

Rehab and Wellbeing

Current timetable



Monday

Strength and Balance 10-11am

A weekly class for individuals to focus on lower limb muscle strength along with exercises to enhance balance.



Tuesday

Wednesday

Education 11am-12pm

Providing advice and guidance on falls prevention and managing symptoms such as breathlessness and fatigue.



Thursday

Neuro Support Group 9.30-10.30am

Space and time designated to our community members living with advanced neurological conditions.



Friday

AM

Movement Monday 1.30-3.30pm

Run by the Therapy team and supported by trained volunteers, we can offer you an exercise programme that helps you to achieve your own personal goals.

PM

Wellbeing through Nature: Gardening Group 1.30-3pm

Promoting quality of life and wellbeing for people affected by a life-limiting illness.



Seated Yoga and Sound Healing 6-7pm

Help improve your flexibility and strength by taking part in this seated yoga session along with enjoying the relaxing sounds of sound healing.

Create and Relax Group 11am-12.15pm

Enjoy learning a new art skill together while listening to calming music and enjoying the support from other group members and staff.



Ask your GP or healthcare professional to refer you, or self-refer by calling 01462 679540 (option 2).