



FREE WELLBEING SESSIONS

With Gary Fielder
ADCH Wellbeing Volunteer



Who runs the Wellbeing Sessions?

Our Wellbeing Sessions are run by ADCH Wellbeing Volunteer, Gary Fielder.

Gary is a retired counsellor/psychotherapist and life-coach of 20 years, who provided emotional and psychological help both as a volunteer and in private practice. He was a volunteer counsellor at a hospice and at a university student counselling service.

His other careers include 34 years in the telecommunications sector and 10 years as a professional photographer specialising in weddings.

He led a mindfulness and meditation group at Battersea Dogs & Cats Home from 2018 to 2025 to help people improve and maintain their wellbeing in the often challenging animal welfare sector.

He continues to champion mental health today through weekly online ADCH wellbeing sessions, which form part of his current volunteering alongside being a tour guide at Battersea Dogs & Cats Home.

Gary's wife, Charlotte, also volunteers in the animal welfare sector and together they are the forever humans to a sweet natured Battersea dog called Tilly, who brings them great joy and ensures bracing walks along the coast.

Who can join the Wellbeing Sessions?

Any staff or volunteers of any ADCH Members are welcome to join the Wellbeing Sessions. ADCH volunteers can also join the sessions.

Are the sessions free?

Yes, our Wellbeing Sessions are completely free to attend. ADCH are very grateful to Gary Fielder, our Wellbeing Volunteer, for enabling us to provide this source of valuable support to our Members free of charge.

When are the Wellbeing Sessions?

Our Wellbeing Sessions run weekly via Zoom on most Wednesdays throughout 2026. Session times alternate between a morning session at 10:30 AM and an evening session at 7:00 PM. Each session will last approximately 40 minutes and the discussion subject changes each fortnight.

Do I need to attend every session?

No, you are welcome to attend any number of sessions you would like to. You do not need to commit to attending all sessions and you can dip in and out of the sessions you feel would be most beneficial for you.

What is a typical session like?

Sessions will typically begin with a brief discussion on a wellbeing-related topic, followed by some guidance around mindfulness, and one or two meditation exercises to conclude. No prior experience in mindfulness or meditation is required. Recent topics covered in sessions include burnout, kindness, compassion fatigue, decision making, tolerance and mindful eating.

Are sessions confidential?

Yes, discussions held within Wellbeing Sessions are confidential. During the sessions, kindness, respect, and the wellbeing of every member is prioritised. Our aim is to create a safe space where individuals can share their experiences, resources, and support one another. Your attendance at the sessions is also confidential and is not recorded or shared with anyone. Wellbeing Sessions are not recorded.

What if I'm not sure if the Wellbeing Sessions are for me?

You are more than welcome to register for the sessions and come along and give one a try. No previous experience in mindfulness or meditation is required, and you can join in with discussions as much or as little as you want to. You're welcome to have your camera on or off and to participate only in ways you feel comfortable with.

There is no obligation to commit to further sessions if you do not want to.

How do I register for the Wellbeing Sessions?

You can register via Zoom [here](#). You only need to register once. After completing the registration form, you'll have access to all weekly sessions without needing to re-register.

How can I stay connected in between sessions?

You are welcome to join the private ADCH Wellbeing Facebook Group. The Group provides updates on upcoming discussion topics and Gary's summary notes on the discussion topic. You can find the group [here](#).

How can I get in touch if I've got any questions or feedback about the Wellbeing Sessions?

You can get in touch with the ADCH Central Team via email: enquiries@adch.org.uk