

Open Days - March 2026

The preview days are a chance to:

- Explore the site and see the progress so far
- Meet the HHO team and some of our future practitioners
- Hear about our vision for the centre
- Try a short 30-minute wellbeing taster session
- Share your feedback to help shape what happens here next

What to expect

There will be an exhibition area where local wellbeing practitioners and water-based groups will be showcasing what they offer.

Each session finishes with a fun group activity:

Saturday (Family Day): a relaxed group dance session

Sunday (Adults Only): a restorative sound bath experience

Tea and coffee available and a chance to chat informally with the team.

The wellbeing tasters have limited spaces (around 12 people per session) and will be allocated on arrival.

What to bring

To make the most of your visit, please bring:

- Comfortable clothing suitable for gentle movement
- A yoga or exercise mat if you'd like to join a wellbeing taster session or the sound bath (Sunday)
- Warm layers or waterproofs depending on the weather
- Your curiosity and ideas. We'd love your feedback

A note for families:

Children are very welcome on the Family Day (Saturday), but please note that children remain the responsibility of their parent or guardian at all times.

Arrival and Registration

When you arrive, please check in at registration where we will:

- Confirm your booking
- Give you an overview of the session
- Allow you to register interest in a wellbeing taster

These preview days are an important step for HHO. We want to share the vision, welcome the community back to the site, and gather your ideas as we shape the final programme of activities. We can't wait to show you what's coming!