

Weekly activities

at the

Wellbeing Studio.

Pollards Hill

Tuesdays

All FREE programmes to Pollards Hill Residents

Nourish and Flourish - Women's Weight Management & Coaching
9.30-12.30. Contact us to be referred onto this course.

Community Gardening project 1030-1230pm

Wednesdays

Community Morning Drop in for Pollards Hill Residents
10am-12.30 every week

including Cuppa and Community Drop-in, Diamond Art, Financial Support, Knitting and Crochet, Art, Community Gardening. Meet your Community Health & Wellbeing Lead.

Ready Steady Cook: Call us to be referred onto this course.
10.30-1pm. Courses throughout 2026.

WeRPollards Sewing Group. 2-4pm.

Fridays

Women's Yoga. 10am-11.15pm. Limited spaces so call to book in.

Men's Yoga. 11.30am-1pm. Limited spaces to call to book in.

Wellbeing Studio. 50 Montgomery Close, CR0 1XT
Contact Michelle on 07731 343732 or
wellbeingstudio@moat.co.uk.
For WeRPollards contact Graham on 07927 111518

