

WELLBEING STUDIO'S

England & Wales · Charity number 1216464

Details

Status Registered

Legal form CIO

Registered 2026-01-13

Register [View on the Charity Commission register](#)

Contact

Address Wellbeing Studio's
Ground Floor
90 London Street
Reading
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Activities

Objects: TO PROMOTE AND PROTECT THE GOOD PHYSICAL AND MENTAL HEALTH OF THE GENERAL PUBLIC LIVING IN THE AREA OF BENEFIT, WITH A FOCUS ON THOSE WITH DISABILITIES, LIMITED MOBILITY, THOSE AFFECTED BY STRESS, TRAUMA, ANXIETY AND MENTAL HEALTH CONDITIONS THROUGH THE PROVISION OF YOGA AND MINDFULNESS TECHNIQUES, HEALTH EDUCATION, MENTAL HEALTH SUPPORT AND THERAPY SESSIONS BY SUITABLY QUALIFIED INDIVIDUALS.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Reading

Trustees

Name	Role	Appointed
SANDY DAMM	Chair	
DAVINDER MAHEY		
KAMALDEEP DEHAL		