

# Wellbeing Hub

We invite anyone living anywhere in **Heywood, Middleton and Rochdale**, who are affected by any progressive life-limiting illness, to join us.

Whether it be for an informal chat, a creative therapy session or for educational purposes, our hubs are a safe and welcoming environment. Carers are also welcome to join us.

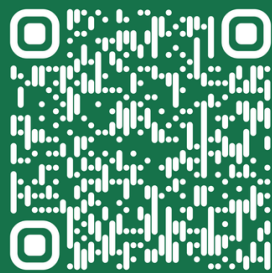
**No referral or appointment is needed, you can just drop in!**

**Sessions run from 10am until 2pm on a Monday**

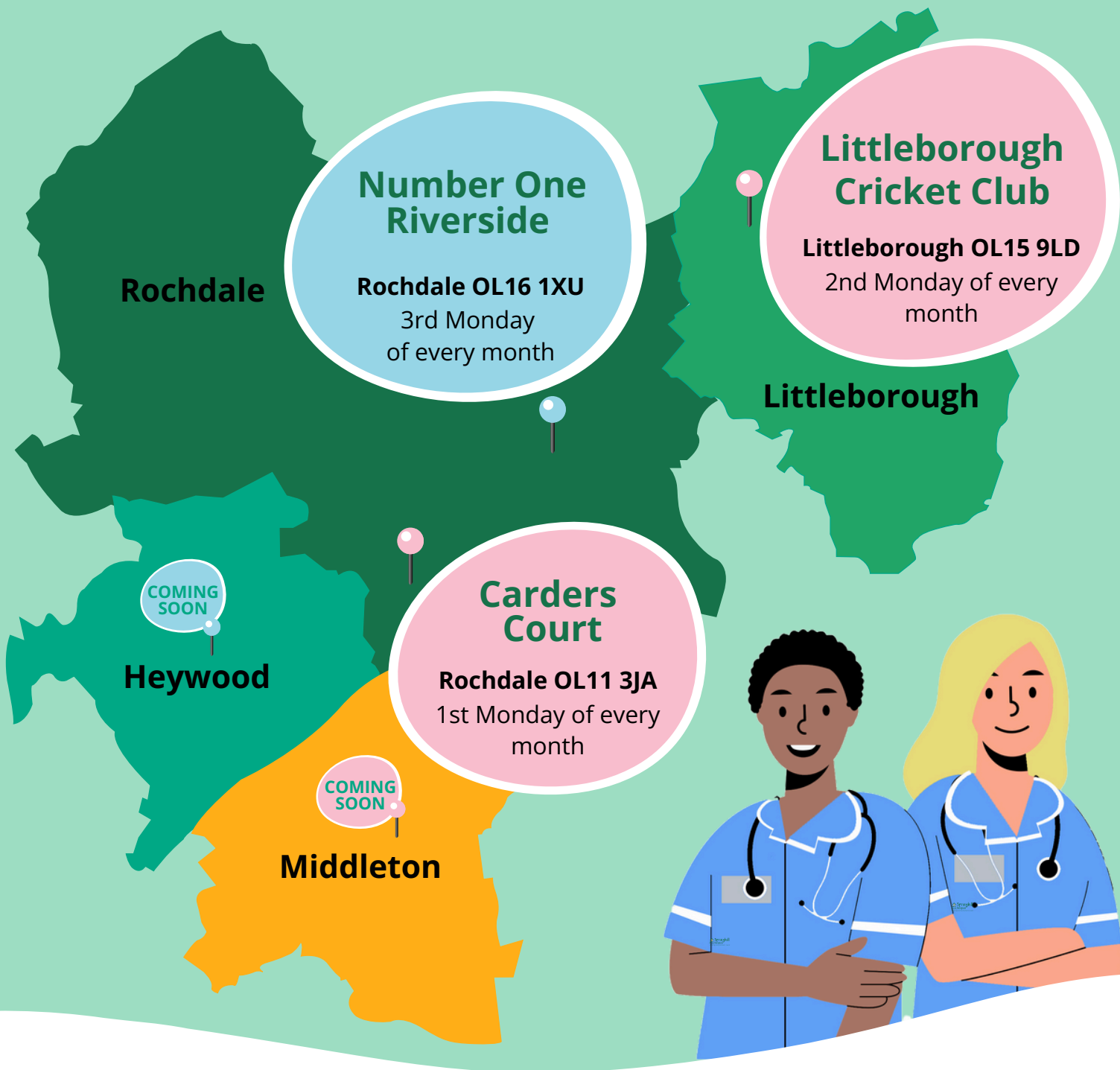
**Parking is available and we are wheelchair accessible**



**Please see reverse of this leaflet for the date and address for each of our sessions.**



For further information:  
Call us on **01706 649920**  
Email **wellbeing@springhill.org.uk**  
Or visit **Springhill.org.uk/wellbeing**.  
To view information leaflets for all our services, please **scan the QR code to the left.**



**Education Centre at Carders Court,  
Rochdale, OL11 3JA  
What3words - Bind.Frock.Object**

1st Monday of every Month

- November 4th 2024
- December 2nd 2024

**Riverside Centre, Rochdale, OL16 1XU  
What3words - Zest.Slime.Darker**

3rd Monday of every Month

- November 18th 2024
- December 16th 2024

**Littleborough Cricket Club, OL15 9LD  
What3words - Melt.Skills.Studio**

2nd Monday of every Month

**(Sessions running from 10am-12pm)**

- November 11th 2024
- December 9th 2024

**New venues  
coming soon!**