

St Mary's Living Well Centre - Activities list to February 2019



Day	How often	Time	Who runs it	Drop in or referral	What
Monday	Weekly - runs in 6 week blocks	12-4 pm	St Mary's Move more and Relax	Referral	Seated exercise class for people with limited mobility along with relaxation session
	3 rd Monday in month	1-3pm	Stroke Association Support Group	Drop In	Support and social group for people living with stroke
	Weekly	10 -2pm	St Mary's Complementary Therapy	Referral	Complementary therapies for people living with illness or those caring for them
Tuesday	3 x 6 week blocks through year	1-4pm	St Mary's Living Well Programme	Referral	6 week programmes to support people manage their own non-curable illness
	1 x 6 week block		Tai Chi		Adapted Tai Chi for people with limited mobility and illness
Wednesday	1 st Wednesday in month	1.30 – 3	Carry on Breathing Drop in	Drop In	Group for all people living with breathing difficulties: seated yoga, singing, talk by professional
	Weekly	10-2	St Mary's Complementary Therapy	Referral	Complementary therapies for people living with illness or those caring for them
Thursday	Weekly	11-2	Café Neuro, Neurological Alliance	Drop In	Support and fun for people living with any neurological condition

For services requiring referral please ring St Mary's on 01229 580305 and speak to a member of the living Well Team.