



Living Well Tuesday/Thursday Morning Timetable

Please inform a member of the Living Well Service Team if you leave the building before 13:00.

Thank you.

10:30 - 11:00	11:00 - 11:40	11:50 - 12:20	12:30 - 13:00	13:00
Welcome Patients: Tea/Coffee & Socialise (Living Well Service Lounge)	Rotational Group Work: Symptom Management, Blether, or Future Care Planning* (Lounge)	Rotational Group Work: Exercise, Life Story, or Creative* (Gym/Lounge)	Relaxation/Reflections (Lounge/Sanctuary)	Sessions Finished. Please remember to sign out at Main Reception.
	Appointment w/Comp. Therapy (Comp. Therapy Room)	Appointment w/Comp. Therapy (Comp. Therapy Room)		
	Appointment w/OT or PT (Gym)	Appointment w/OT or PT (Gym)		
	Appointment w/Nurse (Clinic Room)	Appointment w/Nurse (Clinic Room)	Appointment w/Comp. Therapy (Comp. Therapy Room)	
	Appointment w/Life Celebration (Arthur's Shed/Clinic Room)	Appointment w/Life Celebration (Arthur's Shed/Clinic Room)		
	Appointment w/Music Therapist (Clinic Room) *Thurs only	Appointment w/Music Therapist (Clinic Room) *Thurs only		

*Please note, depending on the professional running the group work session, appointment availability will be limited.