



# 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	<b>Tuesday September 5th</b>	Twinwoods Milton Road Clapham , MK41 6AT	<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	<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	<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	Link to Reserve a Session
East Ham Care Centre	Friday October 6th	East Ham Care Centre 302 Shrewsbury Road Forest Gate E7 8QP	<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	Tuesday September 26th	Beaumont House Mile End Hospital E1 4DG	<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	Thursday September 28th	Gardener Ward City and Hackney Centre for Mental Health Homerton Row E9 6SR	<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	Wednesday October 4th	Robert Dolan House 9 Alie Street London E1 8DE	<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	Tuesday October 10th	John Howard 12 Kenworthy Road London E9 5TD	<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	Thursday October 12th	Burdett House, Mile End Hospital Bancroft Road London E1 4DG	<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	Link to Reserve a Session
E1 Medical Centre	<b>Wednesday October 18th</b>	E1 Homeless Medial Centre 9-11 Brick Lane London E1 6RF	<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	<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 House	<b>Thursday October 26th</b>	Vivienne Cohen House Homerton High St Crozier Terrace London E9 6AT	<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>