

# Sessions, groups and activities

To improve your wellbeing and help  
you live with your condition



*because  
you matter*

**St Nicholas  
Hospice Care**

A Registered Charity No. 287773



**Need to talk?**

01284 766133

[stnicholashospicecare.org.uk](http://stnicholashospicecare.org.uk)

St Nicholas Hospice Care offers a wide variety of outpatient support sessions, groups and activities, designed to improve your wellbeing and help you live with your condition.

The sessions, groups and activities normally take place as part of a programme of activity and are provided in a number of locations:

- ***The Orchard Centre***  
at the Hospice, in Bury St Edmunds
- ***Haverhill Hub***  
Camps Road, Haverhill
- ***Other venues in the community***



# Groups, sessions and activities

We offer support, care and activities for people with long-term or life-threatening illness and their families.

People can come and experience a variety of services or activities for as little as an hour or for the whole day. We give patients the chance to get practical help and advice for managing their symptoms and the challenges associated with their illness in a friendly and relaxing atmosphere.

*Outpatient groups and sessions are often full of joy and laughter.*

We provide a safe environment where patients and carers can come together and enjoy a piece of normality.



*because  
you matter*

# Where the sessions, groups and activities take place

## *The Orchard Centre*

The Orchard Centre is located within the Hospice, in Bury St Edmunds. At the centre there is a main garden room, which is used for groups and day therapy activities, a hairdressing room, a complementary therapies room and a rehabilitation room. People who come to The Orchard Centre can experience the Hospice facilities, including The Bistro, which is open Monday to Friday serving homemade food, drinks and snacks, an information centre in Bradbury Green and the Hospice's beautiful garden.

## *Haverhill Hub*

The Haverhill Hub extends the reach of our services to the Haverhill area. The hub offers a place where local people can drop-in to get advice or information as well as find out about hospice care and access our services. The Haverhill Hub boasts a wealth of facilities, including the Haven Café, which is open to the whole community, and the garden of life, which offers a reflective space for all. A dedicated shop area in the building filled with pre-loved goods including; clothing, accessories, bric-a-brac and a small selection of furniture, allows people to pick up a bargain while supporting our services.

## *Community*

We are able to offer some of the sessions, groups and activities, such as Breathing Space and Open House, at other venues in the community, throughout West Suffolk and Thetford. Please check our website for current venues for individual groups, sessions and activities.

## Who attends?

We welcome everyone who wants to drop in to meet us and learn more about what we do, perhaps whilst enjoying some refreshments at our Bistro at the Hospice or Haven Café at the Haverhill Hub, or to participate in a service (see overleaf). Some people will have been referred to the Hospice already by their doctor or another healthcare professional, but people can also refer themselves. Patients and their families can all benefit from the services at The Orchard Centre and Haverhill Hub.

## How do I take part?

Particular activities, clinics or groups usually need to be booked in advance by phone or email. When calling, you will either speak to a member of staff or be able to leave a message.

**The Orchard Centre**  
**Haverhill Hub**

**01284 702525**  
**01440 848260**

Alternatively please email [enquiries@stnh.org.uk](mailto:enquiries@stnh.org.uk)



# What **activities** and **services** are on offer?

## ***Open House***

A drop-in session for patients, carers and people coping with bereavement. Open House provides an opportunity to get advice, information and peer support, with the Hospice on hand if needed. Sessions are held at both our centres and we also run outreach Open House sessions in other locations around West Suffolk and Thetford, please check our website for current venues.

## ***Complementary therapies***

Various therapies are available from our therapists, to help ease symptoms and increase wellbeing. Treatments include Reiki, reflexology, Indian head massage and general massage. These therapies are available to patients, carers and bereaved partners on a one-to-one basis.

## ***Rehabilitation***

The Independent Living Team, made up of physiotherapists, occupational therapists and rehab assistants, provides advice and support for issues like mobility, fatigue, breathlessness or general activities of daily living, for patients already known to St Nicholas Hospice Care.

## ***Headstart***

Help and support for people experiencing hair loss.

## ***Creative Writing Group***

A chance to express emotions, thoughts and feelings through writing and talking. A weekly group, run by volunteers.

## ***Positive Living Group***

Support for patients and their family or carers to adjust to their illness and its effects. You can explore current experiences and look to the future, whatever that may hold, in a positive way. It includes coping strategies for symptoms such as breathlessness and fatigue. The group meets over four weeks.

## Wellbeing days

A chance for people to come together to share a cup of tea, have a chat with staff and volunteers, and pamper themselves with complementary therapies. During a wellbeing day you can access physiotherapy sessions, manicures, hairdressing, massage, reflexology or acupuncture. These groups offer an important way to make you feel 'normal' again when you are dealing with illness. Wellbeing days are held monthly.

## Breathing Space

A monthly group that provides a mixture of education, exercise, peer support and relaxation to help those struggling with breathlessness to be able to cope with this very debilitating symptom. Sessions are held at the Hospice and at other locations in the community, please check our website for current venues.

## Mindful Movement

A specialised exercise and relaxation group, held weekly. Gentle exercise to promote a sense of wellbeing for mind and body, which can be done sitting or standing and be adapted to your needs.

## Men's Group

An opportunity for men to come together and share any worries or fears, thoughts or problems and offer each other support. For patients, carers and those who have been bereaved.

## Women's Group

An opportunity for women to come together and share any worries or fears, thoughts or problems and offer each other support. For patients, carers and those who have been bereaved.

## Move It

A fun and light-hearted dance class, offered by St Nicholas Hospice Care, held at **Haverhill Arts Centre**. The class is run by a local dance teacher, supported by a Hospice volunteer.

**Groups, activities and clinics need to be booked in advance.**

The exception are our Open House sessions, which are open to all without prior appointment.

Please find more activities and services overleaf



### ***Bereavement groups***

Bereavement groups offer a safe setting in which to explore feelings, share information and join in activities such as cooking, arts and crafts or going for a walk.

### ***Spiritual and pastoral support***

Available from our chaplains who are on hand while our Orchard Day Therapy Programme is running and for one-to-one sessions by appointment. Support is available at the Haverhill Hub too.

### ***Outpatient clinics***

Clinics with doctors, Independent Living Team, Family Support Team and other healthcare professionals are available by appointment.

### ***Information Centre***

At the Hospice so you can find out more about things yourself. There is also access to a computer for internet information.

### ***Orchard Day Therapy***

A structured programme of activities run over the course of a few weeks which combines many of the services above.

[See overleaf for more details.](#)



## ***Groups, activities and clinics need to be booked in advance.***

The exception are our Open House sessions, which are open to all without prior appointment.

For more information or to book a place on any of our outpatient sessions, groups and activities please get in touch:

**The Orchard Centre**                      **01284 702525**  
**Haverhill Hub**                              **01440 848260**

Alternatively please email [enquiries@stnh.org.uk](mailto:enquiries@stnh.org.uk)

### **Co-ordination of care**

Whilst attending The Orchard Centre or Haverhill Hub your GP and any hospital doctors remain the people you need to contact should any medical problems arise. If you are attending day therapy we will update your GP and other relevant professionals.

### **How do I get to the venues?**

Most families and patients make their own arrangements for transport to and from The Orchard Centre at the Hospice, or to and from the Haverhill Hub.

Both the Hospice and Haverhill Hub have their own free car parks. For those unable to make travel arrangements themselves, we may be able to help. Just let us know of your problem.

### **What are the arrangements for lunch and refreshments?**

For those attending our Orchard Day Therapy Programme our chefs provide delicious food and drinks. If you have special eating or dietary needs we will do our utmost to accommodate them, including help with feeding.

For anyone else attending the Hospice, an onsite Bistro and vending machines are available to buy homemade foods, snacks and drinks. The Haverhill Hub has its own Haven Cafe, serving homemade cakes, sandwiches and seasonal specials.

# Orchard Day Therapy

## What is day therapy?

Day therapy helps people to feel more confident with the many challenges of living with a long-term or life-threatening illness. It helps to maximise quality of life, but includes so much more. Orchard Day Therapy is based at The Orchard Centre in the main Hospice building, and runs on a Tuesday and Wednesday between 10.30am and 3.00pm.

## What can I expect?

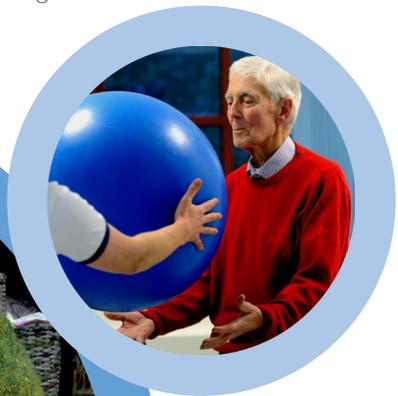
Orchard Day Therapy begins with a 'getting to know you' meeting, during which one of our team will discuss your individual needs. We will talk with you to discuss a plan of activities which will build on your strengths.

## Who works in day therapy?

The day is organised by qualified nurses, healthcare assistants and a team of volunteers with a variety of skills. The team are here to offer you support in whichever way they can and they will link with other people within the organisation who may also be able to help you.

## Who comes?

People of all walks of life meet and take part in a variety of activities - including relaxation and a range of craft and artwork therapies.



## What activities and services are on offer?

At Orchard Day Therapy, we recognise that each person's situation is different and so we provide a range of supportive and social activities to reflect this including:

- Physiotherapy to help with movement and mobility
- Occupational therapy to maximise independence
- Spiritual support from our Chaplaincy Team
- Counselling and emotional support
- Helping to plan for the future
- Relaxation sessions to promote wellbeing
- Symptom management with guidance from our experienced nurses
- Signposting to benefits advice
- Art and creative activities
- Complementary therapies including massage and aromatherapy
- Hairdressing
- Open Access Information Centre so you can do your own research

## How do I take part?

You will be referred by your nurse, doctor, or family, or you can speak to someone at the Hospice to refer yourself. Contact details are on the back of this leaflet.

## What if a hospital appointment clashes with a day therapy session?

We understand that hospital appointments need to take priority over day therapy. Please talk to your day therapy team to let them know any days which you cannot attend.

## What do I need to bring with me?

Please remember to bring your medicines. We ask that you keep them safe and secure. There is no need to bring any money however you may want to bring a small amount in order to buy items we have for sale such as greetings cards. Mobile phones are allowed, however we ask that you turn them to 'vibrate' whilst you are within the building. Whilst in day therapy you will be responsible for any valuables you have with you.

# Get in touch

If you feel our outpatient sessions, groups or activities would be beneficial for you or your loved one, or for more information about any of our services, please get in touch:

## The Orchard Centre, St Nicholas Hospice Care

Hardwick Lane, Bury St Edmunds, Suffolk IP33 2QY

**01284 702525**

## Haverhill Hub

Camps Road, Haverhill, CB9 8HB

**01440 848260**

**[enquiries@stnh.org.uk](mailto:enquiries@stnh.org.uk)**

**[www.stnicholashospicecare.org.uk](http://www.stnicholashospicecare.org.uk)**



Please note: Groups, activities and clinics need to be booked in advance. The exception are our Open House sessions, which are open to all without prior appointment.



We offer a **24-hour telephone advice line**

**01284 766133**

for all patients and family members as well as healthcare professionals including general practitioners, district nurses and carers.

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A Registered Charity No. 287773

This leaflet is available in different formats upon request.

Please contact the Marketing and Communications Department for further information on 01284 766133.

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Hardwick Lane, Bury St Edmunds IP33 2QY

01284 766133

[enquiries@stnh.org.uk](mailto:enquiries@stnh.org.uk)

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