

# Wellbeing Hub

We invite anyone living anywhere in **Heywood, Middleton and Rochdale**, who are affected by any progressive life-limiting illness, to join us.

Whether it be for an informal chat, a creative therapy session or for educational purposes, our hubs are a safe and welcoming environment. Carers are also welcome to join us.

**No referral or appointment is needed, you can just drop in!**

**Sessions run from:  
10am - 12pm**

**Parking and wheelchair accessible**

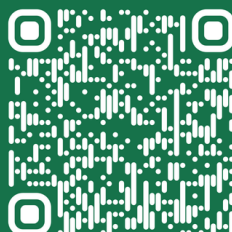


**Please see the reverse of this leaflets for our upcoming dates**

For further information:  
Call us on **01706 649920**

Email **wellbeing@springhill.org.uk**  
Or visit **Springhill.org.uk/wellbeing**.

To view our information leaflets, please scan the QR code.





**Springhill Hospice, Broad Lane,  
Rochdale, OL16 4PZ**  
**What3words - Rings.Added.Shiny**

**Monday 13th of October**

**Monday 10<sup>th</sup> November**

**Monday 15<sup>th</sup> December**