

# Residential programmes

*Alongside our usual programmes, we're holding a number of specialised weeks at our centres over the coming months.*

**August '23 – March '24**

## August 2023:

- **Kickstart Programme: W/C 28 August 2023 - Harcombe House**  
For those wanting help and support with getting active, eating well and healthy habits.



## September 2023:

- **Healthy Ageing: W/C 11 September 2023 - Jubilee House**  
For those with joint issues, awaiting joint replacement surgery or recovering from it.
- **Body and Mind: W/C 11 September 2023 – Harcombe House**  
Group-based programme for those interested in relaxation, mindfulness and creativity.
- **Family Week – Pre-School: W/C 11 September 2023 – Harcombe House**  
Programme for families with younger children – combines rest with planned activities.
- **Kickstart Programme: W/C 25 September 2023 – Marine Court**
- **Walking Week: 25 September 2023 – Harcombe House**  
Walking, gentle exercise, social activity and two days of rest and recharge.
- **Family Week – Older Dependents (17-30yrs): W/C 25 September 2023 – Harcombe House**  
Programme of activity and rest for families with older adult dependants aged 17-30.

## October 2023:

- **Trauma Week: W/C 9 October 2023 – Harcombe House**  
Group-based programme for those who have experienced trauma
- **Building Resilience: W/C 16 October 2023 – Harcombe House**  
Group-based programme of workshops and activities to build resilience and mental fitness.
- **Women's Only Week (Rehabilitation): W/C 16 October 2023 – Marine Court**  
For those with a range of different injuries and illnesses, both short and long term.



## November 2023:

- **Covid Recovery Programme: W/C 6 November 2023 - Marine Court**  
For those still experiencing ongoing symptoms 12 weeks or more after a Covid infection.
- **Menopause Week: W/C 6 November 2023 – Harcombe House**  
Group-based programme offering help and guidance with the menopause.
- **Social Wellbeing for the Retired Community: W/C 13 November 2023 – Harcombe House**  
Programme for those who have retired from the fire service or are living alone.
- **Healthy Living: W/C 20 November 2023 - Jubilee House**  
Group-based programme for those with lifestyle and long-term conditions.
- **Control Room Reset Programme: W/C 20 November 2023 – Harcombe House**  
Group-based Reset Programme for Control staff aimed at building mental fitness.

## December 2023:

- **Festive Family Rest and Recharge: W/C 4 December 2023 – Harcombe House**  
Programme for those who have a caring role as well as those being cared for.
- **Healthy Ageing: W/C 11 December 2023 - Marine Court**

## February 2024:

- **Kickstart Programme: W/C 5 February 2024 – Jubilee House**
- **Covid Recovery Programme: W/C 12 February 2024 - Harcombe House**
- **Family Week – Single Parents: W/C 12 February 2024 - Harcombe House**  
Programme of activity and rest for single parent families.
- **Control Room Reset Programme: W/C 26 February 2024 – Marine Court**

## January 2024:

- **Kickstart Programme: W/C 22 January 2024 – Jubilee House**
- **Kickstart Programme: W/C 22 January 2024 – Marine Court**
- **Transitions into Retirement: W/C 22 January 2024 - Harcombe House**  
Group-based programme for those approaching retirement or who've retired within the last two years.
- **Kickstart Programme: W/C 29 January 2024 – Harcombe House - women only week**

## March 2024:

- **Women's Wellbeing Week: W/C 4 March 2024 - Jubilee House**  
Group-based programme for women aged 40-60, focused on overall health and wellbeing.
- **Wellbeing for Team Leads: W/C 11 March 2024 – Harcombe House**  
Group-based programme for operational staff in management roles.
- **Covid Recovery Programme: W/C 18 March 2024 - Jubilee House**
- **Healthy Living: W/C 18 March 2024 – Marine Court**
- **Social Wellbeing for the Retired Community: W/C 25 March 2024 - Harcombe House**

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). You can find out more information on them by scanning the QR code.

To enquire about any of these programmes, and discuss ways we may be able to offer you support, call our Support Line on **08003898820**.

