



Wellbeing Experience Menu

Our members offer all sorts of activities across the district that would go down a treat with your team! Find your next team building or wellbeing experience.

- It's quick and easy to book.
- Fantastic opportunity to support local Voluntary, Community and Social Enterprise organisations, helping them to continue their work in communities.
- Lots of VCSE organisations means LOTS of different fun activities to try!

Our Menu provides:

- A quick intro to the organisation running the activity
- A brief overview of each activity
- Information on accessibility
- Details about clothing and refreshments

These sessions are designed for a group of around 12 and will last for 3 hours. You can let us know [on the booking form](#) if you have any special requests.

Jump to the activity that interests you...

Activity	Page
Make a Mug Workshop	2
Mandala Rock Painting	2
Multi-Games Activity Session	3
5 Ways to Wellbeing Activities at Thornes Park	3
Wellbeing Jar	4
Printmaking Workshop	4



Menu of Activities

Make a Mug Workshop

Run by: The Art House – a contemporary art gallery and creative space in Wakefield that delivers exhibitions, events and a wide variety of community projects.

What you'll do: Explore the tactile medium of clay on this fun and informative creative session and create your own unique ceramic mug. You'll learn some hand building techniques and will then choose coloured slips to apply some colour and pattern. The mugs will all be fired through The Art House kiln and will be available to collect approximately three weeks after the session. No previous experience needed, perfect for complete beginners as you'll be guided through the process with an experienced ceramics tutor. Teas, coffees and biscuits will be provided.



Where you'll be: The Art House Ceramics Studio, Central Wakefield

What to bring or wear: Clothing which you don't mind getting a bit messy.

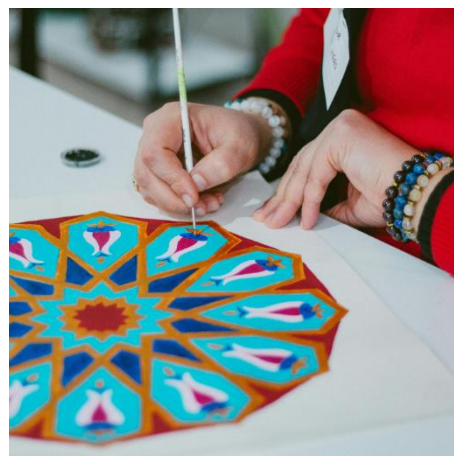
Is it wheelchair accessible: Yes

Mandala Rock Painting

Run by: Mindful Movers – a non-profit peer led run walk talk group, for people from all walks of life who enjoy being outside in green space.

What you'll do: This mindful activity draws on your creativity to paint a pebble of your choice using acrylic paints, dots, and brushes. During this fun session, you'll create your very own work of art to take away.

Where you'll be: West Wakefield Methodist Church (TBC depending on your preferred date/time)



What to bring or wear: Clothing which you don't mind getting a bit messy.

Is it wheelchair accessible: Yes



Multi-Games Activity Session

Run by: Evergreen Active – a community interest company that transforms the health and wellbeing of families and communities through physical activity and active change.

What you'll do: Do you remember how much fun playing out used to be? This multi-games session will see you enjoying old-school games such as Tig, What Time Is It Mr Wolf, Relays, Noughts & Crosses and much more! Totally inclusive to adults of all ages, shapes, sizes and fitness levels – it's so much fun, we can't even call it exercise. This session can be done at your workplace or nearby park, and all equipment is provided.



Where you'll be: At a venue to suit you

What to bring or wear: Comfy clothing and water

Is it wheelchair accessible: Yes

5 Ways to Wellbeing Activities at Thornes Park

Run by: Mindful Movers – a non-profit peer led run walk talk group, for people from all walks of life who enjoy being outside in green space.

What you'll do: Explore the historic Thornes Park throughout a fun, interactive session focused on the 5 Ways to Wellbeing. As a team you'll participate in several activities each linked to the 5 Ways to Wellbeing: Take notice, Learn, Give, Be Active and Connect. There will be chance to brew up along the route using camping stoves. The activities are fully inclusive, and the park is also accessible for wheelchairs.



Where you'll be: Thornes Park, Central Wakefield

What to bring or wear: Clothing and shoes suitable for the weather

Is it wheelchair accessible: Yes



Wellbeing Jar

Run by: Mindful Movers – a non-profit peer led run walk talk group, for people from all walks of life who enjoy being outside in green space.

What you'll do: An interactive activity where we discuss wellbeing and ways we can look after ourselves. We'll then get crafty and create a colourful wellbeing jar to take home. These jars are a great keepsake and safe place to store affirmations, positive thoughts, and pick-me-ups for whenever you might need a boost.

Where you'll be: West Wakefield Methodist Church (TBC depending on your preferred date/time)

What to bring or wear: Clothing which you don't mind getting a bit messy.

Is it wheelchair accessible: Yes



Printmaking Workshop

Run by: The Art House – a contemporary art gallery and creative space in Wakefield that delivers exhibitions, events and a wide variety of community projects.

What you'll do: Get inky in The Art House Print Studio and create your own printed works of art onto paper, on this fun and inspiring printmaking session. Take inspiration from a range of designs and patterns and produce a series of your own prints using professional equipment, taught by an experienced printmaking tutor. Perfect for beginners, no previous experience necessary.

Where you'll be: The Art House Print Studio, Central Wakefield

What to bring or wear: Clothing which you don't mind getting a bit messy.

Is it wheelchair accessible: Yes





How to Book

Know what you want to try?

Book your wellbeing experience by completing [our online form](#).

If you have any questions or need support to book your experience, please get in touch with our team at info@nova-wd.org.uk or 01924 367418.

Prices

There is a standard price of £350 for each wellbeing experience.

Disclaimer

Please note that information on each session has been provided by the delivery organisation and that the opportunities promoted are not necessarily endorsed by Nova Wakefield District. Some images have been added by Nova and these should not be taken as an exact representation of the related activity.