



TIMETABLE for The Live Well Hub



WEEK COMMENCING 4th MARCH 2024

<u>Monday</u>		Headway - a day hub for any adult with a neurological condition
Deben room	10am–3pm	
Alde room	10am-12pm	Diabetic Prevention Workshop-By referral
Waveney Room	10am -3pm	Macmillan Cancer Care
Alde Room	1.30pm-3.30	Diabetic Prevention Workshop - By referral
Blyth Room	10am–1.30pm	Inspire – Youth Employment Scheme by appointment or drop in
Blyth Room	2pm-4pm	Knit and Natter Crafters
<u>Wednesday</u>	10am – 3pm	C4H Social Prescribing - By Appointment
Blyth room		C4h.suffolk@nhs.net or 01394 332 265
Gym	10.15am-11.45	ActivLives - Better Balance. Seated exercises
	1pm - 2.30pm	ActivLives – Breathe Fit seated exercises. frazier@activlives.org.uk or 01473 345 350
Alde Room	11am–12pm	Turning Point, substance addiction, by referral
	2pm-3pm	Jeff.trace@turning-point.co.uk or 0300 123 0872 mollie.girling@turning-point.co.uk
<u>Friday</u>	10am – 3pm	C4H - Social Prescribing - By appointment
Blyth Room		C4h.suffolk@nhs.net 01394 332 265
Alde Room	10am – 12 pm	Realise Futures – Help for anyone disadvantaged &/or disabled, at work or at home. Drop In or appointment info@realisefutures.org or 01473 242 500
Waveney Room	10am – 12pm	NHS Individual Placement Support for employability for those with severe mental illness. By appointment



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