

Springhill Hospice

Broad Lane
Rochdale
OL16 4PZ
01706 649920

www.springhill.org.uk

Complaints – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

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Limited by Guarantee No 2325905
Registered Charity No 701798**



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Wellbeing Programme

 **Springhill
Hospice**
Making every moment count



An 8 week Wellbeing Programme based at Springhill Hospice. Sessions run 9:30am - 12:30pm on Thursdays.

Our aim:

- Promote wellbeing and empower the individual to live well.
- Supportive group and environment
- Opportunity to ask questions in a safe space

A referral is required from your healthcare professional for this programme. Referral forms are available on our website at **www.springhill.org.uk/referral**.

Assessment and goal setting will be completed with nursing staff in conjunction with the patient at their first attendance, once a referral has been accepted.

Volunteer drivers are available to assist you to and from the Hospice following a risk assessment. Please speak to the team regarding the criteria for this service.

For further information, please contact us on:
01706 649920 or email **wellbeing@springhill.org.uk**

This is an **8-week programme** for adults with a progressive, life-limiting illness.

There will be a theme/topic each week, some examples of which are below:

Managing symptoms such as: Pain, Fatigue, Anxiety, Sleep, Nutrition, Breathlessness, Staying Active and Planning for your future.

Alongside other activities such as:

- Creative Therapy e.g painting, yarn craft, card making
- Complementary Therapy e.g Massage, aromatherapy and reflexology
- Spiritual support, referral to counselling available
- Quizzes and Games
- Relaxation and Meditation
- Virtual Reality Experience
- Exercise and Yoga
- Gardening and Walks
- Music
- 'Meet the Hospice Staff' sessions

