

# THE SPRING CENTRE

# SUMMER

June - August 2025

## Available to Patients

**Breathlessness Management Workshop**

**HOPE Course**

Support before, during or after cancer treatment

**Outpatient Clinics (by referral only)**

**Sleep Workshop**

**Support Group Meetings**

Heart Failure (monthly)

Pulmonary Fibrosis (every two months)

**Yoga for gentle movement and strengthening**

## Patients and Carers supported by the Hospice:

Carers Coffee, Carers courses and activities (invitation only)

Meditation Group

## Children & Young People:

Activities and group sessions available (invitation only)

## Patients, Carers & Bereaved Family Members supported by the Hospice:

Discover Connection Support group (invitation only)

Discover Connection Café - *for all our Discover alumni*

Monthly Sunday Gathering

## Open to all, including the general public:

Monthly Coffee Morning

Wellbeing Nature Walks



## FEATURED COURSE

### Nature Connection for Patients

Come and join us to explore nature and wellbeing through a variety of activities in the beautiful hospice gardens and woodland.



## Other services by referral include:

Family Support,  
Complementary Therapies,  
Creative Therapies,  
Occupational Therapy &  
Social Support,  
Physiotherapy & Scar  
Therapy, Macmillan Benefits  
Advice Clinics.

## HOW TO REFER

Health Professionals: [Click to download a referral form](#)

Self-referrals: [Click to fill out a confidential enquiry form](#)

## CONTACT US

[hospiceofstfrancis.berkhamsted@nhs.net](mailto:hospiceofstfrancis.berkhamsted@nhs.net)

or call 01442 869550

Reg Charity No. 280825



**The Hospice**  
of st francis