

Available to Patients:

Circuits Exercise Group

Outpatient Clinics (by referral only)

HOPE Course (Help Overcoming Problems Effectively)

Support Group Meetings

Heart Failure (monthly)

Pulmonary Fibrosis (every two months)

Yoga Course

Patients and Carers supported by the Hospice:

Carers Coffee, Carers courses and activities (invitation only)

Discover Connection

Meditation Group

Children & Young People:

Activities and group sessions available (invitation only)

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

Discover Connection group - *for patients and bereaved family members*

Discover Connection Café - *for all our Discover alumni*

Monthly Sunday Gathering

Open to all, including the general public:

Monthly Bereavement Support Cafe @ The Hospice

Monthly Open Coffee Morning

Talking Elephants and the Good Grief Cafe - *bereavement support groups in the community*

FEATURED COURSE

Strength and Confidence Class

A six-week course designed to improve physical strength and build confidence in exercising safely. Open to patients supported by the Hospice.

A physiotherapy assessment may be required before joining the group.



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

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The Hospice
of st francis