

Complementary Therapies available by appointment		
<b>Tuesday 2<sup>nd</sup></b>	<b>Wednesday 3<sup>rd</sup></b>	<b>Friday 5<sup>th</sup></b>
11.00-12.00 Breathing Easy Group 12.00-12.45 Relaxation (OT) 11.30-12.30 Carers Support 1.00-2.30pm – ACP with Helen Evans	11.00-12.00 Physio Exercise Group 11.30-12.30 Carers Support 11.30-1.00 Art (Viv) 14.15-15.15 Living Well Talk – Don't mention the F word	11.00-12.00 Physio Exercise Group 11.00-11.30 Step Down Group 11.30-12.30 Carers Support 11.30-12.30 Urology Support Group – ACP with Helen Evans 14.15-15.15 Living Well Talk – Count your Blessings
<b>Tuesday 9<sup>th</sup></b>	<b>Wednesday 10<sup>th</sup></b>	<b>Friday 12<sup>th</sup></b>
11.00-12.00 Breathing Easy Group 12.00-12.45 Relaxation (OT) 11.30-12.30 Carers Support	11.00-12.00 Physio Exercise Group 11.30-12.30 Carers Support 14.15-15.15 Living Well Talk – Diet & Eating	11.00-12.00 Physio Exercise Group 11.00-11.30 Step Down Group 11.30-12.30 Carers Support 11.30-12.30 Urology Support Group – “Reboot/Recharge” with Physios 14.15-15.15 Living Well Talk- Getting out and about
<b>Tuesday 16<sup>th</sup></b>	<b>Wednesday 17<sup>th</sup></b>	<b>Friday 19<sup>th</sup></b>
11.00-12.00 Breathing Easy Group 12.00-12.45 Relaxation (OT) 11.30-12.30 Carers Support 13.30 – 14.30 Neuro care and share	11.00-12.00 Physio Exercise Group 11.30-12.30 Carers Support 11.30-1.00 Art (Lynn or Aileen) 14.15-15.15 Living Well Talk – Making plans for the future	11.00-12.00 Physio Exercise group 11.00-11.30 Step Down Group 11.30-12.30 Carers Support 11.30-12.30 Urology Support Group – Mindfulness as an everyday support in life with Liz 14.15-15.15 Living Well Talk – Memory Boxes
<b>Tuesday 23<sup>rd</sup></b>	<b>Wednesday 24<sup>th</sup></b>	<b>Friday 26<sup>th</sup></b>
11.00-12.00 Breathing Easy Group 12.00-12.45 Relaxation (OT) 11.30-12.30 Carers Support 13.30 – 14.30 Neuro care and share	11.00-12.00 Physio Exercise Group 11.30-12.30 Carers Support 11.30-1.00 Art (Viv) 14.15-15.15 Living Well Talk – Learn hand massage and comp therapies	11.00-12.00 Physio Exercise Group 11.00-11.30 Step Down Group 11.30-12.30 Carers Support 11.30-12.30 Urology Support Group – Therapeutic Yoga and Relaxation with Emma 12.30 Fish & Chip Lunch Special !! (Pre-booked only) 2.15pm Julie Price Spiritual Care Discussion
<b>Tuesday 30<sup>th</sup></b>	<b>Wednesday 31<sup>st</sup></b>	
11.00-12.00 Breathing Easy Group 12.00-12.45 Relaxation (OT) 11.30-12.30 Carers Support 14.00-15.00 PSP Support Group 13.30 – 14.30 Neuro care and share	11.00-12.00 Physio Exercise Group 11.00-12.00 Halloween Flower Arranging 11.30-12.30 Carers Support 11.30-1.00 Art (Lynn or Aileen) 14.15-15.15 Living Well Talk – Body Beautiful	

