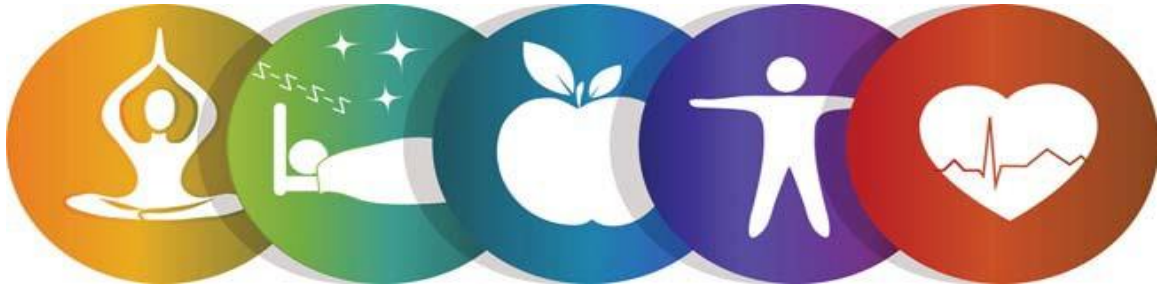




# Health & Wellbeing Event



*Keeping Well in 2025 and Beyond*

**Saturday 26th April 2025**

**The Beacon 12 - 4pm**

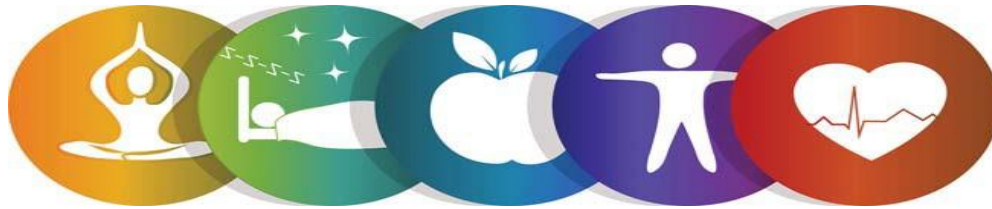
*Come and join us to find out more about what exciting activities are available in and around the area to enable you to enjoy a healthier and more fulfilled lifestyle.*

## PROGRAMME OF EVENTS

*For more details see our website*

<https://wellbeing.ox12.org>





## **Thank you for joining us at the 2025 Health and Wellbeing Event.**

Various activities are taking place all over the Beacon so please take a moment to look through this programme to help you plan your journey around the Health and Wellbeing Event and find out what's on and where, to make sure you don't miss anything.

There are a range of organisations offering a variety of exciting activities you may be interested in. These can be found in the Ridgeway Room on the first floor as well as throughout the Beacon.

We are pleased to be able to offer a variety of interesting talks and energetic entertainment taking place in the Lockinge and Hanney rooms situated on the ground floor.



Refreshments are available in the Coffee Bar thanks to Wantage Literary Festival 'Books and Brews'.

Come and meet the Therapy Dogs in the Sofa Corner in the Coffee Bar area.



**Church Street & Newbury Street Patient Participation Group Representatives are available on the Ground Floor.**

Come and talk to us to find out more about what we do.

Alternatively please contact us:

[NSPG@Wantage.com](mailto:NSPG@Wantage.com) or [churchstreetppg@gmail.com](mailto:churchstreetppg@gmail.com)

**We hope you enjoy your visit.**

**GROUND FLOOR  
TALKS AND DEMONSTRATIONS IN THE HANNEY ROOM**

12.15 – 12.35	To Dig or not to Dig – Grove Road Allotments
12.45 – 13.35	CPR & Defibrillator Demo by Martin Magee
13.45 – 14.05	NHS App – by Marta Fischer
14.15 – 14.35	How to Manage Back Pain - by Tom Jacobs
14.45 – 15.25	CPR & Defibrillator Demo by Martin Magee
15.35 – 15.55	From Stress and Burnout to Wellness and Balance – Maryna Sydorova

**DEMONSTRATIONS & PERFORMANCES IN THE LOCKINGE ROOM**

12.15 – 12.35	Wantage Silver Band - Sam Wyne <i>(Taster Session – Come and have a Go!)</i>
12.50 – 13.10	White Horse Ceilidhs – Graham Hubbard <i>Join in for a barn dance!</i>
13.25 – 13.45	Glee Club (Choir) – Karen Wymbys
14.00 – 14.20	Jazzercise Wantage - Rachel
14.30 – 14.50	Jigsaw - Chris Jones
15.05 – 15.25	Icknield Way Morris Men – Simon Weston
15.35 – 16.00	Blossom Tai Chi – Zita Vellinga

**PARTICIPATING ORGANISATIONS IN THE CHALLOW ROOM**

	<b>B</b>	<b>C</b>	
<b>A</b>	<b>TABLE</b>	<b>ORGANISATION</b>	
	<b>A</b>	Charlotte Steer (Chiropractor) KinesioM (Life Coach)	
	<b>B</b>	Grove Day Centre October Club (Alzheimer's Day Care Centre)	<b>D</b>
	<b>C</b>	Dementia Oxford Grove Stroke Group	
	<b>D</b>	Wantage Mobility Group Carers Oxfordshire	

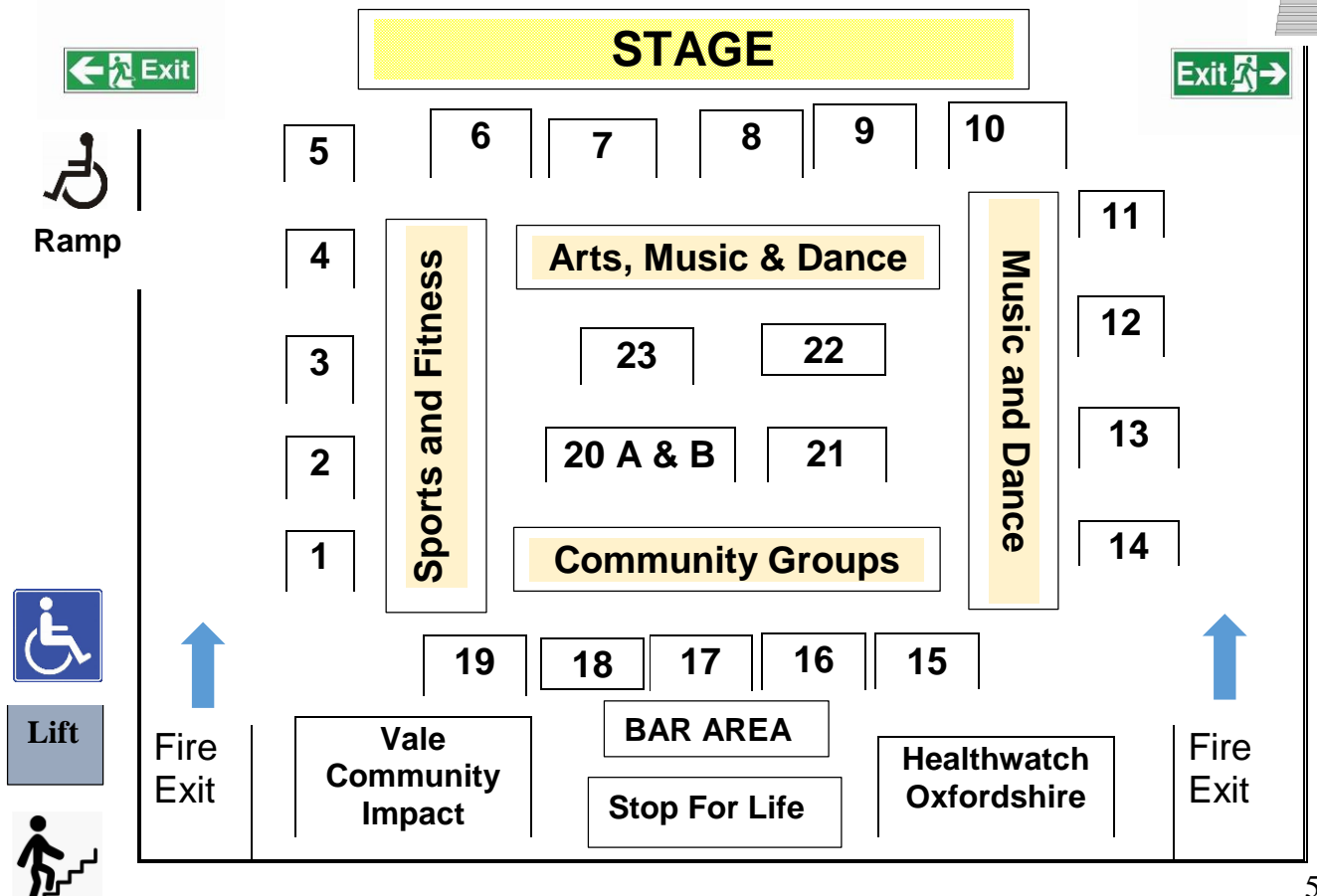
## THE RIDGEWAY (FIRST FLOOR)

	TABLE	ORGANISATIONS REPRESENTED
<b>SPORTS AND FITNESS</b>	<b>1</b>	Blossom Tai Chi Rising Rooted: Yoga and Coaching with Deni Wantage Life Savers
	<b>2</b>	Grove Field Run Wantage Bowling Club
	<b>3</b>	Hanney Tennis Club Wantage Lawn Tennis
	<b>4</b>	Wantage & Grove Cricket Club Walking Netball Wantage Rounders (Alfred's All-Rounders)
	<b>5</b>	Jazzercise Wantage Pilates with Sally TFD Health & Fitness
	<b>6</b>	The Ramblers, Vale of White Horse Group Wantage Health Walks Harwell and Abingdon Scottish Country Dance Clubs
<b>ARTS</b>	<b>7</b>	Grove Monday Art Club The Arts Society Group, Wantage
	<b>8</b>	Wantage Art Group King Alfred's Patchwork & Quilting Group
<b>MUSIC AND DANCE</b>	<b>9</b>	Icknield Way Morris Men The Wantage Mummings
	<b>10</b>	White Horse Ceilidhs Cornucopia (Appalachian Step Clogging & British Clog Dancing)
	<b>11</b>	Strictly Ukes // Wantage Bell Ringers Wantage Silver Band
	<b>12</b>	Circle Dance Jigsaw Stage Productions
	<b>13</b>	Glee Club UK Wantage Wantage Choral Society
	<b>14</b>	Harmony InSpires (Ladies Acapella) Wantage Male Voice Choir Wantage Sings

**COMMUNITY SUPPORT & SOCIAL ACTIVITIES**

Table	Organisations Represented
15	Burnt Cakes WI, Wantage, King Alfred's WI, Wantage
16	Charlton WI // Wantage & Grove U3A
17	The Freemason's Wantage Association of Retired Persons (WARP)
18	Wantage Bridge Club Wantage Café Scientific // Sweatbox
19	DAWN - Talking Newspaper Wantage & Grove District Twinning Association
20 A & B	Wantage and Grove Street Pastors Wantage Parish Grove Free Evangelical Church Vale Benefice (Grove, Hanney, East Challow and Denchworth Churches)
21	Grove & Wantage (GroW) Support for Families and Activities for Toddlers Maymessy (a bespoke cookery and gardening enterprise) Wantage & Grove Food Bank
22	Wild Wantage // Letcombe Brook Project
23	Wilts & Berks Canal Trust Grove Road Allotment Association

**THE RIDGEWAY ROOM PLAN**



## CONTACT DETAILS FOR PARTICIPANTS

<b>1</b>	Blossom Tai Chi 07990321914	<a href="http://www.blossomtaichi.com">www.blossomtaichi.com</a> email: blossomtaichi@outlook.com
<b>15</b>	Burnt Cakes WI	<a href="https://burntcakeswi.co.uk/">https://burntcakeswi.co.uk/</a> email: burntcakeswi@oxfordshirewi.co.uk
<b>D</b>	Carers Oxfordshire 01235 424715	<a href="https://www.carersoxfordshire.org.uk/">https://www.carersoxfordshire.org.uk/</a> email: carersinfo@carersoxfordshire.org.uk
<b>A</b>	Charlotte Steer Chiropractic 07873122785	<a href="http://www.charlottesteerchiropractic.co.uk">www.charlottesteerchiropractic.co.uk</a> email: csteer@charlottesteerchiropractic.co.uk
<b>16</b>	Charlton WI	email: Charltonwi@ @oxfordshirewi.co.uk
<b>12</b>	Circle Dance 07814 988941	email: joancoo@outlook.com
<b>10</b>	Cornucopia	<a href="https://www.cornucopia-dance.org.uk/">https://www.cornucopia-dance.org.uk/</a>
<b>19</b>	<b>DAWN</b> Didcot, Abingdon & Wantage Talking Newspaper	<a href="http://www.dawntn.org.uk/">http://www.dawntn.org.uk/</a> 07429 637266 email: info@dawntn.org.uk
<b>C</b>	Dementia Oxfordshire 01865 410210	<a href="https://www.dementiaoxfordshire.org.uk/">https://www.dementiaoxfordshire.org.uk/</a> <a href="https://www.facebook.com/dementiaox">https://www.facebook.com/dementiaox</a>
<b>17</b>	Freemason's	email: lpmjones44@gmail.com
<b>13</b>	Glee Club Wantage 07900 210969	<a href="http://www.gleeclubuk.com/">http://www.gleeclubuk.com/</a> email: terri@gleeclubuk.co.uk
<b>B</b>	Grove Day Centre for the Elderly 01235 770074	<a href="https://grovedaycentre.org/">https://grovedaycentre.org/</a> email: grovedaycentre@hotmail.co.uk
<b>2</b>	Grove Fields Parkrun 01235 767538	<a href="https://www.parkrun.org.uk/grovefields/">https://www.parkrun.org.uk/grovefields/</a> grovefields@parkrun.com
<b>20 A</b>	Grove Free Evangelical Church 07903 841767	<a href="https://gfec.org.uk/">https://gfec.org.uk/</a> email: pastor@gfec.org.uk
<b>7</b>	Grove Monday Art Group	email: alanwinter1@sky.com 01235 410921
<b>23</b>	Grove Road Allotment Assoc	email: groveroadaa@gmail.com
<b>C</b>	Grove Stroke Group	email: yacavanagh@gmail.com 07780611849
<b>21</b>	GroW Families 01235 376037	<a href="https://www.growfamilies.co.uk/">https://www.growfamilies.co.uk/</a> contact@growfamilies.co.uk
<b>3</b>	Hanney Tennis Club 01235 868348	<a href="http://www.hanneytennisclub.org.uk/">http://www.hanneytennisclub.org.uk/</a> email: membership.htc@gmail.com
<b>14</b>	Harmony InSpires	<a href="https://www.harmonyinspires.org">https://www.harmonyinspires.org</a>
<b>6</b>	Harwell & Abingdon Scottish Country Dance Clubs	<a href="https://harwellscdc.mno.org.uk/">https://harwellscdc.mno.org.uk/</a> email: secretary@HarwellSCDC.mno.org.uk
<b>Bar</b>	Healthwatch Oxfordshire 01865 520520	<a href="https://healthwatchoxfordshire.co.uk/">https://healthwatchoxfordshire.co.uk/</a> email: hello@healthwatchoxfordshire.co.uk
<b>9</b>	Icknield Way Morris Men 07901 757174	<a href="https://www.icknieldwaymorrismen.org.uk/">https://www.icknieldwaymorrismen.org.uk/</a> bagman@icknieldwaymorrismen.org.uk

5	Jazzercise Wantage 07917 205372	<a href="https://www.jazzercise.co.uk/location/jazz-ercise-wantage-20639">https://www.jazzercise.co.uk/location/jazz-ercise-wantage-20639</a>
12	Jigsaw 07765057107	<a href="http://www.jigsawstageproductions.co.uk/">http://www.jigsawstageproductions.co.uk/</a>
A	KinesioM 07920 195222	<a href="https://www.kinesiom.com">https://www.kinesiom.com</a> email: marina.sydorova@gmail.com
8	King Alfred's Patchwork & Quilting Group 07763923000	<a href="http://www.kingalfredquilters.org.uk">www.kingalfredquilters.org.uk</a> email: heleneast52@outlook.com
15	King Alfreds WI	email: sandrahelm24@hotmail.co.uk
22	Letcombe Brook Project 01235 771 447	<a href="http://www.letcombebrook.org.uk">http://www.letcombebrook.org.uk</a> email: info@letcombebrook.org.uk
21	Maymessy 07960 489677	<a href="https://www.maymessy.com/">https://www.maymessy.com/</a> email: anna@maymessy.com
B	October Club - Alzheimer's Day Care Centre 01235 760428	<a href="http://www.octoberclub.org.uk/">http://www.octoberclub.org.uk/</a> email: enquiries@octoberclub.org.uk
5	Pilates with Sally 07776137994	<a href="http://www.pilateswithsally.co.uk">www.pilateswithsally.co.uk</a> email: sally@pilateswithsally.co.uk
1	Rising Rooted: Coaching & Yoga with Deni	<a href="https://www.yogawithdeni.com/">https://www.yogawithdeni.com/</a> email: yogawithdeni.bale@gmail.com
Bar	Stop For Life Oxon	<a href="http://Stopforlifeoxon.org">Stopforlifeoxon.org</a>
11	Strictly Ukes 07958180838	email: bonnrice18@gmail.com
18	Sweatbox Youth Centre	<a href="https://sweatboxwantage.org/">https://sweatboxwantage.org/</a>
5	tfd Health & Fitness 07920 480001 - 01235 772995	<a href="http://www.tfdgym.co.uk">http://www.tfdgym.co.uk</a> email: lisa@tfdgym.co.uk
7	The Arts Society Wantage	<a href="https://theartsocietywantage.org/">https://theartsocietywantage.org/</a>
6	The Ramblers Vale of White Horse 07968 710869	<a href="http://www.ramblers-oxon.org.uk/vwh.html">http://www.ramblers-oxon.org.uk/vwh.html</a> email: valeramblers@gmail.com
9	The Wantage Mummings 07762 372106	<a href="http://www.wantagemummings.org.uk/">http://www.wantagemummings.org.uk/</a> email: enquiries@wantagemummings.org.uk
Cafe	Therapy Dogs Nationwide 07899793418	<a href="http://TDN.org.uk">http://TDN.org.uk</a> email: sarahtippett@btinternet.com
20 A	Vale Benefice 01235 771479	<a href="http://www.groveparishchurch.org.uk/">http://www.groveparishchurch.org.uk/</a> email: office@valebenefice.org.uk
Bar	Vale Community Impact 01235 765348	<a href="https://www.vci.org.uk/">https://www.vci.org.uk/</a> email: help@vci.org.uk
4	Wantage & Grove Cricket Club	<a href="http://www.wantagecc.co.uk/">http://www.wantagecc.co.uk/</a> theteam@wantagecc.co.uk
4	Walking Netball	email: belconacher@talktalk.net

<b>D</b>	Wantage and District Mobility Group 07769 875628	email: suemaryfield24@gmail.com
<b>21</b>	Wantage and Grove Foodbank	<a href="https://www.wantageandgrovefoodbank.org.uk">https://www.wantageandgrovefoodbank.org.uk</a>
<b>6</b>	Wantage Health Walks	email: bob.mclatchie@gmail.com
<b>20 B</b>	Wantage & Grove St Pastors	wantageandgrove@streetpastors.org.uk
<b>20 B</b>	Wantage Parish	alastair.churchwarden@wantageparish.com
<b>17</b>	Wantage and Grove U3A	<a href="https://wantage.u3asite.uk">https://wantage.u3asite.uk</a>
<b>8</b>	Wantage Art Group	email: wantageart@gmail.com 01235 764258
<b>17</b>	Wantage Association of Retired Persons (WARP)	01235 768644
<b>11</b>	Wantage Bell Ringers	email: bellringers@wantageparish.com
<b>2</b>	Wantage Bowling Club 01235 765157	<a href="https://www.wantagebowlingclub.co.uk/">https://www.wantagebowlingclub.co.uk/</a> email: info@wantagebowlingclub.co.uk
<b>18</b>	Wantage Bridge Club 07720 845027	<a href="http://www.bridgewebs.com/wantage">http://www.bridgewebs.com/wantage</a> email: lynmorton89@gmail.com
<b>18</b>	Wantage Café Scientifique	<a href="http://cafescientifique.org/uk/wantage-2">http://cafescientifique.org/uk/wantage-2</a>
<b>13</b>	Wantage Choral Society	email: wantagechoralsociety@gmail.com
<b>19</b>	Wantage & Grove Twinning Association 01235 767975	<a href="http://www.wantage.com/wantage-twinning">http://www.wantage.com/wantage-twinning</a> email: jamesmitchellonevoice@sky.com
<b>3</b>	Wantage Lawn Tennis Club 07907 766253	<a href="http://www.wantagetennisclub.co.uk">http://www.wantagetennisclub.co.uk</a> email: Chris-Gray@ntlworld.com
<b>1</b>	Wantage Lifesavers Club	email: wantagelifesavers@gmail.com
<b>14</b>	Wantage Male Voice Choir 01235 768249	<a href="http://wantagemalevoicechoir.org.uk/">http://wantagemalevoicechoir.org.uk/</a> email: nportsmouth2011@gmail.com
<b>4</b>	Wantage Rounders (Alfred's All-Rounders)	email: sandrahelm24@hotmail.co.uk
<b>11</b>	Wantage Silver Band 01235 767541	<a href="https://www.wantageband.org/">https://www.wantageband.org/</a> email: bandmaster@wantageband.org
<b>14</b>	Wantage Sings	<a href="https://www.wantagesings.co.uk/">https://www.wantagesings.co.uk/</a>
<b>10</b>	White Horse Ceilidhs 07855 548512	<a href="http://www.whitehorseceilidhs.org.uk/">http://www.whitehorseceilidhs.org.uk/</a> email: info@whitehorseceilidhs.org.uk
<b>22</b>	Wild Wantage 07768 767787	<a href="https://sustainablewantage.org.uk/?page_id=22">https://sustainablewantage.org.uk/?page_id=22</a> email: wildwantage@gmail.com
<b>23</b>	Wilts & Berks Canal Trust 01235 771 435	<a href="https://www.wbct.org.uk/">https://www.wbct.org.uk/</a> email: Richard.shackleton@wbct.org.uk