Name of service	Details of service
Daff Café	Weekly, Tuesdays 10am to 12pm. A space for carers, patients, or family members to have social interactions with supportive listeners.
F.A.B (Fatigue, Anxiety & Breathlessness)	Weekly, Tuesdays 1.30pm to 3pm. For patients with a palliative diagnosis and symptoms of fatigue, anxiety, and breathlessness.
Men's Shed	Weekly, Tuesdays 10am to 1pm. This is a social based group designed for male patients, carers, and widowers. It is an opportunity for men to build new friendships, share and learn new skills who may be experiencing social isolation.
MND (Motor Neurone Disease) **Support Group**	Monthly, Wednesdays 1.30pm to 3pm. A support group focussed upon bringing people affected by MND together for group peer support and discussion. Open to all patients with a diagnosis of MND plus carers and family members, face to face and virtual
MND (Motor Neurone Disease) **Clinic**	Monthly, MDT Motor Neurone Disease CNS led outreach clinic, appointment based for patients who are unable to attend hospice, a virtual video appointment will be offered.
Motivate	Weekly, Fridays 12.30pm to 1.30pm. This group is led by a qualified exercise therapist who delivers a session of low intensity exercises, focused upon developing stamina, balance and endurance. For patients living with a life limiting illness

Relaxation Group	Weekly, Mondays 11am to 12pm. The purpose of the group is to provide patients with education to understand the benefits of relaxation and the practical skills and resources to apply it themselves.
Pets As Therapy	Weekly, Tuesdays 9.30am to 11am. Comfort and companionship of a pet brought to people feeling isolated, lonely or anxious
Book Club	Weekly, Mondays 12 noon to 1pm. A space for carers, patients, or family members to socially interact with other group members and discuss a book of the month
Warm Welcome	Weekly, Saturdays 11am to 1pm. A warm space, open to all, for people to interact and take part in optional activities

For more information on any of our support and wellbeing groups and how to join please call our hospice team on

0121 703 3600