

WINTER

December 2024 to February 2025



The Spring Centre

at **The Hospice** of st francis

For patients:

Exercise Taster Sessions and Groups

A chance to try something new or join a regular gentle exercise class.

Emotional Freedom Technique Workshop

Explore “tapping” techniques for calm and balance.

Heart Failure Support Group

Meeting every month.

Idiopathic Pulmonary Fibrosis (IPF) Group

Meeting every two months.

Outpatient Clinics

By referral only.

Sleep Workshop

Techniques and advice for healthy sleep habits.

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 Group

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

Discover Connection Café

For our Discover Group alumni.

Discover Connection Group

Seasonal Wellbeing Craft Workshops

One-off workshops led by trained volunteers.

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

Movement Group

A movement Psychotherapy group for women with Breast Cancer. A chance to work through your experiences, using movement to help you feel comfortable and safe in your body. Referral needed for this 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.