Nottinghamshire Hospice

Our Care Wellbeing



We offer a free of charge programme of group activities and one-to-one support aimed at improving your quality of life after a diagnosis of an incurable illness. We'll work with you to find sessions and treatments that are tailored to your needs, in addition to any medical care you receive.

How will it help?

Our Wellbeing group activities have been created to give people a space for fun, relaxation and to create social connection between patients. We can also help you understand and cope with feelings such as fear and anxiety, which you may be finding overwhelming and isolating.

Get in touch today on:

0115 962 1222 **info@nottshospice.org**

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Who is it for?

Our Wellbeing support is for adults over 18, diagnosed with an incurable illness, and who are registered with a Nottinghamshire GP.



Group Activities

Our current sessions must be booked in advance with our Wellbeing Team. Sessions are two hours long with a mix of arts, crafts, games and companionship. You can then stay for refreshments if you wish and join in with a short relaxation session.

One-to-one support

Our Healthcare staff and Registered Nurses are on hand to help with advance care planning which may improve your quality of life and support any decisions that you make for your future care.

Check nottshospice.org for the most up-to-date information. You can refer yourself by contacting during office hours.

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