

# THE SPRING CENTRE

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March - May 2026

## Available to Patients:

Outpatient Clinics (by referral only)

HOPE Course (Help Overcoming Problems Effectively)

Pilates Course

## Support Group Meetings

Heart Failure (monthly)

Pulmonary Fibrosis (every two months)

## Patients and Carers supported by the Hospice:

Breathlessness Workshop

Carers Coffee, Carers courses and activities (invitation only)

Colour & Style Workshop

Meditation Group

## Children & Young People:

Activities and group sessions available (invitation only)

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

Discover Connection Bereavement Group (invitation only)

Discover Connection Café - *for all our Discover alumni*

Monthly Bereavement Cafe @ The Hospice

Monthly Sunday Gathering

## Open to all, including the general public:

Monthly Coffee Morning

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

## Join our Nature Walks

Explore reservoirs, canals and meadows. Connect with others, take some gentle exercise and learn something new. Walks led by local garden and wildlife experts.

Open to all.



## 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**  
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