

# THE SPRING CENTRE

## Health and Wellbeing Centre at The Hospice of St Francis



**The Spring Centre**  
at **The Hospice** of st francis

Updated January 2019

### **Adapted Tai Chi – Wednesdays 12 - 1pm**

Weekly group for patients that involves a range of slow, gentle movements whilst standing.

### **Balance & Strength – Tuesdays 10am – 11am**

A graded exercise group for patients.

### **Gentle Movement to Music – Mondays 10.30am – 11.30am**

a low impact chair based exercise class to music.

### **Pilates Group – 2019 course tbc**

Sessions for patients to improve general fitness and wellbeing.

### **Knit and Natter – Tuesdays 1.30pm – 3.00pm**

Open to patients, carers and bereaved adults with an interest in needle work. Open to patients, carers and bereaved adults.

### **Mindfulness**

#### **Next 6 week course tbc**

Open to patients, carers and bereaved family members.

### **Relaxation & Mindfulness**

**1<sup>st</sup> Thursday of each month 7pm – 8pm** A drop-in session for HoSF patients, carers and bereaved family members

### **Nordic Walking – Tuesdays 1.00pm – 2.00pm**

Improve balance, mobility, increase confidence and general well-being whilst enjoying the open countryside.

### **INSPIRE Breathlessness**

#### **Every Other Thursday 10.30am – 12.30pm**

Support group for anyone suffering with breathlessness.

### **Yoga Fridays 10.30am – 12.30pm**

**A 6 week course starting 8<sup>th</sup> February 2019**

### **Forget-Me-Not Group**

**2<sup>nd</sup> Thurs of each month 2 - 4pm.** Run by Age UK Dacorum for those with Alzheimers & their carers. Contact Age UK on 01442 221006.

### **Idiopathic Pulmonary Fibrosis Support Group (IPF)**

#### **2<sup>nd</sup> & 4<sup>th</sup> Tuesday of every month 11.15am – 1pm**

A group for people with IPF their carers, family and friends.

### **Multiple System Atrophy Group**

#### **Friday 26<sup>th</sup> April 2pm – 4pm**

Support group for people with MSA, their carers, family and friends.

### **Colour & Style Image Workshop**

#### **Thursday 28<sup>th</sup> Feb 10.00am – 12.30pm**

Workshops for female patients to gain advice from a qualified Consultant.

### **Take Control Workshop tbc**

Practical and emotional skills helping you move forward during or after cancer treatment

### **HOPE Course**

#### **Wednesday 6<sup>th</sup> Feb – 20<sup>th</sup> Mar (except 20/2)**

Six week course covering practical and emotional skills helping you move forward during or after cancer treatment. Venue: The Forum, Hemel Hempstead.

### **Plant and Potter Spring/Summer 2019**

An adapted, therapeutic gardening group for patients, carers and anyone going through bereavement.

### **Life Story Recording – Wednesdays by appointment**

Time to reflect with the help of a trained biographer.

## **Creative Therapies**

### **Open Studio – First Monday of the Month 1.15pm – 3.15pm**

Drop-in session open to art enthusiasts. Each month a visiting artist will share their own work, advise and inspire.

### **Learn to Paint Course – 6 Friday Sessions starting 1<sup>st</sup> February 2019 1.30pm – 4.00pm**

This is an acrylic painting course designed to take the absolute novice through a series of simple painting exercises. Open to those currently supported by the Hospice. Booking essential

### **Flower Arranging Workshop – Thursday 7<sup>th</sup> February 11.00am – 12.30pm**

Make the most out of your shop bought flowers. Open to those currently supported by the Hospice. Booking essential

Spring Garden Lane, Northchurch,  
Berkhamsted, Herts, HP4 3GW  
Tel: 01442 869550



**STFRANCIS.ORG.UK**

Reg. Charity No. 280825

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### Carers Support

#### Care Towards the End of Life Course

**6 week course starts Wednesday 23<sup>rd</sup> January 2019.**

**9.45am – 11.45am**

For those who would like to be prepared for coping with the end of life care of the person they care for.

#### Practical Caring Course

**Next date tbc** In conjunction with Carers in Herts.

Assisting with Practical Care Needs.

Back Awareness in Your Caring role.

### Bereavement Support

#### Pilgrim Group – last Monday of the month

**7pm – 8.30pm** Peer support group.

#### Telephone Support Line – Monday Evenings

Offered approx. six weeks after your bereavement or you can call us at any time before then for support.

### Community and general Public

#### Running Club – Weekly on Wednesdays at 10.00am

Please contact [paul.owen@sumtab.co.uk](mailto:paul.owen@sumtab.co.uk)

#### Open Coffee Morning

**Last Friday of the month 10.30am – 12pm**

A chance to find out more about what we do.

### By Appointment

**Art Psychotherapy:** Involves the use of art materials and image making as a means to explore and express feelings.

**Cognitive Behavioural Therapy (CBT):** Therapeutic sessions to help manage problems in a more positive way.

**Complementary Therapy:** Treatments to improve general wellbeing & help you feel more able to cope.

**Individual Counselling & Family Therapy:** Therapeutic meetings either individually or as a family.

**Macmillan Monthly Money Advice Clinic:** Appointments in the Spring Centre for patients and carers.

**Medical Assessment Clinics:** Outpatient clinics with our doctors and specialist nurses.

**Occupational Therapy & Social Support:** Advice on equipment; aids at home; future care planning; benefit claims.

**Physiotherapy Sessions:** For patients needing help with rehabilitation or fitness.

**Spiritual Support:** Supporting the whole family through illness and loss; helping with exploring difficult questions

**Support for Children, Young People and Families:** Individual and group support & family events

**Carers Support Visiting:** Trained, sensitive volunteers to home visit, enabling those caring to have a little space.

**Bereavement Counselling & Visiting:** Trained volunteers can visit you in your own home to offer individual support.

#### Cooking With Chris – Next 6 week course tbc

Available to carers or bereaved adults. Enjoy learning and eating together.

#### First Aid Course for Carers – next date tbc

An introduction to first aid in the home.

#### Carers Coffee – Monthly 11.30am – 12.30pm

Peer support group.

#### Tea@2 – last Wednesday of the month

**2pm – 3.30pm** Peer support group.

#### Teenagers Cooking Course

**Next course tbc**

Six week course helping bereaved teenagers to build relationships whilst learning new skills.

#### Choir – Weekly on Wednesdays at 5pm

Sing and have fun. Open to all abilities.

#### Film Forum – First Wednesday of the month 7pm

Visit our website to see list of forthcoming films.

£5 donation includes wine and nibbles.

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