



 Campden Home Nursing

Wellbeing Activities at Jecca's House **APRIL 2026**

A warm welcome awaits you. Whether you're looking for support, creativity, company, or calm, there's something for everyone. Come and connect with others in our friendly, home-from-home setting. There is no charge. Any donations are gratefully welcomed.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Gardening Group 10:30 - 12:30 PM Join our relaxed gardening mornings—no experience needed, just enthusiasm!</p>	<p>Men In Sheds/She Shed 10:30 - 12:30 PM Creative social sessions in our friendly workshop - come for company and purpose.</p> <p>Relaxation Session 2.30 - 4 PM Unwind in a calm and peaceful space with guided relaxation and gentle techniques. Please enquire as limited spaces</p>	<p>Jecca's Caring Lunch 12:30 - 2 PM <i>(4th Wednesday of the month)</i> A shared lunch in warm company - open to all who feel they'd benefit. Booking is essential. 22nd April</p> <p>Caring Afternoon Tea 2 - 4 PM <i>(1st Wednesday of the month)</i> <i>Relaxing get together with a selection of delicious cakes and cup of tea or two</i> 1st April</p>	<p>Men In Sheds/She Shed 10:30 - 12:30 PM</p> <p>Dementia Friendly Cafe 2 - 4 PM <i>(3rd Thursday of the month)</i> For carers and family members supporting a loved one with dementia. You are welcome to bring the person you are supporting. Friendly conversation, advice, tea, and cake in a relaxed space. 16th April</p>	<p>Gardening Group 10:30 - 12:30 PM</p> <p>Bereavement Café 10 - 11:30 PM <i>(second Friday of the month)</i> A gentle, informal space, share with others who understand. 10th April</p>
<p>One-to-one support through: - Play Therapy for Children</p>	<p>- Play Therapy for Children - Bereavement Counselling</p>	<p>- Play Therapy for Children - Bereavement Counselling</p>	<p>- Play Therapy for Children - Bereavement Counselling</p>	
<p>Tea and Chat Drop in 10 - 3PM</p>	<p>Tea and Chat Drop in 10 - 3 PM</p>	<p>Tea and Chat Drop in 10 - 3PM</p>	<p>Tea and Chat Drop in 10 - 3PM</p>	<p>Tea and Chat Drop in 10 - 3PM</p>

To register for our sessions, please get in touch: 📞 01386 840505 ✉ info@campdenhomenursing.org 🌐 www.campdenhomenursing.org

We look forward to welcoming you to Campden Home Nursing at Jecca's House