

THE SPRING CENTRE

SUMMER

June - August 2026

Available to Patients:

Outpatient Clinics (by referral only)

HOPE Course (Help Overcoming Problems Effectively)

Support Group Meetings

Heart Failure (monthly)

Pulmonary Fibrosis (every two months)

Patients and Carers supported by the Hospice:

Carers Coffee, Carers courses and activities (invitation only)

Fatigue Workshop

Meditation Group

Reminiscence Group for people living with Dementia

Children & Young People:

Activities and group sessions available (invitation only)

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

Discover Connection Café - for all our Discover alumni

Monthly Sunday Gathering

Wellbeing Afternoon

Open to all, including the general public:

Monthly Bereavement Support Cafe @ The Hospice

Monthly Open Coffee Morning

Nature Walks

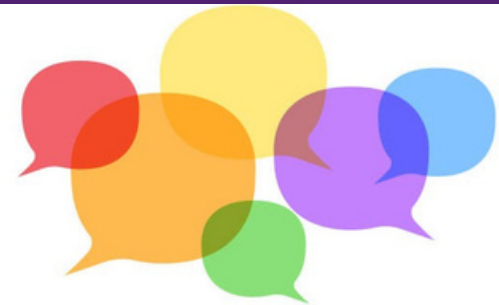
Talking Elephants and the Good Grief Cafe - bereavement support groups in the community

Men's Talking Group

A welcoming, confidential group for men to share experiences, discuss challenges, learn practical strategies, and connect with others.

Open to patients supported by the Hospice.

Assessment required prior to 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