Dementia Hwb Social Group List (updated 01/09/2025)

Monday

Activity	Address	Contact	Cost	Website	When	Other Information
Virtual Choir (Musical Memories)	Online	01792 362122	Free		8.45am	
Luncheon Club	Ystradowen Community Centre SA9 2YY	01639830406	Free		9.30am - 1.30pm	
Make – it Mondays	37 Orchard Street SA1 5AJ	Info@hqurbankitchen.co.uk	Free		10 – 11am	
Men's Shed Social Group	Swansea MAD, 216 High Street	07961499012	Free		10am – 12pm	
Cuppa with a coppa	Brynhyfryd Library, 417 Llangyfelach Road SA5 9LH	01792 650953	Free		10am - 12pm	
Macmillan Coffee Morning	Baglan Library, Laurel Ave SA12 8PA	01639 813477	Donations		10.30am - 12pm	
Clydach Cockells (Falls prevention dance group)	Forge Fach SA6 5BX	Vicky - 07795295409	Free		10.30am - 12.30pm	
Knitting group	Baglan Library, Laurel Ave SA12 8PA	01639 813477	Free		10.30 am – 12pm	

Dementia Hwb Social Group List (updated 01/09/2025)

Ageing Well - Movie and Soup Special	Ocean Room, National Waterfront Museum, Swansea	0300 111 2333	Free	www.museum.wales/swansea	Every Monday, 1–4 pm	
One Stop Info Shop	National Waterfront Museum, Swansea		Free	https://www.swansea.gov.uk/onestopinfoshop	1st Monday of the Month, 11am - 1pm	Place to find out more info about organisations
Live Balanced Lives Gentle Exercise Group	National Waterfront Museum, Swansea	myles.lewis@actionforelders.org.uk	Free	https://actionforelders.org.uk/swansea/	Every Monday, 11:30am - 12:30pm	Action for Elders
Balanced Lives Social Hub	The Welfare, Brecon Road, Ystradgynlais SA9 1JJ	myles.lewis@actionforelders.org.uk	Free		Every Monday, 12pm - 2pm	Action for Elders
Balanced Lives SUMMER Social Hub	National Waterfront Museum, Swansea	myles.lewis@actionforelders.org.uk	Free	https://actionforelders.org.uk/swansea/	Every Monday, 1pm - 3pm	Action for Elders
Balanced Lives Gentle Years Yoga	The Welfare, Brecon Road, Ystradgynlais SA9 1JJ	myles.lewis@actionforelders.org.uk	Free		Every Monday, 2pm - 4pm	Action for Elders
Sunflower Singers – Singing for Wellbeing	Cwmavon Library, Depot Road, Cwmavon	Joanne 07525485352 Joanne@empowerinspire.co.uk	£3 (intro offer)	www.empowerinspire.co.uk	Mondays, 11am-12.30pm	Empower Inspire
Sunflower Singers - Singing for Wellbeing	Margam Community Centre, Port Talbot	07525485352 or joanne@empowerinspire.co.uk	£4	www.empowerinspire.co.uk	Mondays, 1.30pm–3 pm	Empower Inspire
Sporting Memories	Neath RFC, Gnoll Park Road	Helen John 07870574174	Free		1.30-3.30pm	

Dementia Hwb Social Group List (updated 01/09/2025)

	SA11 3BU					
Forget Me Not	Bethany Church Hall, West Cross	01792 448805 – Office 07710453611 - Val Streater	Free		Monday, 2–4 pm	
Women Only Yoga	The Hall, Swansea Wellbeing Centre	Emma Evans, 07852 269256	Free	www.wellbeingswansea.co.uk	Mondays, 2–3 pm	For women who have been carers, experienced trauma, etc.
Mumbles movers (60+ Dance class)	Ostreme Centre, Castle Ave SA3 4BA	Vicky	Free		3 – 5pm	
Wellbeing Book Club	The Studio, Swansea Wellbeing Centre	Anthea Jones, 07912 611852	£4	www.wellbeingswansea.co.uk	Fortnightly on Mondays, 3–4 pm	Hosted by resilience coach Anthea
Writing for Wellbeing	The Studio, Swansea Wellbeing Centre	Jan Wigley, 07899 898082	Free	www.wellbeingswansea.co.uk	Mondays, 3:45–5:10 pm (monthly)	Expressive writing classes
Pilates	The Hall, Swansea Wellbeing Centre	Amy Meredith, 07792 046670	Free	www.fiercelyfit.co.uk/timetable	Mondays, 4:30–5:30 pm	
Living with Long Term Health Conditions	The Studio, Swansea Wellbeing Centre	Beth Cox, 07747 880731	Pay what you can	www.daildownyourpain.co.uk/offferings/health-support-group	Mondays, 5:15–6:15 pm	Tips and tools talk
Nourish (Beginners) Yoga	The Hall, Swansea Wellbeing Centre	Rose Fisher, breathoflifeyoga@outlook.com	£8	www.breathoflifeyoga.co.uk	Mondays, 5:45–6:45 pm	
Soul Flow Yoga	The Hall, Swansea	Kelly Morgan, 07957 714820	Free	www.soulflowyyogaswansea.co.uk	Mondays, 7–8 pm	

Dementia Hwb Social Group List (updated 01/09/2025)

	Wellbeing Centre					
Craft Afternoon	Topic House, 56-58 Teilo Crescent, Swansea SA1 6SX	Terry, 01792 642247 or Justine, 07527 629318	Free	Not available	Mondays, 1:30–3:30pm	Topic House may have transport for some group activities for small fee
Scrabble Club	Gorseinon Institute, 44 Lime Street, Gorseinon, SA4 4AD	N/A	£2/session	N/A	Mondays, 1.15 - 3.45pm	Beginners welcome. £2 weekly fee includes tea/coffee and biscuits.
Warm Space	Canolfan Y Bont 28 Dulias Road, Pontarddulais, Swansea, SA4 8PA	01792 885532	Free	Canolfan y Bont - Swansea	Mondays, 1pm - 3pm	Warm space provides free soup, tea/coffee.
Parkinson's Walking Football	Cefn Hengoed Leisure Centre (Indoor Barn & Cafe) SA1 7JF	Robin@swanseafoundation.org.uk	Free		3-4pm	
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10am-3.30pm March-April: 10am - 4.30pm May – Sept: 10am - 6pm Oct: 10am - 4.30pm	

					Nov –Dec: 10am - 3.30pm	
Yoga with Annie	Trawllwn Community Centre	07967216245 01792 791641 Clyde.a.hughes@btinternet.com	?	Yoga Classes | Swanseayoga | Swansea	Mondays, 6.30pm	

Tuesday

Activity	Address	Contact	Cost	Website	When	Other Information
Age Connects Outreach	Margam Community Centre, Port Talbot		£3 donation		Tuesdays, 10:30 am–12:30 pm	Activities for over 50s
Me, Myself & I friendship mornings	Giants Grave Road, Briton Ferry, Neath, SA11 2ND	01639 812528			Tuesdays, 10.30am-12.30pm	
Empower Inspire's Sunflower Cafe	St Theodore's Parish Hall, Talbot Road, Taibach	Joanne, 07525485352 Joanne@empowerinspire.co.uk	Free	www.empowerinspire.co.uk	Tuesdays 2.30pm-4.30pm	Informal group for individuals living with Dementia and their carers
Feldenkrais	The Hall, Swansea Wellbeing Centre	Phillipa 07938 929544 philippa@philippacastell.com	£15/session	www.breathoflifeyoga.co.uk	Tuesdays, 10.45–11.45 am	Gentle movement to enhance posture and flexibility
Community yoga class	The Hall, Swansea Wellbeing Centre	Emma Evans, 07825 269256 yogastepswithemma@gmail.com	Free	www.wellbeingswansea.co.uk	Tuesdays, 12-1pm	
Forget Me Not	Bishopston Community Centre, Murton. SA3 3AT	01792 448805	Free		Tuesday, 1.30–3.30 pm	

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Forget Me Not	Llangyfelach Church Hall, Swansea Road	01792 448805	Free		Tuesday, 2–4 pm	
Art for Wellness	Art Workshop, Swansea YMCA	Alan Jones, 01792 123456	£5/session	www.swanseaymca.org.uk	Tuesdays, 2–4 pm	Creative art projects to support mental health
Mindfulness	The Studio, Swansea Wellbeing Centre	Paula Davies 07752682320 pauladaviesyoga@gmail.com	First session free then £5 per session.		Tuesday, 3.45-4.45pm	
Coffee Morning	Topic House, 56-58 Teilo Crescent, Swansea SA1 6SX	Terry, 01792 642247 or Justine, 07527 629318	Free	Not available	Tuesdays, 11am–1pm	Topic House may have transport for some group activities for small fee
Knitting Group	Gorseinon Library, 15 West Street, Gorseinon SA4 4AA	01792 516780	Free	Gorseinon Library events - Swansea	Tuesdays, 10.30am - 12 noon	
Community Farm	2 Pontarddulais Road, Fforestfach SA5 4BA	01792 578384	Free	Wellbeing | Swansea Community Farm | Swansea	Tuesdays, Thursdays, Saturdays, 10am-4pm	City farm where volunteers care for animals, the environment and each other to improve wellbeing and resilience
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	May – Sept: 10am - 6pm Oct: 10am - 4.30pm Nov –Dec: 10am - 3.30pm	

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Wednesday

Activity	Address	Contact	Cost	Website	When	Other Information
Chair Yoga	The Hall, Swansea Wellbeing Centre	Kelly Morgan, 07957 714820	Free	www.soulflowyogaswansea.co.uk	Wednesdays, 10–11 am	Yoga adapted for those with mobility issues
Forget Me Not	New Lodge, Alexandra Road, Gorseinon,SA4 4PE	01792 448805	Free		Wednesday , 10am–1pm	
Men's Mental Health Coffee Morning	Corner Coffee House, High Street	Tom Hughes, 07485 112233	Free		Wednesdays, 10:30 am–12 pm	Informal support group for men
Community Gardening Club	Swansea Community Garden, Singleton Park	Jane Taylor, 01792 765432	Free	www.swanseacommunitygardens.org.uk	Wednesdays, 11 am–1 pm	Gardening for well-being
Zumba for Beginners	YMCA Dance Studio, Swansea	Lisa Brown, 07762 123987	£6/session	www.zumbawithlisa.com	Wednesdays, 12–1 pm	Dance-based fitness class suitable for beginners
Music Therapy Group	Swansea Music Academy, Uplands	Claire Roberts, 07911 456789	£8/session	www.musictherapyswansea.co.uk	Wednesdays, 1–2 pm	Therapeutic music-making for relaxation
Shared Lunch & Social	The Place, Port Tennant	info@theplacecommunity.org.uk	£3 donation	www.theplacecommunity.org.uk	Wednesdays, 1–3 pm	Meet new people over a communal meal

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Forget Me Not	Siloam Church Hall, 458 Gower Road, Killay, SA2 7AL	01792 448805	Free		Wednesday, 2–4 pm	
Women's Well-being Circle	The Hall, Swansea Wellbeing Centre	Emma Evans, 07852 269256	Free	www.wellbeingswansea.co.uk	Wednesdays, 3–4 pm	Safe space for women to discuss and support each other
Mindfulness for Parents	Swansea YMCA, Childcare Room	Sarah Jones, 07754 897654	Free	www.swanseaymca.org.uk	Wednesdays, 4–5 pm	Mindfulness techniques for managing parenting stress
Strength & Conditioning for Seniors	Swansea Leisure Centre, Fitness Studio	Rob Matthews, 01792 435678	£5/session	www.activeagingfit.co.uk	Wednesdays, 5–6 pm	Build strength and mobility in a supportive environment
Advanced Yoga	The Studio, Swansea Wellbeing Centre	Rose Fisher, breathoflifeyoga@outlook.com	£12/session	www.breathoflifeyoga.co.uk	Wednesdays, 6–7:30 pm	For those with prior yoga experience
Local History Group	Swansea Central Library, Civic Centre	info@swansea-history.org.uk	Free	www.swansea-history.org.uk	Wednesdays, 7–8 pm	Talks and discussions on Swansea's past
Relaxation & Meditation	Swansea Buddhist Centre, Uplands	Peter Martin, 07843 112211	Free	www.swanseabuddhistcentre.org.uk	Wednesdays, 7:30–8:30 pm	Meditation techniques to promote relaxation
Yoga with Annie	Trawllwn Community Centre	07967216245 01792 791641 Clyde.a.hughes@btinternet.com	Please contact	Yoga Classes | Swanseayoga | Swansea	Wednesdays, 7.30pm	

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Dementia/ Bluebell Group	Topic House, 56-58 Teilo Crescent, Swansea SA1 6SX	Terry, 01792 642247 or Justine, 07527 629318	Free	Not available	Every other Wednesday, 10:30am–2:30pm	Topic House may have transport for some group activities for small fee
Scrabble Club	Gorseinon Library, 15 West Street, Gorseinon SA4 4AA	N/A	Free	N/A	Wednesdays, 10.45 for approx. 2 hours	
Walking Group	Gorseinon Library, 15 West Street, Gorseinon SA4 4AA	N/A	Free	Get healthy through walking - Swansea	Wednesdays Meet at 10.30am	Walking activity approx. 2 hours. The group often go by bus (bring bus pass) to various places and sometimes enjoy a hot drink afterwards.
Musical Memories Choir	Christwell Church, Manselton Road, Manselton, SA5 8PW	01792 403777 Email – helen@redcommunityproject.org.uk	Free	www.musicalmemorieschoir.co.uk	Wednesdays 11am – 12.30pm	The power of music for people living with dementia. A warm welcome awaits you.

Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10am-3.30pm March-April: 10am - 4.30pm May – Sept: 10am - 6pm Oct: 10am - 4.30pm Nov –Dec: 10am - 3.30pm	
Swansea Crafties	Elysium bar 210 Hight Street Swansea		Free	Swansea Crafties - Elysium Gallery	Wednesdays, 1-3pm (UNTIL 27TH AUGUST)	
Life drawing at Elyisum	Elysium 210 Hight Street Swansea		£8	Life Drawing at elysium - Elysium Gallery	First 3 Wednesdays of the month	

Thursday

Activity	Address	Contact	Cost	Website	When	Other Information
Morning Meditation	Swansea Buddhist Centre, Uplands	Peter Martin, 07843 112211	Free	www.swanseabuddhistcentre.org.uk	Thursdays, 9–9:30 am	Start your day with a calm and focused meditation
Walking Group	Meet at Blackpill Lido	Jane Taylor, 01792 765432 Myles Lewis – myles.lewis@actionforelders.org.uk	Free	www.swanseawalkinggroups.org	Thursdays, 10 am–12 pm	Gentle walk along Swansea seafront
Forget Me Not	Siloam Church Hall,	01792 448805	Free		Wednesday, 10.30am-12.30 pm	

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	458 Gower Road, Killay, SA2 7AL					
Tai Chi for Beginners	Swansea YMCA, Studio	Mark Evans, 07432 123456	£5/session	www.taichiswansea.co.uk	Thursdays, 11 am–12 pm	Gentle movement to improve balance and mindfulness
Lunch and Learn: Nutrition for Health	Swansea Civic Centre, Room 3	events@swanseahealth.co.uk	Free	www.swanseahealth.co.uk	Thursdays, 12:30–1:30 pm	Talk on healthy eating and nutrition basics
Craft & Chat	St. Luke's Church Hall, Sketty	Ann Roberts, 07954 321123	£3 donation	www.stlukes-swansea.org.uk	Thursdays, 1–3 pm	Bring your own crafts or join in with communal projects
Pilates for Posture	The Studio, Swansea Wellbeing Centre	Jessica Morgan, pilatesplus@gmail.com	£7/session	www.pilatesplusswansea.co.uk	Thursdays, 2–3 pm	Improve posture and core strength
Drop-in Counselling	Swansea Mind, High Street	01792 642999	Free	www.swanseamind.org.uk	Thursdays, 3–6 pm	No appointment needed for mental health support
Evening Book Club	Uplands Tavern, Swansea	Emily Price, 07821 547890	Free		Thursdays, 6–7:30pm	Monthly group, email for details of next book
Functional Fitness	Swansea Leisure Centre, Main Gym	Rob Matthews, 01792 435678	£6/session	www.activeagingfit.co.uk	Thursdays, 6:30–7:30pm	High-energy class for all levels
Community Film Night	Dylan Thomas Centre, Swansea	info@dylanthomas.com	£4	www.dylanthomas.com	Thursdays, 7–9pm	Screening of a classic or local film
Drum Circle	The Basement, High Street	Tony Richards, 07459 854321	£5 donation	www.swanseadrumming.org.uk	Thursdays, 7–8:30pm	Rhythm-based group session for stress relief
Stargazing Group	Swansea Astronomy Society, Mumbles Pier	01792 112233	Free	www.swanseaastro.org	Thursdays, 8–10pm	Weather-dependent, check the website for updates

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Coffee Morning	Topic House,56-58 Teilo Crescent, Swansea SA1 6SX	Terry, 01792 642247 or Justine, 07527 629318	Free	Not available	Thursdays, 11am–1pm	Topic House may have transport for some group activities for small fee
Sunflower Singers – Singing for Wellbeing	Cwmgwrach Miner's Welfare Hall, Heol y Felin, Cwmgwrach, NPT	Joanne 07525485352 Joanne@empowerinspire.co.uk	£4	www.empowerinspire.co.uk	Thursdays 11.30am-1pm	Empower Inspire
Community Farm	2 Pontarddulais Road, Fforestfach SA5 4BA	01792 578384	Free	Wellbeing | Swansea Community Farm | Swansea	Tuesdays, Thursdays, Saturdays, 10am-4pm	City farm where volunteers care for animals, the environment and each other to improve wellbeing and resilience
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10am-3.30pm March-April: 10am - 4.30pm May – Sept: 10am - 6pm Oct: 10am - 4.30pm Nov –Dec: 10am - 3.30pm	
Dementia Support Group	Sunnybank Workmen's Club, 132-134 Lone Road, Clydach,	Sunnybank Workmen's Club: sbwmci@outlook.com 01792 849364	Free	SunnybankClub on Facebook	Thursdays 12:30pm-3pm	For those living with dementia, family members/carers and those over 50

	Swansea, SA6 5JB					or living by themselves.
SCVS Forgetful Friends Dementia and Carer Group	Clydach Community Hall, Vardre Road, Clydach, SA6 5LP	Daisy McGlashan: 07908 742718 or email dementiasupport@scvs.org.uk	Free	Swansea Dementia and Carer Project | Swansea CVS	Every 4th Thursday of the month	Cuppa, chat and activities.

Friday

Activity	Address	Contact	Cost	Website	When	Other Information
Yoga with Annie	Trallwn Community Centre	07967216245 01792 791641 Clyde.a.hughes@btinternet.com	?	Yoga Classes | Swanseayoga | Swansea	Fridays, 10am	
Coffee & Chat Morning	St. Mary's Church Café, Swansea City	Rev. James Perry, 01792 567890	Free	www.stmaryschurch-swansea.org.uk	Fridays, 9–11 am	Casual social gathering with free coffee and tea
Volunteer Gardening	Clyne Gardens	Julie Smith, 01792 332211	Free	www.swanseaparksvolunteers.org	Fridays, 10 am–12 pm	Tools provided, learn about local plants and ecosystems
Cooking for Fun	Swansea Community Kitchen, High Street	info@swanseacommunitykitchen.org	Free	www.swanseacommunitykitchen.org	Fridays, 10 am–1 pm	Learn to cook affordable and healthy meals
Beginners French Class	Swansea Central Library, Room 2	Marie Leclerc, 07829 453210	£8/session	www.languagesforall.co.uk	Fridays, 11 am–12 pm	Ideal for beginners wanting to learn conversational French
Tea & chat social group	The Swigg 1b,	myles.lewis@actionforelders.org.uk	Free	https://actionforelders.org.uk/swansea/	Every Friday,	Action for Elders

	National Waterfront Museum, Swansea				11pm - 1pm	
Inclusive Fitness	LC Swansea, Inclusive Fitness Studio	Sarah Morgan, 01792 873210	£4/session	www.swansealifestylecentre.co.uk	Fridays, 12–1 pm	Adapted fitness class for all abilities
Poetry Open Mic	Dylan Thomas Centre, Swansea	info@dylanthomas.com	Free	www.dylanthomas.com	Fridays, 1–2:30 pm	Share your poetry or enjoy listening to others
Forget Me Not	Sketty community church, Carnglas road, SA2 9BP	01792 448805	Free		Friday, 1.30–4 pm	
Friday Nature Walk	Penllergare Valley Woods, Café Start	Alan Jones, 07945 678321	Free	www.penllergare.org	Fridays, 2–4 pm	Guided nature walk exploring local wildlife and history
Chess Club	Uplands Community Centre, Swansea	Rob Lewis, 07432 234567	Free	www.swanseachessclub.org.uk	Fridays, 3–5 pm	All levels welcome, boards provided
Early Evening Zumba	Swansea YMCA, Sports Hall	Tanya Carter, 07856 432198	£6/session	www.zumbaswansea.co.uk	Fridays, 5–6 pm	High-energy dance fitness class
Family Swim Session	LC Swansea, Main Pool	Reception, 01792 466500	£12/family	www.swansealifestylecentre.co.uk	Fridays, 5:30–7 pm	Fun for families, all ages welcome
Local Live Music	The Garage Music Venue, High Street	Tickets via 01792 567123	£10 advance	www.thegarageswansea.com	Fridays, 7–10 pm	Featuring local bands, check website for line-up
Stand-Up Comedy Night	Swansea Grand Theatre, Studio 1	Box Office, 01792 475715	£15	www.swanseagrand.co.uk	Fridays, 8–10:30 pm	Popular local and visiting comedians

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Astronomy Talks	Swansea Observatory, Marina	Dr. Amy Price, 01792 654321	£3 donation	www.swanseaobservatory.org.uk	Fridays, 8:30–10 pm	Talk and stargazing session, weather permitting
3 Course Hot Lunch	Topic House,56-58 Teilo Crescent, Swansea SA1 6SX	Terry, 01792 642247 or Justine, 07527 629318	£6 (must be pre-booked)	Not available	Fridays, 11:30am–1:30pm	Topic House may have transport for some group activities for small fee
Community Cafe	Penyrheol Community Church, Llannant Road, Gorseinon, SA4 4GD	N/A	Free	www.penyrheolchurch.org.uk	Fridays, 10am	A warm welcome to join for a cuppa and chat.
Knit and Natter Group	Canolfan Y Bont 28 Dulias Road, Pontarddulais, Swansea, SA4 8PA	01792 885532	£1.00 per week	Canolfan y Bont - Swansea	Fridays, 12.30pm - 3.30pm	
Musical Memories Choir	Linden Church, Elm Grove Road, West Cross, Swansea SA3 5LD	01792 403777 Email – helen@redcommunityproject.org.uk	Free	www.musicalmemorieschoir.co.uk	Fridays 11am – 12.30pm & 1 – 2.30pm	The power of music for people living with dementia. A warm welcome awaits you.
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10am-3.30pm March-April: 10am - 4.30pm May – Sept:	

					10am - 6pm Oct: 10am - 4.30pm Nov –Dec: 10am - 3.30pm	

Saturday

Activity	Address	Contact	Cost	Website	When	Other Information
Parkrun	Singleton Park, main entrance	parkrun@swansea.org	Free	www.parkrun.org.uk/swansea	Saturday, 9 am	5 km timed run for all abilities, register online
Salsa Night	La Cantina Bar, Wind Street	info@salsaswansea.com	£8	www.salsaswansea.com	Saturdays, 8 pm–12 am	Dance lessons followed by social dancing
Stargazing & Astronomy Night	Rhossili Downs, National Trust Car Park	Alan Brown, 07754 321987	£5 donation	www.swanseaastroclub.org	Saturdays, 9–11 pm	Telescopes provided, clear skies permitting
Sound bath Journey	The Hall, Swansea Wellbeing Centre, Swansea	Gail Stewart 07726 360 584	£10	https://www.wellbeingswansea.co.uk/classes	Saturdays (once a month) 6pm	
Crystal Vibrations Sound Bath	The Hall, Swansea Wellbeing Centre, Swansea	Francesca on 07581089692 Book on-line at skininthewild.com/wild-events	£20	https://www.wellbeingswansea.co.uk/classes	Saturdays (once a month) 6.30pm - 7.30pm	

		www.instagram/skininthewilds				
Community Farm	2 Pontarddulais Road, Fforestfach SA5 4BA	01792 578384	Free	Wellbeing | Swansea Community Farm | Swansea	Tuesdays, Thursdays, Saturdays, 10am-4pm	City farm where volunteers care for animals, the environment and each other to improve wellbeing and resilience
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10am-3.30pm March-April: 10am - 4.30pm May – Sept: 10am - 6pm Oct: 10am - 4.30pm Nov –Dec: 10am - 3.30pm	

Sunday

Activity	Address	Contact	Cost	Website	When	Other Information

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Feldenkrais (movement therapy)	The Hall, Swansea Wellbeing Centre, Swansea	Philippa (07938 929544)	£9	https://wellbeingswansea.co.uk	Sunday once a month, 10:30am-12:00pm	
Tre, Somatic and Nidra Masterclass	The Hall, Swansea Wellbeing Centre, Swansea	Julie Copp (juliecopp@hotmail.co.uk)	£30	https://wellbeingswansea.co.uk	Sunday once a month, 2:00pm-4:00pm	
Restorative Yoga	The Hall, Swansea Wellbeing Centre, Swansea	Karen MacKinnon 07792 698852 ; Karenmackinnon@hotmail.co.uk	Free	https://wellbeingswansea.co.uk	Sundays, 5.30-7pm	
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10am-3.30pm March-April: 10am - 4.30pm May – Sept: 10am - 6pm Oct: 10am - 4.30pm Nov –Dec: 10am - 3.30pm	