


What's On at Longfield Wellbeing Centre (Updated 18/12/23)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>MEN'S GROUP</u> 10.30am - 12.30pm (Patients, Carers & Bereaved) LUNCH AVAILABLE</p> <p><u>MOVE MORE</u> 11.00am - 12.15pm (Patients) LUNCH AVAILABLE</p> <p><u>MINDSONG</u> (Fortnightly) 2.00pm - 3.30pm (Patients & Carers)</p>  <p>LONGFIELD Community Hospice</p>	<p><u>CREATIVE SPACE</u> 10.30am - 12.30pm (Patient & Carers) 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, Carers & Bereaved)</p>	<p><u>YOUR LIFE, YOUR DEATH</u> 10.30am—12.30pm (Patients & Carers) LUNCH AVAILABLE</p> <p><u>BEING IN NATURE</u> (Fortnightly) 1.30pm - 3.00pm (Patients & Carers)</p> <p><u>CARERS CAFÉ</u> (Monthly) 2.00pm - 4.00pm (Carers Only)</p> <p><u>LIVING WELL WITH FATIGUE & BREATHLESSNESS</u> 2.00pm - 4.00pm (Patients)</p>	<p><u>CREATIVE WRITING</u> 10.30am - 12.30pm (Patients & Carers) LUNCH AVAILABLE</p> <p><u>RELAXATION GROUP</u> 1.45pm - 2.45pm (Patients & Carers) LUNCH AVAILABLE AT 12.30PM IF PREBOOKED</p> <div data-bbox="1368 1062 2045 1243" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>TO BOOK OR FIND OUT MORE</u> Please ring 01453 733706 or email wellbeing@longfield.org.uk</p> </div> <div data-bbox="1368 1302 2045 1410" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>We also offer Counselling & Complementary Therapy sessions.</p> </div>	<p><u>DROP IN SESSION</u> 10.00am - 12.00pm (No appointment needed)</p> <p><u>LADIES GROUP</u> 10.30am—12.30pm (Patients, Carers & Bereaved) LUNCH AVAILABLE</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, Multiple Sclerosis, Motor Neurone Disease, Dementia) Heart disease and Advanced Lung Disease.

We also support their carers and those who are bereaved.



Burleigh Lane, Minchinhampton, Gloucestershire, GL5 2PQ

Registered Charity No. 298627