

Wellbeing Hub

We invite anyone living in **Heywood, Middleton and Rochdale**, who is 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 - 12pm**

Parking and wheelchair accessible

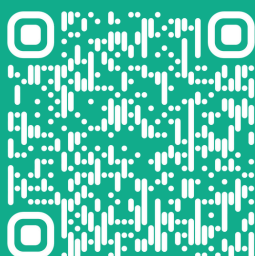


Second Monday of every month at Springhill Hospice. Please see reverse for dates

For further information:
Call us on **01706 649920**

Email **wellbeing@springhill.org.uk**
Or visit **Springhill.org.uk/wellbeing**.

To view our information leaflets, please scan the QR code.





**Springhill Hospice, Broad Lane,
Rochdale, OL16 4PZ**
What3words - Rings.Added.Shiny

Monday 12th January 2026

Monday 9th February 2026

Monday 9th March 2026

Monday 13th April 2026

Monday 11th May 2026

Monday 8th June 2026

Monday 13th July 2026

Monday 10th August 2026

Monday 14th September 2026

Monday 12th October 2026

Monday 9th November 2026

Monday 14th December 2026