



HFP Health & Wellbeing Groups

Activity program

20th Jan 2025 -
31st March 2025

	What	When	Where
The Wellbeing Community	A weekly session exploring diverse topics, equipping you with practical tools to create meaningful lifestyle changes.	Every Monday 7-8:30pm	Hammersmith Quaker Meeting House
Chronic Pain Management Group	A session designed for individuals with chronic pain and/or Fibromyalgia, offering a blend of information and group support.	Every Wednesday 1:15-2:45 pm	Earls Court Community Hub
Digital Weight Management Group	A digital session tailored for those seeking weight loss, providing a combination of insightful information and group support.	Every 1st Thursday of The month 2-3 pm	Microsoft Teams
Digital Long COVID Support Group	A digital group support session designed to assist those navigating the challenges of Long COVID, offering connection and shared understanding.	Every 2nd Thursday of the month 2-3 pm	Microsoft Teams
Digital Chronic Pain Group	A digital session designed for individuals with chronic pain and/or Fibromyalgia, offering a blend of information and group support.	Every 3rd Thursday of the month 2-3 pm	Microsoft Teams
Cook & Connect	A cooking session created to bring people together, fostering connection and community through the love of food.	Final Thursday of every month 10:30am- 2:00 pm	Variable (location announced each month)