

RENAL WELLBEING MONTH

TIMETABLE OF EVENTS

DATE	TIME	LOCATION	ACTIVITY
1st June	1330-1430	Ophthalmology seminar room, 2nd floor, above diabetes centre	Artwork session with Van Nong
4th June	1400-1500	Tbc – please check with main reception desk	Relaxation session with Carole White
6th June	1500-1600	Trust Boardroom	Pets As Therapy petting dogs Betty with owner Louise Wilson, and Otis with owner Sara Richardson
7th June	1200-1300	Neurosciences dept seminar room	Adapted tai chi session with Vicky Pursey
11th June	1000-1100	Seminar room 4, Learning & Research Centre	Relaxation session with Carole White
12th June	1215-1245	General medical seminar room, 3rd floor ward block	York Carer's Centre information session for patients and families. (they will also be available throughout the day in the main York Hospital foyer)
13th June	1245-1345	Physiotherapy portacabin gym	Introduction to yoga with Laura Potts

14th June	1400- 1500	Neurosciences dept seminar room	Fatigue management with Lisa Hinds-Green
15th June	1500- 1600	Neurosciences dept seminar room	Pets As Therapy petting dog Otis, with owner Sara Richardson
18th June	1100- 1200	Trust Boardroom	Drop-in sessions for • work and benefits with the Renal Social Work team • adjusting to your changing health with Beate Riedel
20th June	1030- 1100	Classroom 2, postgraduate centre	Introduction to mindfulness with Beate Riedel
21st June	1200- 1300	Trust Boardroom	Shared care information session with Dr Paul Laboi
27th June	1245- 1345	Physiotherapy portacabin gym	Laughter yoga with Anna Semylen
28th June	1130- 1230	Tbc – please check with main reception desk	Pets As Therapy petting dog Betty, with owner Louise Wilson

All sessions are based at York Hospital. Please ask at the main York Hospital reception desk if you are unsure of the location of any of the above rooms.