

SUMMER

June to August 2023



The Spring
Centre

at The Hospice of St Francis

For patients:

Drumming Exercise Group

Use a gym ball as your drum for a fun workout.

Garden Group

Learning and being creative in nature.

Idiopathic Pulmonary Fibrosis (IPF) Group

Support group meeting every two months.

Yoga / Pilates

Six week courses available.

HOPE Course

Six week course offering support during or after cancer treatment.

Outpatient Clinics

Nurse-led assessments by referral only.

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:

Meditation Course

Six week course available.

Wellness Mornings

A morning of inspiring and calming activities.

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

Discover Project

Making connections and finding joy with others.

StressLess Singing

Boost wellbeing in a creative way.

Open to all, including general public:

Wellbeing Nature Walks

Monthly Sunday Service

Monthly Coffee Morning

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

#FeaturedCourse

Taster Sessions

Have you ever wanted to try a new exercise class without committing long term? If the answer is yes, try one of our exercise taster sessions led by local instructors. Includes, Nordic Walking, Paracise and Tai Chi. No experience necessary – just book your place and enjoy something new!

Open to all those supported by the hospice.



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.