



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 Health Resource Centre Milton Road Clapham MK41 6AT	https://www.eventbrite.co.uk/e/free-staff-massages-bedford-registration-677275387917?aff=oddtcreator
Bedford Twinwoods	Thursday September 7th	Twinwoods Health Resource Centre Milton Road Clapham MK41 6AT	https://www.eventbrite.co.uk/e/free-staff-massages-bedford-registration-691549572387?aff=oddtcreator
Fountains Court (New Date)	12th September	Fountains Court Merton Rd Bedford MK40 3AF	https://www.eventbrite.co.uk/e/free-staff-massages-fountains-court-bedford-registration-706024136197?aff=oddtcreator

Venue	Date	Address	Link to Reserve a Session
Luton – Charter House	Thursday September 14th	Charter House Alma Street Luton LU1 2PJ	https://www.eventbrite.co.uk/e/free-staff-massages-luton-charter-house-registration-691563564237?aff=oddtcreator
East Ham Care Centre	Friday October 6th	East Ham Care Centre 302 Shrewsbury Road Forest Gate E7 8QP	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	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	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	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 Road London E9 5TD	https://www.eventbrite.co.uk/e/free-staff-massages-john-howard-centre-registration-694004444977?aff=oddtcreator

Venue	Date	Address	Link to Reserve a Session
Burdett House Mile End Hospital	Thursday October 12th	Burdett House, Mile End Hospital Bancroft Road London E1 4DG	https://www.eventbrite.co.uk/e/free-staff-massages-burdett-house-registration-694008146047?aff=oddtcreator
E1 Medical Centre	Wednesday October 18th	E1 Homeless Medial Centre 9-11 Brick Lane London E1 6RF	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	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	https://www.eventbrite.co.uk/e/free-staff-massages-viviene-cohen-house-registration-694033792757?aff=oddtcreator