



WOODLANDS HOSPICE

Support group

What if I have other questions?

Please do not hesitate to ask the Clinical Team or contact Woodlands Hospice Well-being and Support Centre on **0151 529 2299** if you have any questions about the Support Group.

**At Woodlands Hospice
Well-being and Support Centre**



Woodlands Hospice Charitable Trust,
AUH Campus, Longmoor Lane, Liverpool L9 7LA
Tel: 0151 529 2299
www.woodlandshospice.org Charity No. 1048934



If you feel this group would help you please speak to your Key Worker or contact Woodlands Hospice Well-being and Support Centre on **0151 529 2299**

Support group



This is an informal group which gives you the opportunity to meet with other people and receive support from each other.

Who can attend?

The group is open to anyone attending Woodlands Hospice Well-being and Support Centre or previously known to the Hospice.

You will need to be able to look after yourself, as the group will not have input from trained staff. If you require any physical assistance you will need to be accompanied by a family member or friend.

What can I expect from the support group?

It is an opportunity to form friendships and gain informal support from others in Woodlands. Volunteers will assist in providing refreshments during your visit.

How often is the group held?

The group will run once a week for up to two hours. You can stay for the whole session or just a part.

If attendances increase greatly we may need to offer the support group on two days a week. This is a new service for

Woodlands and we will see how the group develops.

What time should I arrive and how will I get there?

The Support Group is based at Woodlands Hospice Well-being and Support Centre once a week on Friday between 1.30pm - 3.30pm. You will need to provide your own transport.

How often can I come?

You may wish to attend each week or less frequently if you choose.