

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

Exercise and Education 10am-12pm

A 6-week seated exercise course and 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 our community members living with an advanced neurological condition. Exercises, advice and support is on hand from our Rehab and Wellbeing staff.

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 patients while learning about the Hospice.



Tai Chi

1.30-2.30pm

Learn the theory and practice (virtual option available).

Meditation

4-5pm

Sessions to relax your body and mind.

PM



Ask your GP or healthcare professional to refer you, call 01462 679540 (option 2) or self-refer online: ghospicecare.org.uk/rehab-and-wellbeing