



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

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

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