

Mindful Mondays

September 2025 special guests

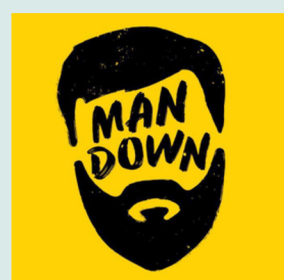
Monday 8th September 2025

Sharon Gale, Hot Flush
Tom Humphreys, Biosphere Communities
Liam Hurst, The 2 Minute Foundation
Libby Bowles, Earth Action North Devon
& the Barnstaple Alliance Primary Care Network



Monday 22nd September 2025

Darren Collins, Man Down
Laura Winkley, Men's Shed
& the Barnstaple Alliance Primary Care Network



Mindful Monday community drop-ins are at Castle Chambers Cafe, 26 Castle Street, Barnstaple on the second and fourth Monday of every month. Entry £5. 18 years +.

Email: info@thewoodyard.org.uk

Visit: www.thewoodyard.org.uk



Scan the QR
code for details

*'The Woodyard is a place where
no-one feels lonely'*

