

Day Services

June 2018



	Complementary Therapies available by appointment	Friday 1 st
		11.00-11.30 Step Down in PDS 11.30-12.30 Carers Support 11.00-12.00 Physio Exercise Group 12.00-13.00 Reading Friends 14.15-15.15 Living Well Talk - Managing Fatigue
Tuesday 5 th	Wednesday 6 th	Friday 8 th
11.00-12.00 Breathing Easy Exercise Group 11.30-12.30 Carers Support 12.00-12.45 Relaxation (OT) 11.30-13.00 Crafts	11.00-12.00 Exercise Group (Physio) 11.00-11.30 Step Down in PDS 11.30-12.30 Carers Support 11.30-13.00 Art (Viv) 12.00-12.45 Relaxation (OT) 14.15-15.15 Living Well Talk - Don't mention the F-Word	11.00-11.30 Step Down in PDS 11.30-12.30 Carers Support 11.00-12.00 Physio Exercise Group 11.00 – 12.00 Flower Arranging 12.00-13.00 Reading Friends 14.15-15.15 Living Well Talk -Count your blessings
Tuesday 12 th	Wednesday 13 th	Friday 15 th
11.00-12.00 Breathing Easy Exercise Group 11.30-12.30 Carers Support 12.00-12.45 Relaxation (OT) 1.00-2.30pm ACP with Helen Evans	11.00-12.00 Exercise Group (Physio) 11.00-11.30 Step Down in PDS 11.30-12.30 Carers Support 11.30-13.00 Art 12.00-12.45 Relaxation (OT) 14.15-15.15 Living Well Talk -Diet & Eating	11.00-11.30 Step Down in PDS 11.00-12.00 Physio Exercise Group 11.30-12.30 Carers Support 12.00-13.00 Reading Friends 14.15-15.15 Living Well Talk - Getting out and about
Tuesday 19 th	Wednesday 20 th	Friday 22 nd
11.00-12.00 Breathing Easy Exercise Group 11.30-12.30 Carers Support 12.00-12.45 Relaxation (OT) 11.30-13.00 Crafts	11.00-12.00 Exercise Group (Physio) 11.00-11.30 Step Down in PDS 11.30-12.30 Carers Support 12.00-12.45 Relaxation (OT) 11.30-13.00 Art (Viv) 14.15-15.15 Living Well Talk - plans for the future	11.00-11.30 Step Down in PDS 11.00-12.00 Physio Exercise Group 11.30-12.30 Carers Support 12.00-13.00 Reading Friends 14.15-15.15 Living Well Talk - Memory Boxes
Tuesday 26 th	Wednesday 27 th	Friday 29 th
11.00-12.00 Breathing Easy Exercise Group 11.30-12.30 Carers Support 12.00-12.45 Relaxation (OT)	11.00-12.00 Exercise Group (Physio) 11.00-11.30 Step Down in PDS 11.30-12.30 Carers Support 12.00-12.45 Relaxation (OT) 11.30-13.00 Art 14.15-15.15 Living Well Talk - Spiritual	11.00-11.30 Step Down in PDS 11.00-12.00 Physio Exercise Group 11.30-12.30 Carers Support 12.00-13.00 Reading Friends 14.15-15.15 Spiritual Talk – Rev Julie Price

