

What's On at Longfield (Updated 09/01/23)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	<p><u>Bereavement Support Group</u> 10.30am - 12pm (Bereaved only) 16.01.23 - 20.02.23</p> <p><u>Fork & Talk</u> 10am - 12pm (Carers & Bereaved) Available April 2023</p>	<p><u>Creative Space</u> 10.30am - 12.30pm (Patients & Carers) LUNCH AVAILABLE FOR THIS GROUP</p> <p>*<u>Bereavement Friendship Cafe</u> (Monthly). 2.30pm - 4.30pm (Bereaved only)</p>	<p><u>Bereavement Support Group</u> 10.30am - 12pm (Bereaved only) 03.05.23- 07.06.23</p> <p>*<u>Carers Cafe</u> (Monthly). <u>1.30pm - 3.30pm</u> (Carers Only)</p>	<p><u>Drop In Session</u> 2pm - 4pm</p> <p><u>Creative Writing</u> (Fortnightly). 10.30am - 12.30pm (Patients & Carers) LUNCH AVAILABLE</p> <p><u>Stronger Together</u> 11am - 12.30pm (Bereaved only) Available March 2023</p>	<p><u>Drop In Session</u> 10am - 12pm</p> <p>*<u>Walk & Talk</u> (Monthly). 10am - 12pm (Bereaved only)</p>
PM	<p><u>Mindsong</u> (fortnightly) 2pm - 3.30pm (Patients & Carers)</p> <p><u>Move More Programme</u> 1.45pm - 3pm (Patients & Carers)</p>	<p><u>Tai Chi Movements for Wellbeing</u> 2pm - 3pm (Patients, Carers & Bereaved)</p> <p><u>Tai Chi Drop In group</u> for those who have completed above. 3.30pm - 4.30pm (Patients & Carers)</p>	<p><u>Living Well with Fatigue & Breathlessness</u> 2pm - 4pm (Patients & Carers)</p> <p><u>Being In Nature</u> (fortnightly) 1.30pm - 3pm (Patients, Carers & Bereaved)</p>	<p><u>Relaxation Programme</u> 2pm - 3pm (Patients , Carers & Bereaved)</p> <p><u>Nordic Walking</u> 2pm - 3.30pm (Patients, Carers & Bereaved) Available Spring 2023</p>	 <p>LONGFIELD Community Hospice</p> <p>Burleigh Lane Minchinhampton Gloucestershire GL5 2PQ Registered charity No. 298627</p>

To Book ring **01453 733706** or email wellbeing@longfield.org.uk

*Days of the week sometimes vary, check with the wellbeing centre