



## **St Peter's Church, Hereford**

# **Physio and Occupational Therapy Drop-in Session**

**Tuesday 7th May 12.30am to 1.30pm**

The local physiotherapy and occupational therapy team are now operating a monthly drop-in session between 12.30pm to 1.30pm on the first Tuesday of the month at The Hub. The team can offer advice to people currently under treatment, carers, or anyone who would just like some advice and help on: equipment adaption in the home, memory concerns and help with memory strategies, fall prevention, managing everyday tasks and routines, how to keep active, fatigue and pain management, advice on walking aids and mobility and reminder sessions for exercises you have been shown in the past. The team can arrange specialist assessment along with advice and signposting where needed.