

Wellbeing



SPRINGHILL
HOSPICE

Making every moment count

SPRINGHILL HOSPICE

Broad Lane
Rochdale
OL16 4PZ
01706 649920

www.springhill.org.uk

Complaints – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

Incorporated as a Company Limited by Guarantee
No 2325905

Registered Charity No 701798



DAY THERAPIES

DAY THERAPIES: WELLBEING GROUPS

We have a varied timetable of uplifting and relaxing activities.

Sessions are held on Tuesdays and Thursdays 10:00 - 15.00 (and can offer an optional half day).

Lunch is available.

A referral is required from your healthcare professional.
Forms are available on our website www.springhill.org.uk

For further information, please contact us on **01706 649920**.

OPTIONAL ACTIVITIES INCLUDE:

QUIZZES + GAMES

Work that brain! Available for you to have some fun.

ARTS + CRAFTS

Join our Creative Therapy Team to participate in various arts and crafts including painting, drawing and creative writing.

GARDENING

Join our gardeners for question & answer sessions, useful tips and practical demonstrations.

SPIRITUAL SUPPORT

Available from our Spiritual and Pastoral Care Coordinator.

RELAXATION

Short, varied relaxation sessions.

DISCUSSION GROUPS

Discussions on light hearted topics.

ARMCHAIR EXERCISES

Approved by our Physiotherapist, nothing too strenuous.
Work at your own pace and have fun!

SINGING & MUSIC

Join us for our group singing sessions and occasional guest musicians.

ALSO AVAILABLE:

Complementary Therapies (bookable).