

What's On at Longfield Wellbeing Centre (Updated 20/09/23)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>MOVE MORE</u> 1.45pm - 3.30pm (Patients)</p> <p><u>MINDSONG</u> (Fortnightly) 2.00pm - 3.30pm (Patients & Carers)</p>  <p>LONGFIELD Community Hospice</p> <div data-bbox="181 1037 461 1449" style="border: 1px solid black; padding: 5px;"> <p>Burleigh Lane Minchinhampton Gloucestershire GL5 2PQ Registered Charity No. 298627</p> </div>	<p><u>CREATIVE SPACE</u> 10.30am - 12.30pm (Patient & Carers) LUNCH AVAILABLE</p> <p><u>BEREAVEMENT SUPPORT GROUP</u> 10.30am - 12.30pm (Bereaved only) LUNCH AVAILABLE</p> <p><u>TAI CHI MOVEMENTS FOR WELLBEING</u> 2.00pm - 3.00pm (Patients & Carers)</p> <p><u>BEREAVEMENT FRIENDSHIP CAFÉ</u> (Monthly) 2.30pm - 4.30pm (Bereaved Only)</p> <p><u>COOKING FOR INSPIRATION</u> 3.00pm - 5.30pm (Patients)</p>	<p><u>MEN'S GROUP</u> (Fortnightly) 10.00am - 12.00pm (Patients, Carers & Bereaved) LUNCH AVAILABLE</p> <p><u>FORK & TALK</u> 10.30am - 12.30pm (Carers & Bereaved) LUNCH AVAILABLE</p> <p><u>CARERS CAFÉ</u> (Monthly) 1.30pm - 3.30pm (Carers Only)</p> <p><u>BEING IN NATURE</u> (Fortnightly) 1.30pm - 3.00pm (Patients & Carers)</p> <p><u>LIVING WELL WITH FATIGUE & BREATHLESSNESS</u> 2.00pm - 4.00pm (Patients)</p> <p><u>COOKING FOR INSPIRATION</u> 3.00pm - 5.30pm (Carers & Bereaved)</p>	<p><u>MY GRIEF JOURNEY THROUGH ART</u> 10.00am - 12.00pm (Bereaved Only) LUNCH AVAILABLE</p> <p><u>CREATIVE WRITING</u> 10.30am - 12.30pm (Patients & Carers) LUNCH AVAILABLE</p> <p><u>RELAXATION GROUP</u> 2.00pm - 3.00pm (Patients & Carers)</p> <p><u>NORDIC WALKING</u> 1.30pm - 3.00pm (Patients & Carers)</p> <div data-bbox="1341 1126 2063 1323" style="border: 1px solid black; padding: 5px;"> <p><u>TO BOOK OR FIND OUT MORE</u> Please ring 01453 733706 or email wellbeing@longfield.org.uk</p> </div> <div data-bbox="1361 1347 2038 1482" style="border: 1px solid black; padding: 5px;"> <p>We also offer Counselling & Complementary Therapy sessions.</p> </div>	<p><u>DROP IN SESSION</u> 10.00am - 12.00pm</p>



We provide care and support to adults living in Gloucestershire who are registered with a Gloucestershire GP.

Our services are for anyone over the age of 18 with a progressive life limiting illness, such as Cancer, Some Neurological Diseases (including Parkinson's, MS, Motor Neurone Disease, Dementia) Heart disease and Advanced Lung Disease.

We also support their carers and those who are bereaved.

