



SPRING

March to May 2025



The Spring Centre

at **The Hospice** of st francis

Open to patients

Exercise Taster Sessions

Try classes that are available in the community.

Heart Failure Support Group

Meeting every month.

HOPE Course

Support before, during or after cancer treatment.

Idiopathic Pulmonary Fibrosis (IPF) Group

Meeting every two months.

Outpatient Clinics

By referral only.

Pilates

Six sessions. Gentle strengthening and movement.

Wellbeing Art Group

Join others talking about it with art.

Wellbeing Therapy Group

For women with breast cancer.

For Carers:

Carers Coffee, groups and courses by invitation only.

For Children & Young People:

Activities and group sessions by invitation only.

For patients & carers supported by the hospice:

Colour & Style Workshop

Meditation Group

For patients, carers & bereaved family

members supported by the hospice:

Discover Connection

Bereavement support group by invitation only.

Discover Connection Café

For all our Discover alumni – a mixed group

Monthly Sunday Service

Open to all, including general public:

Monthly Coffee Morning

Wellbeing Nature Walks

The Hospice of St Francis, Spring Garden Lane,
Berkhamsted, Herts, HP4 3GW
Tel: 01442 869550

#FeaturedCourse

Breathlessness Management

An informal workshop for patients currently supported by the hospice. A chance to share experiences and learn how you can live better with breathlessness.

(Please note this session is not for members of our PF group)



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 & Scar Therapy.