




## Living Well Services – April 2019

**COMPLEMENTARY THERAPIES AVAILABLE BY APPOINTMENT**  
**ART activities available every day in Living Well Services**  
**CHAPEL open daily**

*We are open Tuesdays, Wednesday and Fridays from 10.30am-3.30pm*

Tuesday 2nd	Wednesday 3rd	Friday 5th
<p>11.00-12.30 Breathing Easy (LWC or Rehab Team)            13.30-15.00 Neuro Care &amp; Share – Sleep with Linda Partridge</p>	<p>11.00-12.00 Physio Exercise Group            12-12.30 Relaxation (OT)            11.30-1 Art (with Viv)            14.15-15.15 – Living Well Talk – Memory Boxes</p>	<p>11.00-12.00 Seated Exercise Group            11.30-12.30 Urology Support Group            14.15-15.15 – Living Well Talk – Learn Hand Massage and Complementary Therapies</p>
Tuesday 9th	Wednesday 10th	Friday 12th
<p>11.00-12.30 Breathing Easy (LWC or Rehab team)            13.30-15.00 Neuro Care &amp; Share – Mindfulness with Liz Clarke</p>	<p>11.00-12.00 Physio Exercise Group            12-12.30 Relaxation (OT)            11.30-1 Art            14.15-15.15 – Living Well Talk – Body Beautiful</p>	<p>11am Bus Ride out (with Nurses)            11.00-12.00 Seated Exercise Group            11.30-12.30 Urology Support Group            14.15-15.15 – Living Well Talk – Care of Swollen Legs</p>
Tuesday 16th	Wednesday 17th	Friday 19th
<p>11.00-12.30 Breathing Easy (LWC or Rehab team)            13.30-15.00 Neuro Care &amp; Share – Back Care for Carers</p>	<p>11.00-12.00 Physio Exercise Group            12-12.30 Relaxation (OT)            11.30-1 Art (with Viv)            11am Easter Flower Arranging            14.15-15.15 – Living Well Talk – Flushed with success</p>	<p><b>CLOSED – GOOD FRIDAY</b></p> 
Tuesday 23rd	Wednesday 24th	Friday 26th
<p>11.00-12.30 Breathing Easy (LWC or Rehab team)            13.30-15.00 Neuro Care &amp; Share</p>	<p>11.00-12.00 Physio Exercise Group            12-12.30 Relaxation (OT)            11.30-1 Art            14.15-15.15 – Living Well Talk – Back Care            PM - Brent Lodge Wildlife Visit</p>	<p>11am Bus Ride Out (with Nurses)            11.00-12.00 Seated Exercise Group            11.30-12.30 Urology Support Group            2.15pm Julie Price Spiritual Talk and carers afternoon tea            14.15-15.15 – Living Well Talk – Managing Fatigue</p>
Tuesday 30th		
<p>11.00-12.30 Breathing Easy (LWC or Rehab team)            13.30-15.00 Neuro Care &amp; Share            14.00-15.00 PSP Carers Support Group            13.30-3pm ACP with Helen Evans</p>		