

## Well Woman Weekends Launched to Support Halton Women this January

Saturday 3 January, 2026

Fortuna Female Society has announced a new programme of Well Woman Weekends, launching this January, following clear feedback from women across Halton asking for more accessible support.

The charity's recent community consultation and online survey highlighted a strong call for daytime and weekend activities, alongside opportunities to relax, reduce stress and build confidence. Women also asked for practical sessions that fit around real life, without pressure or cost barriers.

In response, Fortuna Female Society trialled a number of additional activities in the run-up to Christmas. These were well attended and received positive feedback, prompting the charity to expand the programme into a dedicated January offer.

January is often a challenging time for many women, with long weeks, financial pressure after Christmas and fewer opportunities to pause and recharge. Well Woman Weekends have been designed to offer practical, welcoming activities during this period.

The January programme includes:

- Women's Meditation Circle, returning by popular demand
- Your Wellbeing Toolkit Workshop, a new practical session hosted by The Wellbeing Lady, focusing on simple tools to support mental and emotional health
- Relaxing Sound Bath, a new session hosted by The Raven Tree, using sound to support rest and renewal
- Women's Self-Defence Course, a new short course focused on awareness, movement and practical skills in a women-only setting

Laura Bevan, Chair of Fortuna Female Society, said:

"January can be a tough month, and financial pressure can feel isolating. So many women told us they want time and space to relax and connect with other women. Well Woman Weekends are about offering that space, giving women a chance to slow down, feel supported, and take part in something that feels good for them."

All Well Woman Weekend activities are free to attend, with donations welcomed to help support Fortuna Female Society's ongoing work across Halton.

Places can be booked via the Fortuna Female Society website at

[www.fortunafemale.org/event-directory](http://www.fortunafemale.org/event-directory)

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