

## Day Hospice



The Day Hospice is open two days a week, on Tuesdays and Fridays, from 10.30am-3.30pm. It is an informal day and provides a friendly environment, with a chance to meet others facing similar situations. The Day Hospice gives a break away from home and also provides family and carers with a break. It also provides an opportunity to join in with group discussions, external speakers, take part in activities, or just relax in our beautiful and comfortable surroundings.

From within the Day Hospice access is available to Physiotherapists, Occupational Therapists, Chaplains, Psychosocial Team, Complementary Therapist and Volunteers.

"Gave me a safe environment to share my experiences."




"Gave me the opportunity to talk about difficult concerns."

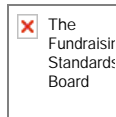
## The Orchard Centre

The Orchard Centre and Café are open every Wednesday from 10.00am-3.45pm and is open to everyone under the care of the Hospice, including family and friends. This is a drop-in day with the flexibility of accessing as little or as much of the services as required. Activities such as creative art classes, exercise groups or complementary therapies are available during the day and also clinics run to see various health professionals.

The café offers a variety of homemade snacks and meals, for which a small charge is made.



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