

Well-Being Week

at the Family Hub



15th - 19th March

The Family Hub

A friendly, welcoming meeting point where parents can come to connect with other parents, and feel secure that it is a child friendly environment.

A Hub where people can share their experiences and expertise, and develop their knowledge of the local area and services.

An inviting, engaging environment where children and adults can learn.



Connect. Share. Grow.

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Well-being consultant

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SUPPORTING

Sarah Wolfe

Well-being consultant

Dr Sarah Wolfe DCLinPsy

I have fourteen years of experience in health and social care, including work with children, families and adults in mental health, learning disability, forensic and neurorehabilitation services. After moving to Switzerland two years ago with my husband and son, I am pleased to be opening a private practice here in Schaffhausen. As a Wellbeing Consultant, I will be offering support to English-speaking adults, including one-to-one consultations and groups. My practice is centred on nurturing compassion and nature connection, paths to wellbeing which are applicable to many areas of distress.



WaxArt by Julia Healing Hands Massagen



My name is Julia Sergueeva Collu. I was born in Russia, but have lived in Schaffhausen since 2000. My husband and I started our own business in the wellness industry in 2017 here in Schaffhausen.



WaxArt by Julia

I offer the innovative method of hair removal with 5th generation top quality wax for women & men. This special product and particularly the technique are suitable for sensitive skin and shorter hair. My new treatment in 2021 is my new passion that became very popular among my existing and new clients. Deluxe Anti-Age Japanese Face Massage is quite intense and yet very relaxing time to take care of face muscles, décolleté and scalp with complementary hand mask & massage.



Healing Hands Massagen

Veysel is a massage therapist with 15 years of experience in sport and wellness massages. We think our treatments are important for people who take care of their well-being and are looking for natural solutions to stay healthy and well balanced physically and mentally. Here you are in good hands!

At the moment we offer a selection of massages with special offer

60 min = CHF 60

90 min = CHF 90

For more details visit their website: www.waxartbyjulia.com

Yoga with Christina Dervisi

I started yoga as a teenager, but back then more as a sport. Later, I became involved in meditation and energy work and did various training courses.

After various yoga workshops, I specialized and trained in teaching these skills to children and teenagers.

I have been teaching children's yoga and meditation for 3 years, later teenage yoga and parent-child yoga. At the end of 2019 I decided to do the intensive training at Yoga Vidya and also teach adults



Edge Health and Fitness

Call Claire 0788619904 for
more information OR

**Sign up
here!**



For kids

Kid Box

Held at Edge Health and Fitness gym, for children aged between 8 and 14. They will learn teamwork, self-discipline, mental fortitude, endurance and concentration
Mondays and Thursdays, 4.45p.m.



For you

HIIT style sessions

HIIT style, half an hour sessions held in Promenade Park.

Monday 6-6.30p.m.
Tuesday 8.30 - 9a.m.
Wednesday 12.30 - 1p.m.
Thursday 6 - 6.30p.m.

Essential Oils

With Lotte Kaeller-Cox

I have travelled round a lot, from the UK to Switzerland via multiple European countries, speaking different languages and experiencing new cultures. My most recent journey hasn't involved moving, though, but taking small steps to better health.

I'm an essential oil enthusiast, nature and animal lover, mum and founder of BLŌEMOLOGIE (a blend of Dutch and dōTERRA, pronounced 'bloomology'). Welcome to my world! I hope you'll find everything you need to know about getting started using dōTERRA essential oils and boosting your health and happiness one drop, one step, at a time.



Well-being groups in Schaffhausen

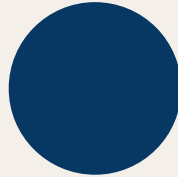
Tuesday hiking group



Run Talk Run/Walk to Walk



Rhein Runners



Tuesday Hiking Group

The hiking group has been taking place for many years. Each week, a new hike is planned, in the local area or further afield.

A great way to visit new places, stay healthy and meet new people.

Contact: pa@issh.ch for more information.



Run Talk Run Walk Talk Walk



 **RUN
TALK
RUN**

with Paula and Elizabeth

These groups are excellent if you like to socialise while exercising. With Paula and Elizabeth, you can choose to walk or jog 5km every week, whilst having the opportunity to meet people for a chat.

 **WALK
TALK
WALK**

Watch our interview here to find out more about Run Talk Run and Walk Talk Walk.

Check out the Instagram page [@runtalkrrun_schaffhausen](https://www.instagram.com/runtalkrrun_schaffhausen) for more information.

Rhein Runners



Another walking and running group that takes place every Friday along the river here in Schaffhausen.

Contact: pa@issh.ch for more information.

The Family Hub @ ISSH



Monday 15th March



Mindful Monday with Sarah Wolfe

We'll be sharing some useful tips on how you can look after your own and your family's mental health and well-being via our website and social media.

A blue starburst graphic with a yellow outline, containing the text 'Sign up here!' in white.

**Sign up
here!**

Monday 15th March

HIIT style sessions with Edge Health and Fitness

Join the personal trainers from Edge for a HIIT style session in Promenade Park.

Half an hour sessions, Monday to Thursday



Tuesday 16th March

[Sign up here!](#)



Introduction to Essential Oils by Lotte Kaeller-Cox

I would love to invite you to a short and sweet 'intro to essential oils class on Zoom'. In this hour-long class (plus time for Q and A at the end) I will answer these questions:

- What are essential oils?
- How do they work?
- How do I know which ones to buy?
- How can I put them to practical use in my home?

[Sign up
here!](#)

Wednesday 17th March

Yoga with Christina Dervisi

Sign up to join Christina's online yoga group. Once the Family Hub reopens she will be offering sessions weekly.



Thursday 18th March



Thoughtful Thursday with the Family Hub community

Join us for an informal chat via Google Meet to talk about and reflect upon life in Switzerland and the pandemic.



[Sign up here!](#)

Friday 19th March

Introduction to Essential oils by Lotte Kaeller-Cox

I would love to invite you to a short and sweet 'intro to essential oils class on Zoom'. In this hour-long class (plus time for Q and A at the end) I will answer these questions:

- What are essential oils?
- How do they work?
- How do I know which ones to buy?
- How can I put them to practical use in my home?



Our Timetable

Essential oils
introduction with our
expert, Lotte

8 - 9 p.m.

Tuesday 16th

Join us for an online
chat about living in
Switzerland and during a
pandemic.

8.30 - 9.30p.m.

Thursday 18th

Monday 15th

Join Edge Health and
Fitness for a half an
hour HIIT session in
Promenade Park

6 - 6.30p.m.

Wednesday 17th

Join Christina for a yoga
session

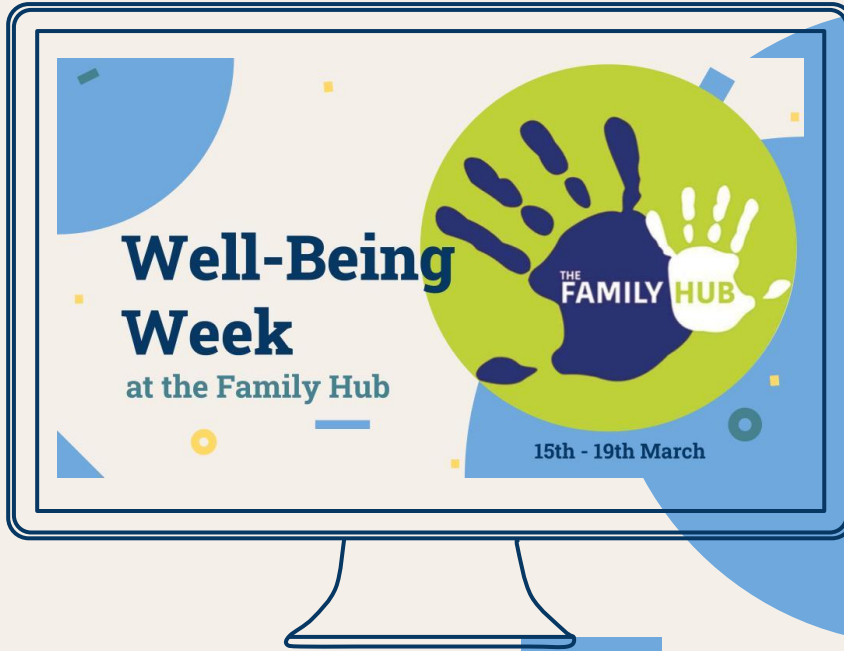
7 - 7.50 p.m.

Friday 19th

Another chance to join
an introduction to
Essential oils with our
expert, Lotte

10 - 11a.m.

Well-being week!



Join us online for a week of well-being activities!