

Residential programmes

April 2024 – March 2025

Physical rehabilitation

Where: All centres

What is it: A dedicated, group-based week with our physiotherapists and exercise therapists

Who for: Beneficiaries recovering from injury or illness

Reset Programme

Where: Harcombe House

What is it: Aimed at developing and improving your resilience and overall mental fitness.

Who for: Beneficiaries experiencing challenges to their mental wellbeing

Rest and Recharge

Where: All centres

What is it: Time away at our centres and a chance to recharge

Who for: Beneficiaries in need of time and a change of scenery during challenging times

Nursing support:

Where: Jubilee House

What is it: Dedicated nursing support from a specialist nursing team

Who for: Beneficiaries visiting the centre and in need of additional support

Our Specialised Weeks

April 2024

Transitions Into Retirement:
15 April – Harcombe House

Body and Mind:
29 April – Harcombe House

May 2024

Joint and Mobility Health:
6 May – Marine Court

Living With Trauma:
13 May – Harcombe House

Kickstart Your Fitness:
20 May – Marine Court

June 2024

Walking for your Wellbeing:
3 June – Harcombe House

Menopause Week:
10 June – Harcombe House

Family Week - Pre-school:
17 June – Harcombe House

Kickstart Your Fitness:
17 June – Jubilee House

Building Resilience:
24 June – Harcombe House

July 2024

Women's Wellbeing:
1 July – Jubilee House

Transitions Into Retirement:
1 July – Marine Court

Living Healthily After Cancer:
8 July – Harcombe House

Covid Recovery Programme:
8 July – Marine Court

August 2024

Young Adult Dependants Activity Week:
5 August – Harcombe House

September 2024

Walking for your Wellbeing:
2 September – Harcombe House

Body and Mind:
9 September – Harcombe House

Kickstart Your Fitness:
9 September – Jubilee House

Transitions Into Retirement:
16 September – Harcombe House

Kickstart Your Fitness:
16 September – Marine Court

Family Week - Pre-school:
30 September – Harcombe House

Kickstart Your Fitness:
30 September – Harcombe House

October 2024

Joint and Mobility Health:
7 October – Marine Court

Living With Trauma:
14 October – Harcombe House

Family Week – Single Parents:
21 October – Harcombe House

November 2024

Menopause Week:
4 November – Harcombe House

Covid Recovery Programme:
11 November – Jubilee House

Transitions Into Retirement:
18 November – Marine Court

December 2024

Living Healthily After Cancer:
2 December – Harcombe House

Festive fun for carers and their cared for:
9 December – Harcombe House

January 2025

Kickstart Your Fitness:
13 January – Harcombe House

Kickstart Your Fitness:
20 January – Jubilee House

Kickstart Your Fitness:
27 January – Marine Court

February 2025

Building Resilience:
3 February – Harcombe House

Family Week – Single Parents:
17 February – Harcombe House

March 2025

Transitions Into Retirement:
3 March – Harcombe House

Covid Recovery Programme:
10 March – Harcombe House

Living With Early-Stage Dementia:
17 March – Harcombe House

Find out more

All programmes start on a Monday, with arrival on the Sunday, and vary in length from 3-5 days. These programmes are all catered weeks, but self-catering options may be available. Scan the QR code for more information.

To enquire about any of these programmes and discuss ways we may be able to offer you support, call our Support Line on **0800 3898820**.

Eligibility criteria and availability may apply.

