

Living Well Services Timetable

Tuesday		Wednesday		Thursday		Friday	
10:30-13:00 Living Well Service, Arthur Rank Hospice	-Therapeutic programmes and discussions with specialist teams. -Individual Appointments with Specialist Nursing Team and Therapy Teams.	10:30-11:30 Drop-in online group	Exercise and Relaxation	10:30-13:00 Living Well Service, Arthur Rank Hospice	-Therapeutic programmes and discussions with specialist teams. -Individual Appointments with Specialist Nursing Team and Therapy Teams.	10:30-13:00 Online session	Specialist therapeutic group programmes and discussion aimed at those who are unable to attend face to face.
		11:00-12:00 Online drop-in session on the first Wednesday of the month	A Good Death- an exploration of death and related themes using literature in collaboration with Faculty of English, Cambridge University. https://good-death.english.cam.ac.uk/	14:00-15:30 Online drop-in session	Typical sessions may include a guest speaker, relaxation, and a quiz.	13:00-15:30 Living Well Service, Arthur Rank Hospice	Group sessions including exercise, relaxation, complementary therapy, and creative activities.
		14:00-16:00 Online and at Arthur Rank Hospice- alternate Wednesday's	Social Group- an opportunity to get together for conversation, fun, and social support.				
		14:00-16:00 Online group on alternate Wednesday's	Carers group- an opportunity for the carers and loved ones of people living with life limiting illness to get together to listen to an invited speaker and enjoy social support				