

What's On at Longfield Wellbeing Centre (Updated 09/04/24)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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><u>MEN'S GROUP</u> (Fortnightly) 2.00pm—4.00pm (Patients, Carers & Bereaved)</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>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>	<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>
<p><u>TO BOOK OR FIND OUT MORE</u> Please ring 01453 733706 or email wellbeing@longfield.org.uk or</p>				
<p>We also offer Counselling & Complementary Therapy sessions.</p>		<p>Scan our QR code for our most up to date on-line calendar</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) Organ failure (such as heart failure) and Advanced Lung Diseases.

We also support their carers and those who are bereaved.



Burleigh Lane, Minchinhampton, Gloucestershire, GL5 2PQ

Registered Charity No. 298627