuesday 20 th September – 8 th November 2022	6.30pm – 8.30pm
Ante-natal	Tuesday evenings Contact the centre for the next clinic date	6.30pm – 8.30pm

PROGRAMME & Delivery Method	DATE/DAY	TIME
Mother & Baby Swim Templemore Sports Complex	Wednesday 7 th September – 12 th October 2022 19 th October – 23 rd November 2022	9am – 10am
Long Covid Restorative Yoga ZOOM	Wednesday 17 th August - 5 th October 2022 October – November 2022	11am – 12Noon 7pm – 8pm
Young at Heart	Wednesday 14 th September – 16 th November 2022	2.00pm – 4.00pm
Stay & Play Programme	Thursday 15 th September – 6 th October 2022 13 th October – 3 rd November 2022	1.30pm – 2.30pm
PROGRAMME & Delivery Method	DATE/DAY	TIME
CANCER PROGRAMMES		

The Well Programme	Wednesday - DWW 14 th September 2022 October 2022 – Enniskillen	
Cancer Support Group	Thursday Every Fortnight Please contact the centre for the next group meeting date	11am – 1pm
Mental Health & Wellbeing Programme for women living with Cancer	Friday Care for Cancer - Omagh Derry Well Women - January 2023	10.30am – 12.30pm
Complementary Therapies for women living with Cancer	Tuesday & Wednesday Mornings Please contact the centre to register	10am – 1pm
THRIVE Programme A programme for young women with Breast Cancer	Friday 28 th October 2022	10.30am – 12.30pm
ONE DAY CARERS PAMPER DAY For carers of people with a cancer diagnosis	Friday 26 th August 2022 To register please contact Derry Well Women	
PROGRAMME & Delivery Method	DATE/DAY	TIME
Clinics		
Menopause Clinic	Monthly	Morning Clinic

Podiatry Clinic	Monthly	Morning Clinic
Support Groups		
Endometriosis Support Group In-house	Last Tuesday of each month Telephone to register	6.30pm – 8.30pm
Cancer Support Group In-house	Thursday Every Fortnight	11am – 1pm
Breastfeeding Support Group	Thursday 11am – 12Noon	