



# Free Massages for Staff



In line with the ELFT's continuous commitment to improving the working lives of staff, we are pleased to once again introduce free massage sessions for staff.

These massage sessions last for 20 minutes per person. They are a chance to de-stress and release muscle tension through a mix of chair massage, shiatsu, or even remedial massage for injuries. Please see dates, venues and links to reserve a place below

Venue	Date	Address	Links
Bedford Twinwoods	<b>Tuesday September 5th,</b>	Twinwoods   Milton Road   Clapham   MK41 6AT 01234 310589 - Reception	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-bedford-registration-677275387917?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-bedford-registration-677275387917?aff=oddtcreator</a>
Bedford Twinwoods	<b>Thursday September 7th,</b>	Twinwoods   Milton Road   Clapham   MK41 6AT 01234 310589 - Reception	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-bedford-registration-691549572387?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-bedford-registration-691549572387?aff=oddtcreator</a>
Luton – Charter House	<b>Thursday September 14th</b>	Charter House, Alma Street, Luton, LU1 2PJ 01525 63 8409 01525 63 8409 - Reception	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-luton-charter-house-registration-691563564237?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-luton-charter-house-registration-691563564237?aff=oddtcreator</a>

Venue	Date	Address	Links
Shrewsbury Road East Ham Care Centre	<b>Friday October 6th</b>	East Ham Care Centre 302 Shrewsbury Road Forest Gate E7 8QP 020 8475 2001	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-east-ham-care-centre-registration-691569662477?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-east-ham-care-centre-registration-691569662477?aff=oddtcreator</a>
Beaumont House – Mile End Hospital	<b>Tuesday September 26th</b>	Beaumont House, Mile End Hospital, E1 4DG 02077715663	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-beaumont-house-mile-end-hospital-registration-693950182677?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-beaumont-house-mile-end-hospital-registration-693950182677?aff=oddtcreator</a>
Gardener Ward	<b>Thursday September 28th</b>	Gardener Ward City and Hackney Centre for Mental Health Homerton Row E9 6SR 02085108073	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-gardner-ward-city-and-hackney-registration-693967263767?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-gardner-ward-city-and-hackney-registration-693967263767?aff=oddtcreator</a>
Trust HQ	<b>Wednesday October 4th</b>	Robert Dolan House, 9 Alie street, London, E1 8DE 020 7655 4000	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-robert-dolan-house-registration-694042348347?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-robert-dolan-house-registration-694042348347?aff=oddtcreator</a>
John Howard Centre	<b>Tuesday October 10th</b>	John Howard 12 Kenworthy Rd, London E9 5TD 020 8510 2003	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-john-howard-centre-registration-694004444977?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-john-howard-centre-registration-694004444977?aff=oddtcreator</a>
Burdett House Mile End Hospital	<b>Thursday October 12th</b>	Burdett House, Mile End Hospital Bancroft Road London E1 4DG United Kingdom 020 8121 5479	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-burdett-house-registration-694008146047?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-burdett-house-registration-694008146047?aff=oddtcreator</a>

Venue	Date	Address	Links
E1 Medical Centre	<b>Wednesday 18th October</b>	E1 Health, Homeless Medial Centre 9-11 Brick Ln, London E1 6RF 0207 247 0090	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-health-e1-registration-694019710637?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-health-e1-registration-694019710637?aff=oddtcreator</a>
Newham Centre for Mental Health	<b>Tuesday October 24th</b>	Newham Centre for Mental Health Cherry Tree Way, Glen Rd, London E13 8SP 020 7540 6760 Ext: 2016	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-newham-centre-for-mental-health-registration-694027082687?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-newham-centre-for-mental-health-registration-694027082687?aff=oddtcreator</a>
Vivienne Cohen ouse	<b>Thursday October 26th</b>	Vivienne Cohen House Homerton High St, Crozier Terrace, London E9 6AT 07551 675 994	<a href="https://www.eventbrite.co.uk/e/free-staff-massages-viviene-cohen-house-registration-694033792757?aff=oddtcreator">https://www.eventbrite.co.uk/e/free-staff-massages-viviene-cohen-house-registration-694033792757?aff=oddtcreator</a>