

20th – 27th Jan



A Knutsford event...

wellness week.

Be inspired.

Join us for a full week of **self-care tips, therapy and workshops** and make **2024 the year of you.** #knutsfordwellness

Find out more:  Knutsford Town Council  knutsfordtc



Organised by



**Knutsford
Town Council**

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Welcome to Knutsford’s first Health and Wellness Week. It is January, it is cold, and we are probably all a tad fed up. To help you through the darkest of months, we’ve curated a range of talks, presentations and taster sessions focusing on physical and mental health. We hope there is something that suits you and if it helps make 2024 a better year for you then great. If you can’t make any of the sessions feel free to contact the companies direct to find out more. Our wellness week isn’t about ‘a quick fix, ‘New Year, New You’, it is about what is right for you, long term.

Saturday 20th January

Lost and Found 9am - 11am

Pop in for an informal chat
Slater & Gordon Knutsford Family Law, Helen Jones
Nutritional Therapist and Well-being Coach, Jem Gunn
Body Image Therapy, Sian Winslade Coaching,
Reflexology Manchester and Just Drop In.
No booking required.

Secret Room, Lost and Found 10am - 10:30am

Sian Winslade: Introduction to Life Coaching -
an informal talk
Booking essential: coaching@sianwinslade.com
Site: www.sianwinslade.com

Charlton Lodge 8:30am - 9:30am

Saturday Morning Yoga: Rise and Shine Yoga
with Shona
Price: £10 | Booking essential:
www.yogiwithsho.as.me/schedule.php

Nxtep Gym 10am

HIIT class with Nxtep Gym
Get ready to sweat it out with our high-intensity
interval training.
Booking essential: studio@nxteppersonaltraining.co.uk
Site: www.nxteppersonaltraining.co.uk

Saks Hairdressing All day

All clients will receive a complimentary scalp
health service with their appointment
Booking essential: knutsford@sakshair.co.uk
Site: www.saks.co.uk/salons/knutsford

Knutsford Iyengar Centre 11am - 12pm

Free Yoga taster class
Booking essential: www.knutsfordyoga.co.uk or email
knutsfordyoga@aol.com

NaturalMat 6pm - 7:30pm

Sound Bath with Yelena Chowdry
Focusing on deep relaxation and sound meditation for
the perfect night’s sleep.
Price: £10 for an individual sound bath and £20 for a
bed to fit two people | Booking essential:
www.eventbrite.co.uk/e/sound-bath-meditation-at-natu-
ralmat-knutsford-showroom-tickets-758936709127
Site: www.facebook.com/yelena.chowdry

Roberta Beauty Redefined

Complimentary hard skin removal with Lyndsey
of Perfect Podiatry: 10am - 2pm
Booking essential: info@perfectpodiatry.co.uk
Bespoke Dermalogica Face Treatment:
2pm - 5pm (30 minutes per session)
Expert skin advice and help with conditions such as
chronic dryness, acne, pigmentation, and scarring.
Myofascial neck stretching massage with
Anahita Cheshire Physical Therapy:
1pm – 3pm (20 minutes per session)
HQ Brows semi-permanent make up/
microblading consultations for those suffering
from hair loss or recovering from cancer
treatment: 1:30pm - 3pm
Booking essential: www.robortabeautyredefined.com

Moneypenny Suite at Courthouse Cheshire

Outside the Box Therapies: Learn how to
manage stress overwhelm and anxiety using a
quick natural method called EFT: 11am - 12pm
An Introduction to Hypnotherapy: 2pm - 3pm
Booking essential: anna@outsidetheboxtherapies.co.uk
Site: www.outsidetheboxtherapies.co.uk

Monday 22nd January

Saks Hairdressing All day

Complimentary treatments and blow-dries
Booking essential: knutsford@sakshair.co.uk
Site: www.saks.co.uk/salons/knutsford

Charlton Lodge 4:45pm - 5:30pm

Tween yoga with Nancy
Yoga classes for 10+
Price: Free | Booking essential: Message via Instagram
@nancycamp_

Tuesday 23rd January

Saks Hairdressing All day

Complimentary treatments and blow-dries
Booking essential: knutsford@sakshair.co.uk
Site: www.saks.co.uk/salons/knutsford

April’s Kitchen 7pm

Helen Jones Nutrition: How to Thrive
during Perimenopause and Menopause
Booking essential: helen@helenjonesnutrition.com
Site: www.helenjonesnutrition.com

CarrotBananaPeach 2pm

Maternity Yoga taster and talk session
including a pregnancy yoga and baby massage
Booking essential: www.carrotbananapeach.co.uk

Charlton Lodge

The Wellness Web: Family Friendly Yoga:
4pm - 5pm
Price: £3 per family member
The Wellness Web: Mindfulness Workshop
Price: £5 (plus limited free spaces) | Booking essential:
thewellnesswebb@gmail.com
Site: www.thewellnesswebb.co.uk/booking

Wednesday 24th January

The Secret Room at the Lost and Found

Fitness and Fat Loss Tips with Nxtep Gym:
9:30am and 6pm
Meet a fitness guru from Nxtep Gym for an engaging
30-minute talk.
Booking essential: chris@nxteppersonaltraining.co.uk
Site: www.nxteppersonaltraining.co.uk

Saks Hairdressing All day

Complimentary treatments and blow-dries
Booking essential: knutsford@sakshair.co.uk
Also pop in to find out more about gynaecologi-
cal health from the charity The Eve Appeal.
Site: www.saks.co.uk/salons/knutsford

Just Drop In 4pm - 7pm

Taster Life Coaching Sessions with
Sian Winslade
For 16-25 years | Three 1:1 sessions of 45 minutes.
Booking essential: coaching@sianwinslade.com
Site: www.sianwinslade.com

Carmichael Clinic 10am

Let’s talk Back Pain: A talk with the
clinic’s experts
Booking essential: info@carmichael-physio.co.uk
Site: www.carmichael-physio.co.uk

Thursday 25th January

Saks Hairdressing All day

Pop in to find out more about gynaecological
health from the charity The Eve Appeal.
Site: www.saks.co.uk/salons/knutsford

Knutsford Market Hall 11am - 2pm

Visit Healthwatch for a mini check up
No booking required

Helen Jones Nutrition 7pm-8pm

Nutrition for Optimal Mental Health
Register for this online talk:
www.helenjonesnutrition.com/events

Moneypenny Suite at The
Courthouse Cheshire 10am - 11am

Menopause and Skin Care with Roberta Dyer of
Roberta Beauty Redefined
Booking essential: www.robortabeautyredefined.com

Town Council Offices 12:30pm - 1:30pm

Outside the Box Therapies: Learn how to
manage stress overwhelm and anxiety using
a quick natural method called EFT
Booking essential: anna@outsidetheboxtherapies.co.uk
Site: www.outsidetheboxtherapies.co.uk

Just Drop In 4pm - 7pm

Taster Life Coaching Sessions with
Sian Winslade
25 years plus. Three 1:1 sessions of 45 minutes.
Booking essential: coaching@sianwinslade.com

Friday 26th January

Rise and Shine Yoga 9:30am - 10:20am

Yoga with Nancy
Price: Free | Booking essential: Message via Instagram
@nancycamp_

Knutsford Market Hall All day

Visit Lotus Blossom Gift Co for yoga inspired
gifts and equipment

Natural Mat 10am - 11:30am

Mums on the Mat
The Mum Club and Yogi with Sho. Babies welcome and
support will be on hand from Cheshire Nannies.
Including a brunch from Detaljer.
Price: £20 | Booking essential:
www.themumclub.com/events

Town Council Offices 2pm - 3pm

Outside the Box Therapies: Top Tips for
Managing Eating and Weight Struggles
Booking essential: anna@outsidetheboxtherapies.co.uk
Site: www.outsidetheboxtherapies.co.uk

Saturday 27th January

Knutsford Market Hall All day

Visit Lotus Blossom Gift Co for yoga inspired
gifts and equipment

NaturalMat 6pm - 7:30pm

Sound Bath with Yelena Chowdry
Focusing on deep relaxation and sound
meditation for the perfect night’s sleep.
Price: £10 for an individual sound bath and £20 for a
bed to fit two people | Booking essential:
www.eventbrite.co.uk/e/sound-bath-meditation-at-natu-
ralmat-knutsford-showroom-tickets-758936709127
Site: www.facebook.com/yelena.chowdry

Throughout the week

Reflexology Manchester

Award winning and Knutsford based reflexologist Sarah Clayton will be offering £10 off all reflexology treatments during the week | Location provided upon booking.

Booking essential: sarah@reflexologymanchester.co.uk

Body Dysmorphic Disorder (Appearance related mental health issues)

Face to face private sessions with Jem Gunn Body Image Therapy Centre | Location provided upon booking.

Booking essential: jem@jemgunn.com

Site: www.jemgunn.com

Nxtep Gym - NX3 Transformation

Experience the NX3 Transformation sessions, exclusively offered for free to a limited group of 6 individuals, at 4pm and 5pm on Monday, Wednesday, and Friday. Our expert trainers will guide you through dynamic workouts, tailored to your specific goals.

Booking essential: studio@nxteppersonaltraining.co.uk

Knutsford Hearing Centre

Free 45-minute hearing health appointments available Monday 22nd. 10% off noise and leisure solutions. (snore and swim plugs, shooting plugs and bespoke earphones).

Booking essential: info@knutsfordhearingcentre.co.uk

Stable Minds

Discover your Path to Wellbeing: Meet Milly at Wellness week. 20-minute sessions designed to give individuals who are considering counselling a chance to meet with Milly in a relaxed and informal setting.

Booking essential: contact@stable-minds.co.uk

Site: www.stable-minds.co.uk

CarrotBananaPeach

2 for 1 aerial yoga and hot yoga. 20% off monthly membership which gives you access to unlimited classes. Free tea and coffee for anyone who attends classes throughout the week 20% off any purchases from the yoga shop or food from the café.

Booking essential: www.carrotbananapeach.co.uk

MOT quick check with Carmichael Clinic

Booking essential: Call 01565 750035 or email info@carmichael-physio.co.uk

If you cannot decide what to book or if you require further information, please contact the therapist directly.

Locations

April's Kitchen: Regent Street, WA16 6GR

Carmichael Clinic: 16A Princess Street, WA16 6BU

CarrotBananaPeach: Heritage Way, WA16 6DG

Charlton Lodge: Knutsford Moor, WA16 6JD

Courthouse Cheshire: Toft Road, WA16 0PB

Just Drop In: 44-46 King Street, WA16 6DT

Knutsford Hearing Centre: Princess Street, WA16 6DD

Knutsford Iyengar Centre: Brandon Drive, WA16 8EJ

Knutsford Market Hall: Silk Mill Street, WA16 6DF

Town Council Offices: Toft Road, WA16 6TA

Lost and Found: Princess Street, WA16 6BY

NaturalMat: Tatton Street, WA16 6AF

Nxtep Personal Training: 103 King Street, WA16 6EQ

Roberta Beauty Redefined: 2 Minshull Street, WA16 6HG

Saks Hairdressing: Minshull Street, WA16 6HG

Stable Minds: Behind 39-41 Princess Street, WA16 6BW

Wellness Week is brought to you by Knutsford Town Council and is kindly sponsored by Slater & Gordon

**Slater
Gordon**
Lawyers

The Slater & Gordon Knutsford Family Team bring national family law expertise to residents' doorsteps in a discreet meeting room location at 10 Church View, Knutsford, WA16 6DQ. Ranked in independent legal guides, the Legal 500 and Chambers and Partners, the team provides confidential, tailored advice on all family law issues, including divorce and separation, matrimonial finances, child arrangements and cohabitation disputes. The team can also now offer legal services catered to modern families, offering advice to same-sex and opposite-sex couples, married and unmarried on adoption (including international adoption), surrogacy, fertility treatment and donor conception. To support the new service offering, Slater and Gordon has appointed Principal Lawyer, Hannah Saxe.

Head of family law and Knutsford local, Georgina Chase and Principal Lawyer, Hannah Saxe, will have a pop up at the Lost & Found on Saturday 20th January 2024 as part of wellness week, to discuss how Knutsford locals can receive peace of mind by ensuring they obtain the legal advice they need in respect of Family Law issues. Slater and Gordon offer a reduced fixed fee initial 30-minute family law consultation for £99 inclusive of VAT from their Knutsford office. **Booking essential:** Georgina.chase@slatergordon.co.uk