Derry Well Women
At the forefront of womens' health

DERRY WELL WOMEN PROGRAMMES – April – June 2026

Registration will take place on Tuesday 21st April 2026

9.30am – 4pm

Only by calling into to St. Columb's Hall, Orchard Street, Derry

PROGRAMME & Delivery Method	DATE/DAY	TIME
Baby Massage	Monday 11th May 2026	12Noon & 1.00pm
Yoga	Monday 11th May 2026	1.00pm – 2.30pm
Sound Bath Meditation	Monday Evening 11th May 2026	6.30pm – 8.00pm
Sing Tonicity	Tuesday - 8 weeks 12th May 2026	10.00am – 12Noon
Bright Minds Bold Hearts – Mental Health Awareness Programme	Tuesday Morning – 8 weeks 5th May 2026	10am – 12Noon

Derry Well Women
At the forefront of womens' health

PROGRAMME & Delivery Method	DATE/DAY	TIME
Baby Reflexology	Tuesday - 4 weeks 5th May 2026	12.15pm & 1.15pm
Restorative Yoga - £30.00	Tuesday – 6 weeks 5th May 2026	12.30pm – 1.30pm
Self Esteem	Tuesday – 8 weeks 28th April 2026	6.30pm – 8.30pm
Ante-natal & Breastfeeding Workshop	Tuesday evenings – 4 weeks Contact the centre for the next clinic date	6.30pm – 8.30pm
Breathwork	Tuesday – 8 weeks 5th May 2026	6.30pm – 8.00pm
Minding Mammy Programme	Day & Date to be confirmed	10.00am – 12Noon
'Hoofprints on the Hill' Empower You – Empower Them programme	Wednesday 6th May 2026	10.00am – 12Noon
The Well Programme	Wednesday 6th May 2026	10.30am – 1.30pm

Derry Well Women
At the forefront of womens' health

PROGRAMME & Delivery Method	DATE/DAY	TIME
Restorative Yoga for women suffering from Long covid – online	Wednesday – Zoom – 6 weeks	6.30pm – 7.30pm
Young at Heart Programme	Wednesday 22nd April 2026	2.00pm – 4.00pm
Restorative Yoga with Wendy 6 weeks	Wednesday Evening – 6 weeks 6th May 2026	6.30pm – 8.00pm
Introduction to Massage	Wednesday Evening – 6 weeks 6th May 2026	6.00pm – 8.00pm
Breast Feeding Support Group	Thursday Mornings - ongoing	10am – 12Noon
Pilates with Wendy £30.00	Thursday Evening – 6 weeks 7th May 2026	6.30pm – 7.15pm
Sound Bath Meditation	Thursday Evening – 8 weeks 7th May 2026	6.30pm – 8pm
Creative Wellness with Tessa	Friday Morning – 6 weeks 8th May 2026	10am – 12Noon

Derry Well Women
At the forefront of womens' health

CANCER SERVICES - Register Now		
Cancer Support Group	Meeting fortnightly on a Thursday Please contact the centre for the next group meeting date	11am – 1pm
Complementary Therapies for women living with Cancer	Ongoing - Wednesday Mornings Please contact Derry Well Women on: 028 71360777 to register	10am – 1pm
Cancer Counselling	On-going	Please contact Tracy on: 02871-360777
CLINICS - Register Now		
Menopause Clinic	Monthly by appointment Contact Derry Well Women for next Clinic Date	Morning Clinic
Podiatry Clinic	Monthly by appointment – Contact Derry Well Women for next Clinic Date	Morning Clinic
SUPPORT GROUPS - Register Now		
Breast-Feeding Support Group	Every Thursday morning Health visitor input 10.30am – 11.30am	10am – 12Noon

Derry Well Women
At the forefront of womens' health

Infant-Feeding Workshop	Monthly on a Tuesday – contact the centre for the next workshop meeting	6.30pm – 8.30pm
Endometriosis Support Group In-house	Last Tuesday of each month Telephone to register	6.30pm – 8.30pm

Mother & Baby Swim will be registered online only - link will go live at 9am on Monday 13th April 2026

Mother and Baby Swim Foyle Arena	Monday	Afternoon 1pm -2pm
Mother and Baby Swim Foyle Arena	Wednesday – 6 weeks	Mornings 11am – 12 noon
Mother and Baby Swim Foyle Arena	Friday – 6 weeks	10am – 11am

VSS Victims & Survivors Service
developing healthy communities
Clear
HSC Western Health and Social Care Trust
COMMUNITY FUND