

## Day Hospice Timetable

<b>Monday - Crawley</b>	Movers and Shakers(run by Therapies)	10:15-11:15
<b>Monday - Crawley</b>	Living Well (run every other week by DH)	11:30-2:30
	Activities held during the day: <ul style="list-style-type: none"> <li>❖ Reflexology</li> <li>❖ Acupuncture as a group held from 11:30 with individuals sessions booked by therapist (Acupuncture is provided every week)</li> </ul>	
<b>Tuesday - Woodhatch Centre, Reigate</b>	DH	10:30-2:30pm
	<ul style="list-style-type: none"> <li>❖ Ad hoc activities held during the day</li> <li>❖ Lunch</li> <li>❖ Tea and Cakes</li> <li>❖ Home</li> </ul>	12pm 1:30pm 2:00pm
<b>Wednesday - Crawley</b>	DH	10:30-3pm
	Activities held during the day: <ul style="list-style-type: none"> <li>❖ Reiki</li> <li>❖ Music therapy</li> <li>❖ Lunch</li> <li>❖ Meditation</li> <li>❖ Tea and cakes</li> <li>❖ Home</li> </ul>	All day All day 12:30pm 1:30pm 2pm 2:30-3pm
<b>Thursday - Crawley</b>	DH	10:30-3pm
	Activities held during the day: <ul style="list-style-type: none"> <li>❖ Reiki/massage</li> <li>❖ Meditation</li> <li>❖ Lunch</li> <li>❖ Art</li> <li>❖ Tea and cakes</li> <li>❖ Home</li> </ul>	All day 11:30am 12:30pm 1:30-3pm 2pm 2:30-3pm
<b>Friday</b>	No DH at either site	