



SUPPORTIVE CARE EVENTS AND GROUPS

JANUARY - MARCH 2025

welcome

TO OUR NEW YEAR PROGRAMME

of events and groups, intended to offer you and your family emotional support and enhanced wellbeing. Over the Festive period and throughout January we will be completing much needed renovation work to the Diana Wing, to create an environment that offers an even warmer welcome to you all. We can't wait to show you the results. For this reason, some of our usual groups are on hold for a little while, but they will be back. If you would like more information about any of the groups and activities listed here, please give us a call on 01271 347225.

We look forward to seeing you at Deer Park and at The Long House.

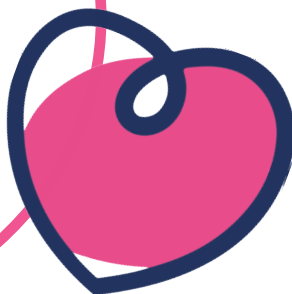
With love,
The Supportive Care Team

EVENT AND GROUP LOCATIONS

Deer Park
Deer Park Road
Newport
Barnstaple
EX32 0HU

The Long House
Dobles Lane
Holsworthy
EX22 6GH

Tel: 01271 347225





EVENTS AND GROUPS



WELCOME TO THE HOSPICE

We recommend this introductory session for patients and their family members recently referred to the Hospice. It's an opportunity to visit Deer Park, have a look round and settle any anxieties you may have about who we are and how we can help. We hope you will gain a better understanding of what services and support the Supportive Care Team provide for both patients and families, along with the chance to meet others from our community who are experiencing similar issues. We hope you will be able to stay for lunch (on us) in the Terrace Café.

For: Newly referred families

Welcome Mornings 11:00 - 12:30 with an invitation to stay for lunch in the Terrace Café. Mondays: 13th January / 3rd February / 4th March / 7th April

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



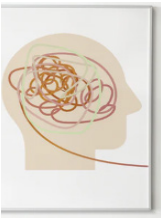
COFFEE AND A CATCH-UP

During the renovation project we invite everyone to join us for a check in, pop in anytime between 11:00am and 12:30pm on this day, for a chance to chat and catch up on how things are going for you.

For: Patients and Carers

Deer Park

Wednesday 22nd January 11:00am – 12:30pm



PATIENTS GROUP

Why not join our facilitated talking therapy group for patients, supporting you to share experiences with others in similar situations and explore how you are feeling.

For: Hospice Patients

Deer Park

Held weekly for 4 weeks, 11:00am – 12:30pm

(we ask all attendees to join in week one or two).

Please arrive in good time to be ready to start at 11:00am.

Wednesdays: 5th February / 12th February /

19th February / 26th February



CARERS GROUP

A facilitated therapeutic group in which carers can come together and share their experiences with others in similar situations and explore how they are feeling.

For: Carers of hospice patients

Deer Park

Held weekly for 4 weeks, 11:00am – 12:30pm

(we ask all attendees to join in week one or two).

Please arrive in good time to be ready to start at 11:00am.

Wednesdays: 5th February / 12th February /

19th February / 26th February

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

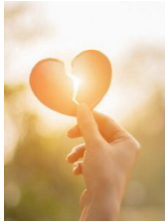


YOUR SPACE

Come and join this informal open space to share, learn and create with others at The Long House. Create something unique, share memories or explore new topics.

For: Patients and Carers
The Long House

Held monthly from 2:00 – 4:00pm
Tuesdays: 11th February / 11th March



BEREAVEMENT GROUP

A facilitated therapeutic space for those who have been recently bereaved. The group creates a safe space for people to share their experiences and feelings with others who are also experiencing loss.

For: People bereaved within the last year
Deer Park

Held weekly for 6 weeks, 2:00 – 3.30pm
(we ask all attendees to join in week one or two).
Please arrive in good time to be ready to start at 2:00pm.
Mondays: 24th February / 3rd March / 10th March / 17th
March / 24th March / 31st March



TEA @ 2

This is an informal get-together for those who have been bereaved. Join us to meet others and chat over a cuppa. No need to book, just come along between 2:00pm and 4:00pm.

For: Bereaved people
The Long House

Held monthly from 2:00 – 4:00pm
Tuesdays: 28th January / 25th February / 25th March

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



GRIEF RETREAT

These whole-day Grief Retreats offer a gentle, compassionate space in which you can allow yourself to settle and feel the often painful feelings of grief in a safe and supportive atmosphere – with others who are experiencing loss, too. Often, when we are grieving, we want to retreat from our pain; we don't always see that the pain we feel is because we have loved, and that to feel it starts the journey towards healing. Mindfulness helps us feel our feelings and can also bring a sense of calmness and grounded-ness when it can seem as though we are floating free. A light and nourishing lunch will be provided.

For: Those who are bereaved

Deer Park

Held once every 3 months

Thursday 20th February, 11:00am – 3:00pm



ELEVENSES

This is an informal get-together for those who have been bereaved. Join us to meet others and chat over a cuppa. No need to book, just come along between 10:30 and 11:30am

For: Those who are bereaved

Deer Park

Held monthly, 10:30 - 11:30am

Mondays: 13th January / 10th February / 10th March



TOGETHER IN THE ART ROOM

This is a relaxed welcoming space to enjoy making and creating. You may wish to bring a project from home, make a unique gift for someone special, capture a memory or simply express how you are today.

For: Patients and Carers

Deer Park

Held weekly for 4 weeks, 2:00 – 3:30pm

Thursdays: 23rd January / 27th February / 6th March / 13th March / 20th March

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



TERRACE CAFÉ - LUNCH CLUB

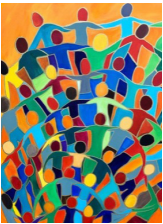
This is an opportunity to meet and catch up with others over a relaxed meal in our café. You are more than welcome to come on your own or with a companion. Lunch is free and open to all patients and their guest.

For: Patients and their guest

Deer Park

Held monthly, 12:00 – 1:30pm

Mondays: 27th January / 24th February / 24th March



GATHERINGS

We hold regular special events and social gatherings for our hospice community.

Please keep a look out for emails and leaflets for more information.

For: Patients, carers, families and friends

Deer Park and The Long House



FAMILY EVENTS

Events at Deer Park for children and their families connected to the hospice, held in the school holidays.

These days are designed to get together, to share experiences and express feelings creatively. Weather permitting, these events will be held outside, exploring the gardens and using nature as inspiration.

For: Children and their families connected to the hospice
Deer Park

Please call Supportive Care on 01271 347225 for more details.



TWILIGHT GROUP

This is a facilitated creative therapeutic space for families. We offer a space for children and an adult family member to share their experiences and express themselves creatively.

For: Children and their adult supporter, patients can come if they are well enough to attend
Deer Park

Please call Supportive Care on 01271 347225 for more information about events we are planning.



BODY, MIND, SPIRIT

Simple, down-to-earth mind-body wellness sessions using mindfulness, yoga and qi gong to nourish, manage and support quality of life.

Suitable and inclusive for everyone - especially when you feel you can't or don't want to!

You will be guided to learn and experience different techniques that can help to improve quality of life, improving:

- Stability, inner calm, acceptance and balance
 - Fatigue, symptom and pain management
 - Deep relaxation, restoration and emotional solace
 - Anxiety, stress, agitation and other challenging mind states
 - Self-confidence, motivation & independence
 - Concentration, perception & focus
 - Joint mobility, strength, co-ordination, & flexibility...
- all while enjoying company in a supportive, welcoming group.

For: Patients and Carers

Deer Park

Held weekly for 5 weeks, 11:00am – 12:30pm.

Mondays: 17th February / 24th February / 3rd March / 10th March / 17th March



MINDFULNESS IN THE RETREAT

Guided sessions in which we sit quietly and allow our attention to settle; this creates a calm and nourishing space in which we can feel what we're feeling without it overwhelming us. We bring our attention into the present moment (rather than our minds taking us into the past and future) and find space and comfort there.

For: Open to all

Deer Park

Held twice a month, 2:15 – 3:30pm

Tuesdays: 11th February / 25th February / 11th March / 25th March / 8th April

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



CHOICES

We have put together a 6-week course of commonly requested information or supportive topics to generate conversations in an informal but safe space. Light refreshments will be provided.

There will be various internal and external guest speakers invited to offer some expertise and be available to answer any questions you or your family might have at what can be an overwhelming time.

For example: Managing Fatigue, Everything Food, Funeral Options, Advance Care Planning, Getting paperwork in order, etc

For: patients and carers but due to general interest, members of staff or public may also join us.

Please call Supportive Care on 01271 347225 to enquire or to book a space.

Held weekly for 6 weeks, 11:00am – 12:30pm

Wednesdays: 19th March / 26th March / 2nd April / 9th April / 16th April / 23rd April



WELLBEING DAYS

These days offer space for rest and relaxation, a chance to experience complementary therapies and time to talk with others in the tranquil surroundings of The Long House. A light lunch is provided

For: Patients and Carers
The Long House

Held monthly, 10:30am – 3:00pm

Thursdays: 20th February / 20th March

Please phone to book; places are limited and we do our best to ensure everyone who wishes to come has a chance to attend at least one Wellbeing Day.

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

To book on to any of the groups or sessions on offer please call Supportive Care on 01271 347225. Booking is essential. Please call us and we can chat about what is available and what might best support your needs.

JANUARY

Tuesday 7th	2:15 - 3:30pm	Mindfulness in the Retreat Deer Park Open to all
Monday 13th	10:30 - 11:30am	Elevenes Deer Park Bereaved people
	11:00am - 12:30pm	Welcome to the Hospice Followed by lunch in the Terrace Café Deer Park Newly referred patients and families
Wednesday 22nd	11:00am - 12:30pm	Coffee and Catch-up Deer Park Patients and carers
Thursday 23rd	2:00 - 3:30pm	Together in the Art Room Deer Park Patients and family
Monday 27th	12:00 - 1:30pm	Lunch Club - Terrace Café Deer Park Patients and their guest
Tuesday 28th	2:00 - 4:00pm	Tea @ 2 The Long House Holsworthy Bereaved people
	2:15 - 3:30pm	Mindfulness in the Retreat Deer Park Open to all

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FEBRUARY

Monday 3rd	11:00am - 12:30pm	Welcome to the Hospice Followed by lunch in the Terrace Café Deer Park Newly referred patients and families
Wednesday 5th	11:00am - 12:30pm	Patients Group Week 1 of 4 Deer Park Patients
	11:00am - 12:30pm	Carers Group Week 1 of 4 Deer Park Carers
Monday 10th	10:30 - 11:30am	Elevenses Deer Park Bereaved
Tuesday 11th	2:15 - 3.30pm	Mindfulness in the Retreat Deer Park Open to all
	2:00 - 4:00pm	Your Space The Long House, Holsworthy Patients and carers
Wednesday 12th	11:00am - 12:30pm	Patients Group Week 2 of 4 Deer Park Patients
	11:00am - 12:30pm	Carers Group Week 2 of 4 Deer Park Carers
Monday 17th	11:00am - 12:30pm	Body, Mind, Spirit Week 1 of 5 Deer Park Patients and carers
Wednesday 19th	11:00am - 12:30pm	Patients Group Week 3 of 4 Deer Park Patients

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

	11:00am - 12:30pm	Carers Group Week 3 of 4 Deer Park Carers
Thursday 20th	10:30am - 3:00pm	Wellbeing Day The Long House, Holsworthy Patients and carers
	11:00am - 3:00pm	Grief Retreat Deer Park
Monday 24th	11:00am - 12:30pm	Body, Mind, Spirit Week 2 of 5 Deer Park Patients and carers
	12:00 - 1:30pm	Lunch Club - Terrace Café Deer Park Patients and carers
	2:00 - 3:30pm	Bereavement Group Week 1 of 6 Deer Park Bereaved
Tuesday 25th	2:15 - 3:30pm	Mindfulness in the Retreat Deer Park Open to All
	2:00 - 4:00pm	Tea @ 2 The Long House, Holsworthy Bereaved people
Wednesday 26th	11:00am - 12:30pm	Patients Group Week 4 of 4 Deer Park Patients
	11:00am - 12:30pm	Carers Group Week 4 of 4 Deer Park Carers
Thursday 27th	2:00 - 3:30pm	Together in the Art Room Week 1 of 4 Deer Park Patients and carers

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MARCH

Monday 3rd	11:00am – 12:30pm	Body, Mind, Spirit Week 3 of 5 Deer Park Patients and carers
	2:00 – 3.30pm	Bereavement Group Week 2 of 6 Deer Park Bereaved people
Tuesday 4th	11:00am - 12:30pm	Welcome to the Hospice Followed by lunch in the Terrace Café Deer Park Newly referred families
Thursday 6th	2:00 – 3:30pm	Together in the Art Room Week 2 of 4 Deer Park Patients and carers
Monday 10th	10:30 – 11:30am	Elevenses Deer Park Patients and carers
	11:00am – 12:30am	Body, Mind, Spirit Week 4 of 5 Deer Park Patients and carers
	2:00 – 3:30pm	Bereavement Group Week 3 of 6 Deer Park Bereaved people
Tuesday 11th	2:15 – 3.30pm	Mindful in the Retreat Deer Park Open to all
	2:00 – 4:00pm	My Space The Long House, Holsworthy Patients and carers

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Thursday 13th	2:00 – 4:00pm	Together in the Art Room Week 3 of 4 Deer Park Patients and carers
Monday 17th	11.00am – 12.30pm	Body, Mind, Spirit Week 5 of 5 Deer Park Patients and carers
	2:00 – 3:30pm	Bereavement Group Week 4 of 6 Deer Park Bereaved
Wednesday 19th	11:00am – 12:30pm	Choices - Course Week 3 of 6 Deer Park Patients and carers but open to all
Thursday 20th	2:00 – 3.30pm	Together in the Art Room Week 4 of 4 Deer Park Patients and carers
	10:30am – 3:00pm	Wellbeing Day The Long House, Holsworthy Patients and carers
Monday 24th	12:00 – 1:30pm	Lunch Club - Terrace Café Week 5 of 6 Deer Park Patient and their guest
	2:00 – 3:30pm	Bereavement Group Week 5 of 6 Deer Park Bereaved
Tuesday 25th	2:15 – 3:30pm	Minfulness in the Retreat Deer Park Open to all
Wednesday 26th	11:00am – 12:30pm	Choices Course Week 2 of 6 Deer Park Patients and carers but open to all

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Monday 31st 2:00 – 3:30pm Bereavement Group
Week 6 of 6
Deer Park
Bereaved people

APRIL

Wednesday 2nd 11:00am – 12:30pm Choices Course
Week 2 of 6
Deer Park
Open to All

Monday 7th 11:00am – 12:30pm Welcome to the Hospice
Followed by lunch in the Terrace Café
Deer Park
Newly referred families

Tuesday 8th 2:15 – 3:30pm Mindfulness in the Retreat
Deer Park
Open to all

Wednesday 9th 11:00am – 12:30pm Choices Course
Week 4 of 6
Deer Park
Patients and carers but open to all

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Limitless

By Danna Faulds

Sun says,

“Be your own illumination.”

Wren says,

“Sing your heart out, all day long.”

Stream says,

“Do not stop for any obstacle.”

Oak says,

“When the wind blows, bend easily,
and trust your roots to hold.”

Stars say,

“What you see is one small slice
of a single modest galaxy.

Remember that vastness
cannot be grasped by mind.”

Ant says,

“Small does not mean powerless.”

Silence says nothing.

In the quiet, everything comes clear.

I say, “Limitless.”

I say, “Yes.”