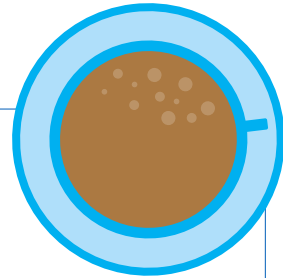
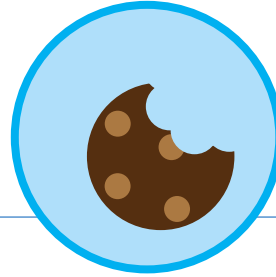


NF department diary dates

2024

NHS

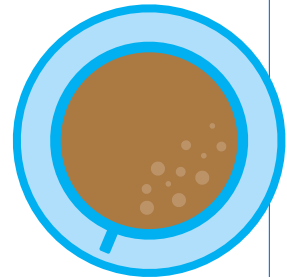
Guy's and St Thomas'
NHS Foundation Trust



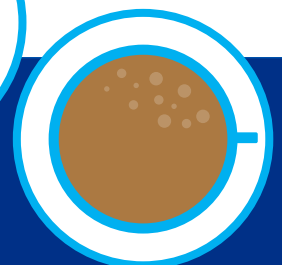
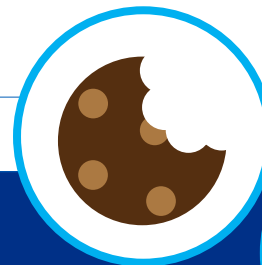
NF coffee club and NF patient and staff forum

Come along on the 3rd Wednesday of each month to meet other NF patients for an informal chat at 1pm and then help meet the needs of all our patients and our staff from 2pm. We will be chatting over tea or coffee about:

- **January:** Postponed Christmas party
- **February:** Sleep hygiene
- **March:** Itch and skin care
- **April:** Patient story
- **May:** NF awareness with Nerve Tumours UK
- **June:** Physiotherapy and how to be active
- **July:** Medi cinema
- **August:** Benefits and employment support
- **September:** NF updates and research news
- **October:** How to think about pain
- **November:** Mindfulness



If you are interested in joining please email gst-tr.guysnfnurses@nhs.net with the subject 'coffee' or leave a message on 0207 188 1029 or or talk to a member of the team to book a place.



Contacts

Telephone: 020 7188 1029

Email: gst-tr.guysnfnurses@nhs.net

