

About Nottinghamshire Hospice

Our aim is to add life to days for people who have been told their illness cannot be cured. We support people who are thought to be in the last year of their life to live as actively and well as possible with care that puts the highest value on dignity, choice and respect..

We provide support to patients in groups twice a week. Our groups are staffed by volunteers, Healthcare Assistants and a Registered Nurse. Whilst here you will enjoy social contact, arts, crafts and other activities. Our groups run on a Tuesday and a Thursday morning.

Patients and their carers can access Complementary Therapy.

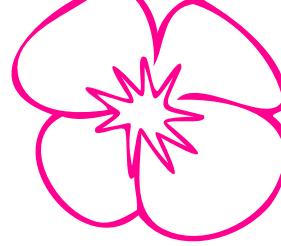
Contact us to find out more about this service and how we can help you.

Nottinghamshire Hospice
384 Woodborough Road
Nottingham
NG3 4JF

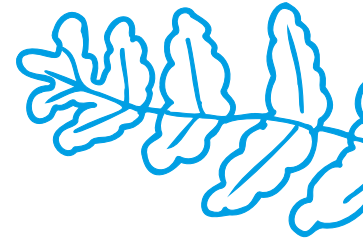
Tel: 0115 962 1222
www.nottshospice.org

We value your feedback and see comments or complaints as an opportunity to improve and put things right.

Nottinghamshire Hospice is a registered Charity (Charity No. 509759)



Nottinghamshire
Hospice



Our Care

Wellbeing



Our Wellbeing Support

We offer a free of charge programme of group activities and 1-2-1 support aimed at improving your quality of life after a diagnosis of an incurable illness. We'll work with you to find sessions and treatments that are tailored to your needs, in addition to any medical care you receive.

How will it help?

Our Wellbeing group activities have been created to give people a space for fun, relaxation, and to create social connection between patients.

Who is it for?

Our Wellbeing support is for people diagnosed with an incurable illness and who are registered with a Nottingham or Nottinghamshire GP.

Find out more

All you need to do is pick up the phone and give us a call. Our friendly team will talk with you to see how we can help, and put you in touch with the right care professional.

Get in touch today on:

0115 962 1222

info@nottshospice.org

Group Activities

Our current sessions are as follows and must be booked in advance with our Wellbeing Team:

Art and Craft Group – Tuesdays 10am -1pm

All materials are provided; come along and express yourself! You can then stay for refreshments if you wish and then join in with a short relaxation session finishing around 1pm.

Games and Social Group – Thursdays 10am -1pm

Two hours focused on getting to know each other. Will include tabletop games, quizzes and much more. Stay for refreshments if you wish and then join in with a short relaxation session finishing around 1pm.

