

AUTUMN

September to November 2024



The Spring Centre

at **The Hospice** of st francis

For patients:

Colour & Style Workshop

Style workshop to boost wellbeing.

Heart Failure Support Group

Meeting every two months.

Idiopathic Pulmonary Fibrosis (IPF) Group.

Meeting every two months.

Movement Psychotherapy Group

Outpatient Clinics

Nurse-led assessments by referral only.

Stronger for Longer Exercise Group

Take Control

Support before and during or after cancer treatment.

Yoga

For Carers:

Carers Coffee, groups and courses by invitation only.

For Children & Young People:

Activities and group sessions by invitation only.

For those living with Dementia and their carers:

Dementia Care Drop-In Group

At our Amersham Owned shop – HP6 6AA.

For patients & carers supported by the hospice:

Fatigue Workshop

Meditation Groups

StressLess Singing

For patients, carers & bereaved family members supported by the hospice:

Discover Connection Group

Discover Connection Café (for our Discover alumni)

Monthly Sunday Service

Open to all, including general public:

Monthly Coffee Morning

Wellbeing Nature Walks

#FeaturedGroup

Emotional Freedom Technique Group – *Freedom from Anxiety*

Learn simple “tapping” techniques to bring comfort and balance to daily life. Open to Hospice patients by referral to our psychological support service.



HOW TO REFER

HEALTH PROFESSIONALS: [Click here](#) to download referral form

SELF-REFERRALS: Visit [our website](#) to fill out a confidential enquiry form

Other services by referral include:

Family Support, Complementary Therapies, Creative Therapies, Occupational Therapy & Social Support, Physiotherapy.

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