






Day Services

November 2018

Complementary Therapies available by appt		Friday 2 nd
		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 – Care of swollen Legs
Tuesday 6 th	Wednesday 7 th	Friday 9 th
Remembrance week 11.00-12.30 Breathing Easy Group 11.30-12.30 Carers Support 13.30-15.00 Neuro Care & Share 	Remembrance week 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 – flushed with success 	Remembrance week 11.00-12.00 Physio Exercise Group 11.00-11.30 Step Down Group 11.30-12.30 Carers Support 11.30 – 1230 Urology Support Group – Keeping Active with Physio Team 13.00 – movie afternoon – War Horse 100 years WW1 
Tuesday 13 th	Wednesday 14 th	Friday 16 th
Diabetes awareness week 11.00-12.30 Breathing Easy Group 11.30-12.30 Carers Support 13.30– 15.00 Neuro care and share	Diabetes awareness week 11.00-12.00 Physio Exercise Group 11.30-12.30 Carers Support 11.30 – John Sparrow Piano concert 14.15-15.15 Living Well Talk – Back Care	Diabetes awareness week 11.00-12.00 Physio Exercise group 11.00-11.30 Step Down Group 11.30-12.30 Carers Support 1130 – 1230 Urology Support Group – what do you really want – Chaplaincy Team 14.15-15.15 Living Well Talk – Managing Fatigue
Tuesday 20 th	Wednesday 21 st	Friday 23 rd
11.00-12.30 Breathing Easy Group 11.30-12.30 Carers Support 13.30 – 15.00 Neuro care and share	World Hello Day 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 (falls)	11.00-12.00 Physio Exercise Group 11.00-11.30 Step Down Group 11.30-12.30 Carers Support 1130 – 1230 Urology Support Group – Managing Fatigue – with the nursing team 14.15-15.15 – Julie Price – Spiritual Care Discussion
Tuesday 27 th	Wednesday 28 th	Friday 30 th
11.00-12.30 Breathing Easy Group 11.30-12.30 Carers Support 13.30–15.00 Neuro care and share 14.00–15.00 PSP Carers Support	11am Oakwood School Carol Singing 11.00-12.00 Physio Exercise Group 11.30-12.30 Carers Support 14.15-15.15 Living Well Talk – Count your Blessings	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 – Advanced care planning with Helen Evans 12.30 Fish & Chip Lunch Special !! (Pre-booked only) 14.15-15.15 Living Well Talk – Diet & Eating 