

Live Life Creatively

About the group

Our Live Life Creatively group aims to maintain and/or improve your quality of life. The group provides peer, social, psychological and practical support, and it offers you the opportunity to have fun while engaging in therapeutic activities. Each group will be attended by up to 14 people. Tea, coffee and cake are, of course, provided.

The course runs from 1:30 p.m.-3:30 p.m. on a Thursday afternoon for eight (8) consecutive weeks. Blocks are offered depending on referral numbers and interests.

What is covered?

This group offers the chance to explore new interests and hobbies, to continue with existing hobbies or to find ways to adapt existing hobbies so you are still able to participate. Examples include quilting, horticulture, art, crafts and more.

Who can access the group?

This group is available for patients in the Weston Hospicecare catchment area who have an incurable, life-limiting illness. You can be referred to this group if you would like to meet new people and join in with the above types of activities.

How can I access the group?

If you have a Hospice Community Nurse Specialist, they can refer you. If not, we also accept referrals from GPs, district nurses, specialist nurses, community allied health professionals and hospital teams.

You will need to think about whether you are able to cope with attending a weekly group for all eight (8) sessions. You must be able to transport yourself to and from the sessions, but in exceptional circumstances, we may be able to provide transport. You must be responsible for your own oxygen provision.

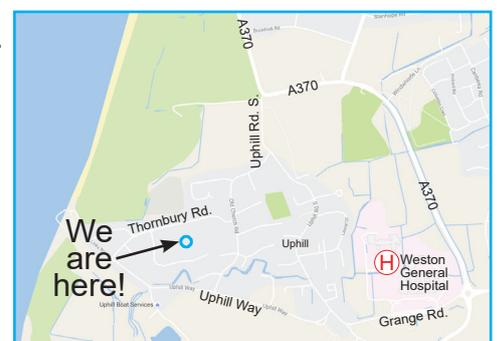
For more information

For more information, please contact the hospice 01934 423 900.

How to find us

Follow the signs for Uphill, then look for the white signs that say Weston Hospicecare. We're opposite Westhaven School.

You may be able to find a parking spot in our parking lot, or there are spaces available on nearby roads.



The group will be held in our Day Hospice. If you're attending the group, please go directly to our main reception, where someone will greet you.