

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

10-11am

Educational talks which aim to keep you strong, and empower you to take control and self-manage your symptoms.

Thursday

Neuro Support Group

9.30-11.30am

Space and time designated to people living with a neurological condition.

Create & Relax

11.45am-12.30pm

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.

Schools Project

1-3pm

Children visit and meet some of our service users while learning about the Hospice.



Tai Chi

1.30-2.30pm

Learn the theory and practice (virtual option available).



PM



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