



adding life to days  
Nottinghamshire  
Hospice

# Wellbeing Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11am–12pm</b> <b>Carers Mindfulness</b> An hour hosted by a mindfulness practitioner, guiding carers through practices that will help them live within the moment	<b>10am–1pm</b> <b>COMING SOON</b> <b>Drop-in Café</b> Social sessions for patients, carers and health care professionals to receive support and find out more about the Hospice and other community services.	<b>10am–1pm</b> <b>COMING SOON</b> <b>Drop-in café</b> Social sessions for patients, carers and health care professionals to receive support and find out more about the Hospice and other community services.	<b>10am–1pm</b> <b>COMING SOON</b> <b>Drop-in Café</b> Social sessions for patients, carers and health care professionals to receive support and find out more about the Hospice and other community services.	<b>10am–12pm</b> <b>Community Sessions</b> Varied sessions where our team may be out and about in the community, or sessions will be hosted by volunteers and fellow patients.
	<b>10am–12pm</b> <b>Creative Session</b> Activities like arts, crafts and cooking with our Wellbeing Services team and fellow patients.	<b>10.30am–12pm</b> <b>Welcome to Nottinghamshire Hospice</b> Weekly sessions for those new to the Hospice. Find out more about what we do, and meet other patients, their carers and the Wellbeing Services team.	<b>10am–12pm</b> <b>Social Session</b> Two hours focussed on getting to know each other. Will include tabletop games, quizzes and much more.	
		<b>11am – 12pm</b> <b>Wellbeing Session</b> Gentle physical activities and self help advice.		
Afternoon				
<b>1.30pm–2.30pm</b> <b>Patient Mindfulness</b> An hour hosted by a mindfulness practitioner, guiding patients through practices that will help them live within the moment.	<b>2.30pm–3.30pm</b> <b>COMING SOON</b> <b>What Matters to You</b> Practical and self-management support to help patients manage the effects of their condition.	<b>1pm–3pm</b> <b>COMING SOON</b> <b>Fun session</b> Activities to bring you joy – may include singing, gardening or even pet therapy.	<b>1.30pm–2.30pm</b> <b>COMING SOON</b> <b>Art Therapy Group</b> All materials provided; come along and express yourself!	
	<b>1pm–2pm</b> <b>COMING SOON</b> <b>Relaxation</b> Guided relaxation to help you switch off and find your inner calm.	<b>1pm–3pm</b> <b>COMING SOON</b> <b>Suds and Soak</b> A personalised bathing experience to leave you feeling refreshed and relaxed.	<b>1.30pm–2.30pm</b> <b>COMING SOON</b> <b>Information Exchange Talks</b> Come and learn something new at our informative sessions about life-limiting diagnoses. And don't be afraid to ask questions!	

Please note that individual sessions may vary. More detailed information about sessions and specific activities can be taken accessed through provided by Nottinghamshire Hospice staff during drop-in sessions and assessments. All sessions must be booked with the Wellbeing Team unless otherwise stated.