



# HFP Health & Wellbeing Groups

Activity program  
1st May - 31st August 2025

**For patients of:**  
Brook Green Medical Centre  
North End Medical Centre  
Park Medical Centre  
Richford Gate Medical Practice  
The Bush Doctors



	<b>What</b>	<b>When</b>	<b>Where</b>
<b>The Wellbeing Community</b>	A session exploring diverse topics, equipping you with practical tools to create meaningful lifestyle changes.	Every Monday 7-8:30pm	Hammersmith Quaker Meeting House
<b>Chronic Pain Management Group</b>	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
<b>Digital Weight Management Group</b>	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
<b>Digital Long COVID Support Group</b>	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
<b>Digital Chronic Pain Management Group</b>	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
<b>Cook &amp; Connect</b>	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)
<b>NHS Talking Therapies Wellbeing Workshops</b>	Digital Workshops led by NHS Talking Therapies covering a range of topics aimed at improving your overall Wellbeing	Varies Sign up for info on monthly sessions	Microsoft Teams



Scan to enroll and find out more  
Or visit <https://www.richfordgate.org.uk/new-health-and-wellbeing-groups/>

