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FINN'S  
PLACE



The  
WEE  
RETREAT™



# SOUTHSIDE WELLBEING FESTIVAL 2024



6-8th September

Wellbeing tasters, outdoor activities, kids  
events & more to bring wellbeing into the  
heart of Glasgow's Southside!

Scan the QR code for more info



# The Festival

Welcome to the Southside Wellbeing Festival 2024! A joint venture by Finn's Place and The Wee Retreat CIC. Now in its 3rd year, we're excited to introduce some new venues and an exciting programme of over 40 wellbeing activities.

From yoga to dance, cycling to creative writing, as well as a poetry competition, we've got something for everyone. With great kid friendly activities too, so the whole family can get involved.

Have a flick through our programme and book your space via our Eventbrite festival page. All the events are either be free, pay what you can or will have a set price with concession options always available.

## What's on? Friday 6th September

### Grateful Living

Craft workshop focusing on how the attitude of gratitude can help you live a happier life. Suitable for all.

10-11am

Art Space G41

### Writing the Self in the World

A writing workshop to explore the sensory details that makes us alive and who we are. Suitable for all.

11-1pm

Dumbreck Yard

### Teacher's Wee Retreat

A retreat for you to nurture your own practice and connect with others. Especially for wellbeing practitioners.

11.30-1pm

The Wee Retreat

### Accessible Yoga

A gentle yoga class with standing, chair and mat options. Discover the benefits of yoga. Suitable for all.

12.30-1.30pm

Finn's Place

### Festival Drop in

Pop in, say hello and find out more about the festival and what's on. All welcome!

1.15 to 2.15pm

The Wee Retreat



## Ayurveda Wellness Workshop

Meditation & balancing breathwork to relax our mind & connect to our bodies. Suitable for all.

2-4pm

Finn's Place

## Chair Yoga

A fun & inclusive way to enjoy yoga while sitting in a chair. Suitable for all, including those with low mobility.

2.30-3.30pm

The Wee Retreat

## Nature & Nurture Ceramic Painting

Learn ceramic skills and get crafty with the art of pottery painting. Suitable for all no experience required.

2.30-4.30pm

Art Space G41

## Intro to Solution Focused Hypnotherapy

An interactive session exploring how we experience anxiety and stress. Suitable for all.

3.30-4.30pm

Finn's Place

## Wee Wander

A gentle, peaceful wander around local green spaces. Everyone welcome, get in touch about accessibility.

3.30-4.45pm

The Wee Retreat

## Sing, Stretch & Smile!

Fun Yoga & Music for Mini Yogis. Get ready for a wiggly, giggly adventure. Suitable for kids aged 4-8 years.

4-4.45pm

The Wee Retreat

## Mindful Creative Writing

Connect with your senses & get writing! For those with social communication anxiety, with an open invitation to all.

5-6pm

The Wee Retreat

## Community Meal

Gather over a warm meal, exchange recipes and forge friendships. Suitable for all. Let us know dietary requirements.

6-8pm

Finn's Place

## Queer Yoga

A gentle yoga class that flows with the seasons. Especially for the LGBTQ+ community, with an open invitation to all.

6.30-7.30pm

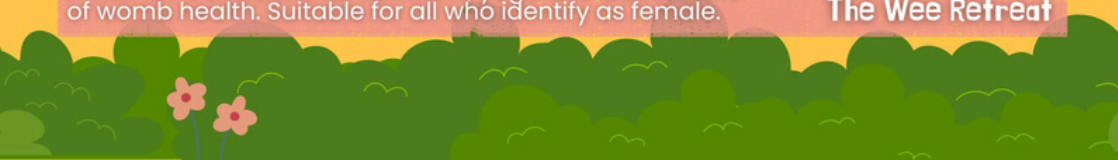
The Wee Retreat

## Heal the Womb, Heal the Woman

A women's circle with breathwork, yoga and discussions of womb health. Suitable for all who identify as female.

8-10pm

The Wee Retreat





# Saturday 7th September

## Zentangle Workshop

Mindful drawing that can help ease stress & anxiety by drawing simple, repetitive patterns. Suitable for all.

10-11am

Art Space G41

## Gentle Led Bike Ride

A relaxed bike ride cycling around the southside. Everyone welcome, get in touch about accessibility.

11-12:30pm

Bike For Good

## Pilates

Strengthen your body with an focus on posture, balance, and flexibility. Suitable for all.

12.30-1.30pm

Finn's Place

## Ukulele Beginners Workshop

An intro to this wonderful little instrument. Start strumming along to songs you love! Suitable for all.

12.30-1.30pm

The Wee Retreat

## Healing Anatomy Workshop

Connect with your body, mind and spirit and learn about the fundamentals of healing modalities. Suitable for all.

1.30-2.30pm

Finn's Place

## Family Yoga

A fun & easy going yoga session for the whole family to take part in together. Suitable for all, everyone welcome.

2-3pm

The Wee Retreat

## Fundamentals of Bike Riding Talk

Learn the fundamentals of riding a bike safely. Ask the experts and feel confident riding. Suitable for all.

2-4pm

Bike for Good

## The Things I forgot about Me

A reflective & creative writing workshop. Suitable for those experiencing perimenopause and menopause only.

2-4pm

Dumbreck Yard





## Printing with Nature

Get creative with nature using flowers and other natural elements to print pieces of art. Suitable for all to drop-in.

2-4pm

The Wee Retreat

## Jargon Busting : Types of Therapy

Gain clarity on which kind of therapy suits you best in this informative talk. Suitable for all.

3-4.30pm

Finn's Place

## Creative Release

Discover different creative techniques you can use in your daily life with a focus on wellbeing. Suitable for all adults.

4.30-7.30pm

Finn's Place

## Laughter for Wellbeing

A chance to have a laugh! Reduce stress & relax the body in this interactive workshop. Suitable for all adults.

5-6pm

The Wee Retreat

## In My Element - Shamanic Journeying

Work with the sacred elements & directions of the Celtic wheel of life. Suitable for all adults.

6.30-7.30pm

The Wee Retreat

## Wellbeing NIA Dance Session

Draw inspiration from martial arts, healing arts and dance in this low impact practice. Suitable for all adults.

7.30-8.30pm

Dumbreck Yard



# Sunday 8th September

## Intro to The Wim Hof Method Workshop

Take an ice cold dip and learn about Wim Hof - breathing, cold therapy & commitment. Suitable for all adults.

9-1pm

The Wee Retreat

## Autumn Herb Walk to Queen's Park

Explore the early autumn treasures of Queen's Park with others. Everyone welcome, get in touch about accessibility.

10-12pm

Bike for Good





## The Dolly Quilt Club

Get creative & make a Dolly or Teddy quilt from your pre-loved fabric. Suitable for all & family friendly.

10-12pm

Dumbreck Yard

## Summer Creative Writing Workshop

Grab your pens and your sunnies as we reflect on the summer season and get creative. Suitable for all adults.

10-12pm

The Wee Retreat

Don't miss our annual Wellbeing Fair, an afternoon of fun and the chance to meet many of the wonderful people who run wellbeing activities across the southside.

## Wellbeing Fair

Our annual showcase of wellbeing offerings with taster sessions, refreshments & stalls. All welcome!

2-4pm

Finn's Place

## Closing Ceremony

Together we'll bring the festival to a close, with the winners of the poetry competition & a big thank you to everyone.

4-4.30pm

Finn's Place

## Battlefield Writers Reading

Listen to some excerpts of creative writing from this local writing group. Suitable for all.

4.30-5.10pm

Finn's Place

## Sound Bath

A full-bodied, meditative experience using traditional Tibetan singing bowls, gongs, and chimes. Suitable for all.

6-8pm

The Wee Retreat



# Our venues

Dotted across the southside, a chance to find new hubs to look after your wellbeing...



The  
WEE  
RETREAT™

A meditation and wellbeing centre bringing peace & serenity to the Southside of Glasgow

Find them : 2 Myrtle Park, G42 8UQ

Contact - 0141 423 5564 [info@theweeretreat.co.uk](mailto:info@theweeretreat.co.uk)



FINN'S  
PLACE

A hub for wellbeing and connection in the local community

Find them : 167 Ledard Rd, G42 9QU

Contact - 0141 632 7520 [info@Finn'splace.org](mailto:info@Finn'splace.org)



bike for good

A charity using bikes to do good actions! Enabling people to cycle from Langside Lane

Find them : 539 Victoria Road, G42 8BH



ART SPACE G41

A ceramics studio, CIC, and shop located in the Shawlands Arcade

Find them : 124 Kilmarnock Rd G41 3NN



A Rural Haven for Play, Creativity and Wellbeing in Glasgow

Find them : 82 Dumbreck Road G41 4SN



# For more info on all our events please:



- scan the QR code
- use the contact details below
- or pop into Finn's Place or The Wee Retreat!

We recommend pre-booking events to avoid disappointment. If an events is fully booked, contact us to join a waiting list.

## Get in touch:

[info@southsidewellbeingfestival.co.uk](mailto:info@southsidewellbeingfestival.co.uk)



@southsidewellbeingfest



/southsidewellbeingfestival

[www.southsidewellbeingfestival.co.uk](http://www.southsidewellbeingfestival.co.uk)

Tickets : [bit.ly/eventbriteswf](https://bit.ly/eventbriteswf)

A HUGE THANK YOU TO THE THE SCOTTISH GOVERNMENT, AND GCVS FOR THEIR GENEROUS FUNDING FROM THE GLASGOW COMMUNITIES MENTAL HEALTH AND WELLBEING FUND, WHICH HELPS MAKE THE FESTIVAL POSSIBLE!

