

# Movement and Wellbeing Group

Run by our Outpatient Service  
at North London Hospice, Enfield, N21 3AY



For people living with neurological conditions in the Enfield, Haringey and Barnet boroughs, and their family / friends, to connect, move together and to support each other.

A face-to-face group offering guided movement led by physiotherapy and emotional support led by dramatherapy for people with neurological conditions, inclusive of all abilities. Participants will experience a respectful, safe and confidential space to engage in movement and creative activity for wellbeing.

**Arrive from 2.45pm for a 3-4pm session**  
**5 sessions on the following alternate Thursdays:**

**2 March 2023**

**13 April 2023**

**16 March 2023**

**27 April 2023**

**30 March 2023**

To register your interest or if you have any queries please email:

**[outpatientandwellbeingevents@northlondonhospice.co.uk](mailto:outpatientandwellbeingevents@northlondonhospice.co.uk)**

Or phone: **0208 343 6812**



The group welcomes those with a neurological condition and is inclusive of a range of physical and cognitive abilities. To participate it is helpful to be able to sit in a chair/wheelchair for approximately 60 minutes. We encourage the person's family member, carer or friend to join in the group too.

Floristry