

LONGFIELD WELLBEING CENTRE

OUR FREE SERVICES INCLUDE:*

- Fatigue & Breathlessness Groups
- Tai Chi Movements for wellbeing
- Relaxation Group
- Creative Space
- Mindsong
- Move More
- Being In Nature
- Physiotherapy
- Creative Writing
- Drop In
- Clinical Support
- Complementary Therapy
- Carers Cafe
- Family / Carer Support
- Ladies' Group
- Your Life, Your Death
- Knead to Bake
- Counselling
- Bereavement Counselling
- Bereavement Support Groups
- Bereavement Café
(last Tuesday per month)

For more information, please contact the Wellbeing Team on 01453 733 706, visit www.longfield.org.uk or scan the QR code below.

Our services are for anyone over the age of 18 with a progressive life limiting illness such as Cancer, Dementia, Neurological Conditions, respiratory conditions, End Stage Organ failure, Frailty, Heart Failure.

*Donations gratefully accepted towards our services.

