






 Campden Home Nursing

# Wellbeing Activities at Jecca's House **MAY 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><b>Gardening Group</b> 10:30 - 12:30 PM Join our relaxed gardening mornings—no experience needed, just enthusiasm!</p>	<p><b>Men In Sheds/She Shed</b> 10:30 - 12:30 PM Creative social sessions in our friendly workshop - come for company and purpose.</p> <p><b>Relaxation Session</b> 2.30 - 4 PM Unwind in a calm and peaceful space with guided relaxation and gentle techniques. Please enquire as limited spaces</p>	<p><b>Jecca's Caring Lunch</b> 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. <b>27<sup>th</sup> May</b></p> <p><b>Caring Afternoon Tea</b> 2 - 4 PM <i>(1<sup>st</sup> Wednesday of the month)</i> <i>Relaxing get together with a selection of delicious cakes and cup of tea or two</i> <b>6<sup>th</sup> May</b></p>	<p><b>Men In Sheds/She Shed</b> 10:30 - 12:30 PM</p> <p><b>Dementia Friendly Cafe</b> 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. <b>21<sup>st</sup> May</b></p>	<p><b>Gardening Group</b> 10:30 - 12:30 PM</p> <p><b>Bereavement Café</b> 10 - 11:30 PM <i>(second Friday of the month)</i> A gentle, informal space, share with others who understand. <b>8<sup>th</sup> May</b></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><b>Tea and Chat Drop in 10 - 3PM</b></p>	<p><b>Tea and Chat Drop in 10 - 3 PM</b></p>	<p><b>Tea and Chat Drop in 10 - 3PM</b></p>	<p><b>Tea and Chat Drop in 10 - 3PM</b></p>	<p><b>Tea and Chat Drop in 10 - 3PM</b></p>
<p>To register for our sessions, please get in touch:  <b>01386 840505</b>  <a href="mailto:info@campdenhomenursing.org">info@campdenhomenursing.org</a>  <a href="http://www.campdenhomenursing.org">www.campdenhomenursing.org</a></p> <p><i>We look forward to welcoming you to Campden Home Nursing at Jecca's House</i></p>				