

# Wye Valley

## Dance and Wellbeing

DIRECTORY

Sports Massage \* Martial Arts \* Yoga  
Physiotherapy \* Walking  
Networking \* Social Groups \* Pet Care \* Pilates  
Nails \* Hairdressers \* Gyms  
Beauty \* Personal Trainers \* Dance & More

A free on-line directory for residents and visitors to the Wye Valley  
National Landscape and designated Area of Outstanding Natural Beauty





## KIH Bed Pregnancy Cushion

The KIH Bed Pregnancy Cushion was designed in 2011 and is used by professional practitioners to enable them to treat their clients prone at variable stages of pregnancy. Multi-Award Winning and sold to Spa Chains, Chiropractors, Osteopaths and other Health Professionals.



# FHT

COMPLEMENTARY • BEAUTY • SPORTS

2015  
Excellence  
Awards

HIGHLY  
COMMENDED

EXCELLENCE IN INNOVATION

[WWW.KIHPRODUCTS.CO.UK](http://WWW.KIHPRODUCTS.CO.UK)

## WYE VALLEY DANCE AND WELLBEING



Welcome to the Wye Valley Dance and Wellbeing digital directory! It has been a joy these past few months to gather information on all of the amazing individuals and companies offering services designed to make you look and feel good, inside and out. I'm acutely aware of how challenging it can be to wear so many hats as a small business, and the more time concentrated on your craft, instead of PR & Marketing, the better.

Life can be tough for us all at times, and self-care is so important; knowing where to go when you need somebody to talk to, and knowing what groups and activities exist, to bring us together when life can feel so isolating is crucial.

This directory is to help residents and visitors to the stunning Wye Valley know what is available to them, whilst helping our local businesses raise awareness, gain clients and sustain their business long-term. I have always loved marketing and was recognised for Marketing and PR Excellence by [The Guardian newspaper in 2014](#), I then went on to spend several years supporting the single parent community via publishing the [Single Mums Business Magazine](#) from 2019 to 2025. I now run 'The Centre' aka [WVDW](#), in Ross-on-Wye, which is HQ to my dance business, Labeada®, and home to the Labeada® Lounge, which has been set up for business networking, workshops, and philanthropic endeavours.

As a local resident I have witnessed many social media posts crying out for information on where to go for anything from a manicure to a walking group, cleaner or a martial arts class, and have felt compelled to make it easier for those searching, and for those offering.

I have included many local businesses in the directory, but please contact me if you are not listed and are in the Wye Valley or immediate catchment area, and I will have you added in no-time, you only pay if you choose to take advertising space in addition to your free listing. Enjoy reading and please get something in the diary to suit you, you deserve it!



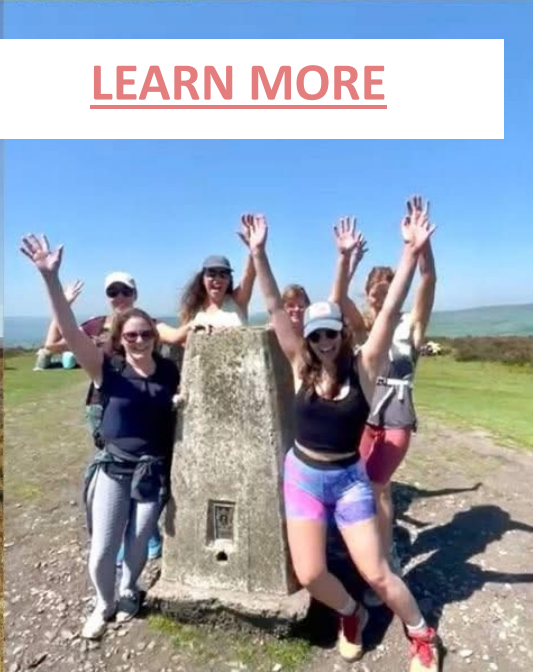
**HIKING**  
*Gurus*

HIKING | COMMUNITY | WELLBEING

HG was created to support women to build their confidence, mobility, and independence through pressure free group hikes, so that they may feel more empowered within themselves.



[LEARN MORE](#)



# EMPOWERING WOMEN TOGETHER THROUGH THE OUTDOORS

**Hiking Girlies is an outdoor Women's Empowerment community** created to support women to build their **confidence, mobility and independence** through our inclusive and pressure free group hikes, so that they may feel more empowered within themselves.

## If you

- ✓ Enjoy the outdoors
- ✓ Would like to make new friends in a pressure free group environment
- ✓ Want to build your confidence

*Come and join us on one of our organised walking events!*

Join a Hiking Girlies Walk here [▶](#)

[HIKING GIRLIES | Facebook](#)

*Hiking Community*

*Wellbeing*



C25K  
EVERY JAN!

## INTERESTED IN JOINING A RUNNING CLUB?

- **Friendly** inclusive environment
- **Training** Tues/Thurs inc walk/run group
- **Social** events all year-round
- **23** free club league races
- **Benefits** through Welsh Athletics



## WHERE/WHEN?

- 🕒 Tues/Thurs 6:55PM
- 📍 Monmouth School Sports Club

**CONTACT US**  
OR VISIT OUR WEBSITE

✉ [spiritofmonmouth@gmail.com](mailto:spiritofmonmouth@gmail.com)

[SPIRITOFMONMOUTH.CO.UK](http://SPIRITOFMONMOUTH.CO.UK)





## **LADIES SELF PROTECTION WORKSHOP**

**Trialling a workshop in Hereford early November.  
Cost of workshop £10 for 2 hours.  
Please state preference for evenings or weekend.**

**DEVELOP THE RESOURCES AND ATTRIBUTES TO DEAL WITH  
AND PREVAIL AGAINST :**

- UNWANTED ADVANCES**
- PERSONAL HARASSMENT**
- DISPARITY OF THREAT**
- ACTIVE THREATS**
- PREDATORIAL BEHAVIOUR**

**DERIVED FROM MILITARY CLOSE QUARTER COMBATIVES AND  
PERSONAL PROTECTION**

**TEENAGERS WELCOME WITH AN ACCOMPANYING ADULT**

**FOR FURTHER INFO OR TO RESERVE A PLACE PLEASE  
EMAIL [mtyack@btinternet.com](mailto:mtyack@btinternet.com)**

**MARTYN HAS 49 YEARS EXPERIENCE OF MARTIAL DISCIPLINES,  
FOR THE LAST 20 YEARS AS A SELF PROTECTION INSTRUCTOR  
AND  
EDC INSTRUCTOR**

# JAX undercover

Just for fun!



This month our mystery shopper 'Jax' visited... [The Beauty Rooms, Ross-on-Wye](#) and here's what she had to say...

## What did you have done / do?

I had a lovely relaxing massage with Rosie.

## What was the investment?

When I booked I paid £25 upfront and the remaining £25 on the day.

## Where did you park?


Right outside the front door!

## What stood out as being awesome report worthy?


Conception to completion stress free - I am huge fan of booking on-line rather than messaging, checking diaries and waiting for replies; Parking right outside the front door, for free was super stress free and luxurious!

Oh and the welcome and checkout on reception was first class!



 Kern Place, Alton Road, situated next to Ashfield Care building, Ross on Wye.  
Address

 +44 1989 219078  
Mobile

 [thebeautyroomsrossonwye@gmail.com](mailto:thebeautyroomsrossonwye@gmail.com)  
Email address

# Domestic Abuse Awareness Month

October 2025



Come together to end Domestic Abuse  
#DomesticAbuseAwarenessMonth

## LOOKING FOR HELP? DOMESTIC ABUSE HELPLINE

Helpline opening hours are 7am-10pm weekdays and 9am-5pm on weekends and bank holidays.

If you need Domestic Abuse support when the helpline is closed please contact the 24hr National Domestic Abuse Helpline on 0808 2000 247.



Herefordshire:  
Call **0800 783 1359**



Male Domestic Abuse Helpline – Free and confidential  
Call **0800 014 9082**



Contact us via email:  
**helpline@wmwa.org.uk**



Contact us via email:  
**mdas@wmwa.org.uk**

# Mill Meadow Day Retreat:

Saturday 29th november · 9:30 am  
5:00 pm

## ✦ What's Included

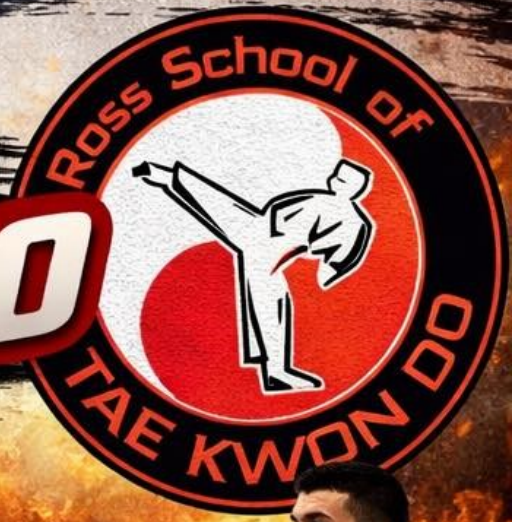
- Create your own natural organic skincare products
- Enjoy a nourishing organic vegetarian meal
- Unwind in the peaceful zen chill-out area with the infrared sauna
- Gentle time with our alpacas, pygmy goats, and chickens in the paddock

✦ A day to soften, create, and return home to yourself.

£99 per person

Spaces are limited.

# ROSS TAEKWONDO



**FIRST LESSON FREE!**

**WE TRAIN ON TUESDAY & THURSDAY EVENINGS**

**AGES 6 & UPWARDS**

**THURSDAY CLASSES**

**7-8PM BEGINNERS CLASS**

**8-9PM ADVANCED CLASS**

**TUESDAY CLASSES**

**7-8PM ALL LEVELS**



**DISCIPLINE • FITNESS • CONFIDENCE • 07817 241829**

# The Wellbeing Café at St Michael's Hospice



St Michael's  
Hospice

Do you have a life-limiting illness?  
Does a loved one have a condition  
they won't get better from?

## Answer 'Yes' to either?

Drop in for a cuppa and a chat  
with one of our friendly, expert team.

You don't need to be receiving care from  
St Michael's to attend the Wellbeing Café.

The monthly drop-ins are also a chance  
to find out how St Michael's might be able  
to help, and for you to meet others going  
through similar experiences.

The Wellbeing Café takes place on the  
second Tuesday of each month, from  
1.30-3pm at St Michael's Hospice (HR1 4HA).



For more information: Call: 01432 852080 or  
Email: [dayhospice@smhospicehereford.org](mailto:dayhospice@smhospicehereford.org)



Registered with  
FUNDRAISING  
REGULATOR

Registered Charity  
No: 511179

## Did you know 1 in 4 people experience depression or anxiety?

Healthy Minds is your local IAPT service, which stands for Improving Access to Psychological Therapies.

We support people experiencing a range of more common mental health difficulties such as worry, anxiety, low mood, depression, panic disorders, phobias, OCD or Post Traumatic Stress Disorder (PTSD).

There are many situations in a person's life which may cause stress, anxiety, low mood or depression. It is completely normal but it can also start to impact what we do and who we are and when we reach that point it is important to get help to prevent these feelings getting worse.

We understand that seeking support is a big step. We hope to provide you with information and treatment that will help you feel yourself again.

When we speak with you we will offer you a range of appointment times to complete a 50min telephone call. During this call we will identify the main difficulties you are experiencing, and decide the most appropriate treatment plan. This could include

- Online therapy which you do at your own pace and in your own time
- Groups and Courses where you can share (as much or as little as you wish) and learn from other people
- Or more traditional 1:1 support

If you think you would benefit from our help please contact us via our website [www.nowweretalking.nhs.uk](http://www.nowweretalking.nhs.uk) or call us directly today on 01432 220 507.

ADVERTISE HERE

[LEARN MORE](#)



NYKI YOGA



**MEN WALKING AND TALKING**  
Est. 2021



**HEREFORD GROUP**

**MEETING POINT - OPPOSITE THE PREMIER INN ON EDGAR STREET**

**WEDNESDAYS @7PM**

**GIVING MEN A SAFE SPACE TO OPEN UP ABOUT THEIR MENTAL HEALTH AND SUPPORT EACH OTHER.**

- ✓ NO NEED TO BOOK AND NO FEE
- ✓ NON JUDGEMENTAL, PEER SUPPORT
- ✓ PROMOTING POSITIVE MENTAL HEALTH
- ✓ WEEKLY GROUPS LOCATED AROUND THE COUNTRY
- ✓ ONLINE PEER SUPPORT GROUP AVAILABLE

**[MENWALKINGANDTALKING.CO.UK](http://MENWALKINGANDTALKING.CO.UK)**



**PROJECT 100 ANGELS**



**TREWEN MEADOWS**

**EQUINE ASSISTED THERAPY & WELLBEING CENTRE**

**WHITCHURCH, ROSS ON WYE, HR9 6ES**

# THE WELLNESS GATHERING CONNECT. RESTORE . BE INSPIRED.

FREE ENTRY- DROP IN OR STAY FOR TALKS, COFFEE, LUNCH AND AFTERNOON TEA TOO!

SAT 1 NOV 2025 - 11-4pm The Garron Centre, LLangarron HR9 6NJ



## TALKS & WORKSHOPS

Nutrition talks, Body Alignment mini check-ins, 'Managing stress and emotional health with Flower Essences' workshop, Yoga for fascia & lymph talk, Community Gardening inspiration & simple ideas for living well.



## NUTRITION & CAFE

Inspiring talks from Nutritional Therapist Claire Bradbury. Healthy cakes, light refreshments and nourishing soups to buy — plus simple recipes to take home and try.



## BOOK A MASSAGE

Relax with a 30-minute massage (£20) in our mezzanine spa. Book in advance via Instagram [@mias\\_massages](https://www.instagram.com/mias_massages) — limited spaces available!

## DISCOVER...

Explore anti-inflammatory foods, essential oils, hypnotherapy, chat with therapists, or browse our book corner.

## MINDFUL MARKET & RAFFLE

Browse healthy treats, self-care essentials and inspiring gifts — plus a chance to win a wellness hamper in our raffle.

THIS EVENT WILL SUPPORT TEEN YOGA FOUNDATION, WITH A DONATION FROM EVENT PROCEEDS.  
SPONSORED BY NYKIYOGA.CO.UK AND IN CONJUNCTION WITH HAELU-RETREATS.CO.UK

ADVERTISE HERE

[LEARN MORE](#)



### Community Chest Fund Open for Applications!

Supported by the Business for Good Fund Herefordshire Community Foundation (HCF) has launched the Community Chest Fund, offering grants of...

COSMIC WELLNESS COMPANY

# ASTROFUEL®

Handcrafted in Herefordshire | Since 2012

01432 655 125

hello@astro-fuel.co.uk

HEREFORDSHIRE  
**BUSINESS**  
**awards**  
— 2025 —

Innovator  
of the Year  
**WINNER**



# KMD Physio

CHARTERED PHYSIOTHERAPIST

## *Adult Services:*

- ◆ Falls prevention, balance and strengthening exercises
  - ◆ post operative rehabilitation and recovery
  - ◆ help and advice managing arthritis
- ◆ Musculoskeletal assessment and treatment
  - ◆ Neurological assessment and treatment
- ◆ help with mobility aids and equipment at home

## *Paediatric Services :*

- ◆ Children's musculoskeletal assessment and treatment
- ◆ Treatment for developmental delay -reaching milestones
  - ◆ Postural management and Neurological conditions
  - ◆ management of tip toe walking and sensory disorders
- ◆ treatment fo growing pains and growth conditions (severs, osgood slatters)

☎ 07581095813 ✉

kduncansonphysio@gmail.com

# Workshops for freelancing / flexible working

Making work work as a primary carer can be really difficult when you are juggling childcare v full-time work.

Many of us choose enterprise / freelancing as a way to achieve flexibility when we cannot physically be in two places at once, but updates in legislation mean that you have a right to request flexible working from day one, and it is, despite being a competitive market, easier to achieve a salaried income around childcare.

If you are wondering how to manage when the children return to school, this workshop will help you.

- What are my rights with flexible working?
- Where do I find flexible working roles?
- How can I improve my CV?
- How can I freelance?
- How can I set-up my own company?
- What if I am on benefits, how do I get off them?



If you relate, book in; – the workshop will include lunch (plant based) and refreshments and promises to be an uplifting but informative day. Limited to eight attendees for quality and privacy.



Follow FB Page for event details [@labeada.lounge.aka.the.centre](https://www.facebook.com/labeada.lounge.aka.the.centre)

**WYE VALLEY DANCE AND WELLBEING**



# Labeada

DANCE



ADVERTISEMENTS

[www.labeada.com](http://www.labeada.com)

Follow FB Page for event details [@labeada.lounge.aka.the.centre](https://www.facebook.com/labeada.lounge.aka.the.centre)



Business Networking  
**Philanthropy**  
Workshops  
**1-1 Wellbeing**



Follow FB Page for event details [@labeada.lounge.aka.the.centre](https://www.facebook.com/labeada.lounge.aka.the.centre)

Welcome to the **Labeada**® Lounge - home to business networking, workshops, and philanthropy

The **Labeada**® Lounge is a place for attendees of **Labeada**® Dance, to relax before and after dance classes, but you will also find the following:

**'Pod & Pastry' business networking meetings**

**'Workshops and 1-1 Wellbeing'**

**and 'Philanthropic Fridays'**

## **BUSINESS NETWORKING**

Whether you are a sole trader or FTSE 500, you are welcome to join our 'Pod & Pastry' business networking sessions. If you enjoy brainstorming, and appreciate offering support as well as receiving it, these sessions are for you. A roundtable networking session, with a coffee 'pod' and 'pastry' (such as cinnamon swirl), limited to 12 attendees, we will introduce ourselves, open up 'turtle time' and build relationships with our peers. Pre-booking essential. To learn more and pre-book click [here](#)

## **PHILANTHROPIC FRIDAYS**

For local business owners or individuals who are willing to commit £200 per calendar month, for ten months. Collectively (per 10 philanthropists) we will award a £2000 prize per month to a local start-up.

Learn more [here](#)

## **WORKSHOPS AND 1-1 WELLBEING**

Small workshops to support you with your personal and/or professional development.

\*Identify your strengths \*Utilise your transferable skills \*Find flexible working \*Business start-up

1-1 sessions also available

Learn more [here](#)

[www.labeada.com/labeada-lounge/](http://www.labeada.com/labeada-lounge/)

## YOGA / PILATES / THERAPIES

[Own Your Yoga](#)

[Balance Pilates & Wellbeing](#)

[ABL Pilates](#)

[Eve's Pole & Yoga](#)

[Yoga with Krista](#)

[The Studio with Tasha](#)

[Yoga.MeTime](#)

[Hannah Modget Pilates & Swimming](#)

[Sophia M Studios](#)

[Into Yoga and Nature](#)

[Evangeline Di Michele](#)

[Pro-Wellness](#)

[Che Young Wellness](#)

[Svetlana Smoliajeva](#)

## YOGA / PILATES / THERAPIES

[Sue Weston](#)

T'ai-Chi, Qigong and Mindfulness

[Amanda Cook Osteopath](#)

specialising in paediatrics

[Wye Valley Wellness](#)

Massage Therapy & Kinesiology

[KMDPhysio](#)

Physiotherapist

[Wyes Beginnings](#)

Baby and Child Physiotherapist

[Aleksandra Woodland](#)

Yoga and Reiki

## YOU COULD BE HERE

Contact me to be added

## DANCE

[Maxi Bear's Jazz Dance Club](#)

[Dance Blast](#)

## DANCE

[Salsa Hereford](#)

[Jive by the Wye](#)

[3Degreez Allstarz](#)

[The Studio with Tasha](#)

[Dolloway Dancers](#)

[Dance Your Way](#)

[Eve's Pole & Yoga](#)

## MARTIAL ARTS / SPORT

[Elite Ladies Kickboxing](#)

[Ross Tae Kwon Do](#)

[British Taekwando](#)

[Samurai Central Dojo](#)

[Wye Valley Taekwon-Do / 60+KFSF](#)

[Matt Hudd](#)

## GYM / PERSONAL TRAINING

[21Wellbeing](#)

[Hereford Squash & Tennis Centre](#)

[Ady Watts Gym](#)

[J:Fit](#)

[Ludus](#)

[Cwrt Bleddyn Spa & Gym](#)

[Everybody Fitness](#)

[Spirit of Monmouth Running Club](#)

[Ross Health & Fitness](#)

## ADVICE / SUPPORT / WISDOM

[Becoming the Elders](#)

[Golden Bear therapies](#)

[Catherine Fookes MP](#)

[Monmouthshire Hubs](#)

# NAILS / HAIR / BEAUTY / MASSAGE

[Tonic Beauty Therapies](#)

[Beauty by Vicki](#)

[Grove House Beauty & Wellness](#)

[CM Beauty](#)

[Beauty by Chloe](#)

[Beauty by Lydia](#)

[Maybelle's Nails & Beauty](#)

[Jessica's Nails & Beauty](#)

[SIAN Mobile Beauty Therapist](#)

[Green T Therapy](#)

[Andrew Bayliss Hairdressing](#)

[Serenity Recover Wellness](#)

[Fiona Mullhall Reflexology](#)

[Beautyology by Renata](#)

[Nailed on Nature](#)

[Elegant Nails & Spa Hereford](#)

[Courtney May Aesthetics](#)

[The Beauty Bible](#)

[The Honey Shed](#)

[Vigor8 Reflexology](#)

[Nicki Davies Sports Massage](#)

[Narupa Thai Massage](#)

[April Rise Therapy](#)

[Holistic Health Massage](#)

[My Zen Garden](#)

[Wye Valley Shiatsu](#)

[Luna Moon Holistic](#)

[Happy Feet Healing](#)

# NAILS / HAIR / BEAUTY / MASSAGE

[Just Hair @ No.19](#)

[The Beauty Rooms](#)

[Simply Stunning Hair & Beauty](#)

[Hair by Hope](#)

[Wax Wipeout](#)

[HD Beauty](#)

[Braids & Fades](#)

[Beauty Boutique Chepstow](#)

[Elegance Nails & Beauty](#)

[The Beauty Spot](#)

[Quayside Salon](#)

[Haus of Holl Nails](#)

[Hair by Jones](#)

[Shanna Beauty](#)

[Imprints Massage & Reflexology](#)

[Orchard View Physiotherapy](#)

[Glam'd Beauty](#)

## SINGING / MUSICAL

[Border Belles Choir](#)

[The Roaring Megs](#)

[Ross Town Band](#)

[Cadence Choir](#)

## CLEANING / IRONING

[Laundry Lane](#)

[Chloe's Ironing](#)

[Julie's Cleaning & Laundry](#)

[Happy Homes Cleaning](#)

[Em&Em Ironing](#)

## WALKING / GROUPS

[Men Walking and Talking](#)

[Monmouth Community Choir](#)

[Monmouth Canoe Club](#)

[Ross-on-Wye Ramblers](#)

[Man up Newent](#)

[The Friday Lunch Club—over 70s](#)

[Tea and Tech](#)

[Three Counties Young Walking Grp](#)

[Elective Home Education](#)

[Belong Hereford](#)

## NETWORKING

[Ledbury and Newent Network](#)

[AWAKEN—Beverley Jones](#)

[Wye Connect](#)

## OUTDOORS

[Wyedean Canoe & Adventure](#)

[Wye Valley Sculpture Garden](#)

[Inspire2Adventure](#)

[Wyedean Canoe & Adventure](#)

[Wye Adventures](#)

[Monmouth Sports Association](#)

[Wye Valley National Landscape](#)

## ART & CRAFT

[Angelic Hen](#)

[Backbury Art Classes](#)

[Hot Pottery](#)

[Norton House B&B](#)

[Rachel Shilston](#)

[Brush Party with Kirsty](#)

## PETS

[Dexter's Dawdles](#)

[Oliver's Mobile Dog Gym](#)

[Pets2Places](#)

[Wyes Cats Luxury Cat Hotel](#)

## MEDIUMSHIP

[The Three Wishes](#)

[Spiritual Harmony](#)

## THERAPY / RETREAT

[Trewen Meadows](#)

[Plantation Villa](#)

[Modern Mind Therapy](#)

[Healing Talk](#)

[Forest Retreats](#)

[Hill Farm Retreats](#)



# STARTING SOMETHING WITH NOTHING



How to  
start in  
business  
no matter  
where  
you are  
today

**BOB SHEPHERD & KAREN DAVIES**

**Have you ever thought you might run a small business – then thought again because there seemed to be a lot more to it than meets the eye? Starting Something with Nothing is full of practical advice about how to run a business without all the usual jargon. Take care - reading this book could change your life!**

*“Starting a business is a life transforming experiences – if that is something you long to do then read this book!”*

**Matt Bird**  
Founder of NAYBA

*“If you want to start a business I highly recommend you read this book, apply its lessons, and use it to support others in a meaningful way.”*

**Julie Hawkins**

*“Starting Something with Nothing gives great no nonsense advice, easy to read, straightforward common sense.”*

**Steve Jones**

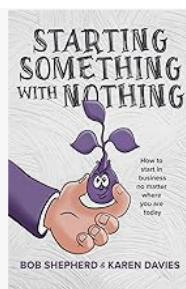


**Bob Shepherd** has been involved in Purple Shoots from the very beginning and was a business advisor for many years before that.

**Karen Davies** is the founder of Purple Shoots, a charity which tackles poverty, unemployment and financial exclusion by encouraging and enabling enterprise and entrepreneurship.



**ISBN-13 : 979-8871698921**



Starting Something with Nothing (PublishU)  
by Karen Davies and Bob Shepherd | 14 Dec 2023

**Paperback**

£10<sup>99</sup>

✓prime FREE delivery by Tuesday, 23 Jan

**Kindle Edition**

£6<sup>99</sup> Print List Price: £40.99

Available instantly

Whatever joy there is in this world,  
All comes from desiring  
others to be happy,  
And whatever suffering there  
is in this world,  
All comes from desiring myself  
to be happy. [...]

- Master Shantideva



PLEASE VISIT [WWW.WVDW.CO.UK](http://WWW.WVDW.CO.UK) TO READ THIS MAGAZINE WITH LIVE LINKS