

# Virtual Wellbeing Group Programme

## SPRINGHILL HOSPICE

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

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No 2325905

Registered Charity No 701798



# VIRTUAL WELLBEING GROUP PROGRAMME

We have a varied timetable of activities, from armchair exercises to quizzes and hope you will find something suitable for you.

Our activities are live streamed Wednesday afternoons 1:30 - 2:30pm

**A referral from your healthcare professional is required.**

## QUIZZES AND PUZZLE GAMES

Keep in touch and work that brain! Quizzes and puzzle games are available for you to join in online and have some fun.



## GARDENING

Join our gardener for question and answer sessions, giving useful ideas and tips about what we could be doing in our own gardens as well as practical demonstrations.



## PRAYER AND TALK SESSIONS

Our Spiritual and Pastoral Care Coordinator, will provide this service guiding you through a friendly talk and prayer session.



## ARTS AND CRAFTS

Join our Creative Therapist for art and craft sessions. The main themes will be using household items, as we understand you may not have easy access to craft materials. Instructions can be sent to you by email after the session.



## DISCUSSION GROUPS

Get to know others, giving you a chance to socialise online. Subjects may include holiday memories, TV, first job, school memories and favourite photograph.



## HAND EXERCISE, MASSAGE AND RELAXATION

Relieve stress and enjoy yourself through a gentle hand exercise and massage, followed by a short relaxation.



## ARMCHAIR EXERCISES

Join us and check in to see how we're all doing, take some time etc.

