

Hospice Day Service timetable

Monday

Music slot 11am Creative expression 2pm
 Craft 11am Qi Gong 11am
 The Gathering 12pm Drumming 2pm
 Boccia – seated bowls 2pm

Wellbeing: Reflexology / Reiki / Nail painting

Body Image Group – back in MARCH

Song writing / Creative expression / 1:1 Creative projects / Gym sessions / Sensory equipment and recorded memory projects – ALL available by appointment

Tuesday

Music slot 11am Craft 11am
 The Gathering 12pm Circuit Group 1pm
 Live Music performance 1pm Watercolour painting 2pm
 Music expression 2pm Maintenance Group 2.30pm
 Hospice Community Choir 6.30pm (fortnightly)

Wellbeing: Reiki / Massage / Male Haircuts / Hand massage / Nail painting

Song writing / Creative expression / 1:1 Creative projects / Gym sessions / Sensory equipment and recorded memory projects – ALL available by appointment

Wednesday

Craft 11am
 Body percussion 11.30am The Gathering 12pm
 Circuit Group 1pm Music performance 2pm (fortnightly)
 Yoga 2pm School visit - Printing 2pm (term term)
 Maintenance Group 2.30pm
 Creative fabric group 5pm (fortnightly)

Wellbeing: Reiki / Bach flower remedies

Song writing / Creative expression / 1:1 Creative projects / Gym sessions / Sensory equipment and recorded memory projects – ALL available by appointment

Thursday

Music slot 11am Living well group 11am
 Oil painting workshop 11am The Gathering 12pm
 Relaxation / Meditation 2pm
 Sing along /sharing memories group 2pm(monthly)
 School visit - Pottery 2pm (term time only)

Wellbeing: Reflexology / Reiki / Bach flower remedies / Hand and foot massage

Song writing / Creative expression / 1:1 Creative projects / Gym sessions/ Sensory equipment and recorded memory projects – ALL available by appointment

Friday

Music slot 11am Water colour painting 11am
 Craft 11am Seated exercise 11am
 The Gathering 12pm Relaxation 2pm

Wellbeing: Reflexology / Reiki / Hand Massage / Nail painting

Song writing / Creative expression / 1:1 Creative projects / Gym sessions / Sensory equipment and recorded memory projects – ALL available by appointment

Saturday

13th April Flower making workshop 20th April Seated Exercise Group & Reiki
 4th May Flower Making Workshop 18th May CD Making
 1st June Making your own memory Jars 15th June Seated Exercise Group
 29th June Glass Etching Workshop

Wellbeing: Reiki / Massage

Also available: Information and Guidance / Table games / Body Image group / Physio and Occupational Therapy – please ask for more details

Hospice Day Service

You are welcome to come along to Hospice Day Service for a whole day or just part of the day and are welcome to attend more than just once a week.

Lunch and refreshments are provided – there is no charge for attending Hospice Day Service.

Staff Nurse's and Nursing Assistants are available for clinic appointments and reviews - available by appointment.

We have regular music performances which you are welcome to come along to as well as enjoying the beautiful Hospice gardens. Take a walk to the Hospice labyrinth and enjoy our Summer house all year round!

A majority of our groups are run by volunteers. Some groups are subject to change but, we will always aim to offer an alternative.

To book your place please contact one of the Hospice Day Service team on 01892 820509.

If you would like more information or have any ideas of groups that you might like Hospice Day service to consider please contact -

Sian Webb – Head of Hospice Day Service: 01892 820509 or email: sian.webb@hospiceintheweald.org.uk

Ideas for groups coming soon to Hospice Day Service:

Music reminiscence

Virtual Reality

More seated circuit groups

Expressing trauma creatively

Creative fabric group – day slot

Gardening group

Garden tours

Conversation Jenga

More creative expression groups

Mosaic group

Creative writing

Seated gardening group

Slideshows

Discussion group ideas:

Basic hand and foot massage

Nutrition – Healthy eating and diet

Sleep hygiene/breathing

Equipment – what is available?

Fall prevention

Peripheral Neuropathy

Coping as a Carer

How to use technology – how to send an email & online shopping

Open discussions with the counselling team

Tell a story – sharing life experiences with photos and objects

Fatigue management

Breathlessness