

**Friday Wellbeing Services**



**WAKEFIELD  
HOSPICE**

SHARING THE CARE IN THE COMMUNITY



# Friday Wellbeing Services

# Providing practical, emotional and wellbeing support

Anyone living in the Wakefield area who has been diagnosed with a life-limiting illness, alongside their carer/significant other, is welcome to attend our Friday Wellbeing sessions held in the Seymour Suite at Wakefield Hospice.

The aim of these sessions is to support attendees with their physical, psychological, spiritual and social needs whilst promoting independence through discussions, teaching and signposting.

**“We offer a warm and inclusive space for all service users to access the care and support they need”**  
**Farzana & Annemarie from our Wellbeing Team**



## Support Available:

### Peer support

Speaking with other attendees, sharing experiences and making new friends.

### Arts and crafts

We offer a variety of memory making activities, often themed throughout the year, from painting and drawing through to woodwork and decorating.

### Complementary therapy

Visitors, whether those living with a life-limiting illness or their carer, are welcome to enjoy complementary therapy sessions here at Wakefield Hospice - these can include Reiki, Massage, Aromatherapy, Reflexology, Relaxation and Daoyin Tao.

### Emotional support

Speaking with our dedicated team of staff and volunteers, these sessions offer a safe environment to speak with care professionals and seek advice, help or guidance.

### Practical support

Improving knowledge on self-care and highlighting opportunities for greater independence.



# FAQs

## When does the service take place?

Every Friday with morning sessions 10:00-12:00 and afternoon sessions 13:00-15:00.

## Who are the sessions for?

Our only referral criteria is that you live within the Wakefield district and you have either been diagnosed with a life-limiting illness, or are the carer of someone who has been diagnosed with a life-limiting illness.

You do not need to have been a patient with Wakefield Hospice before in order to attend these sessions, nor do you need a direct referral from your doctor, hospital or any other healthcare professional.

## How much do the sessions cost?

Nothing! Our Friday Wellbeing Sessions are free to attend (any donations are always appreciated but there will never be any obligation to do so).

## How do I book my place?

To find out more about our Friday Wellbeing Sessions or to book your free place, please contact our Day Therapy Team:

Telephone: 01924 331400

Email: [dtu@wakefieldhospice.co.uk](mailto:dtu@wakefieldhospice.co.uk)

10.24

[www.wakefieldhospice.org](http://www.wakefieldhospice.org)  
[dtu@wakefieldhospice.co.uk](mailto:dtu@wakefieldhospice.co.uk)  
01924 331400