



Find out more about St Leonard's Hospice on our website  
[stleonardshospice.org.uk/WellbeingHub](https://stleonardshospice.org.uk/WellbeingHub)

The Sunflower Centre is at St Leonard's Hospice,  
185 Tadcaster Road, York, YO24 1GL.  
Free parking is available onsite.



01904 777 770

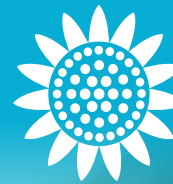


[stleonardshospice.org.uk](https://stleonardshospice.org.uk)

St. Leonard's Hospice York, is a registered charity, no. 509294 and a company limited by guarantee,  
registered in England and Wales, no. 01451533

July 2023

St Leonard's  
Hospice  
Caring for Local People



Sunflower  
Wellbeing  
Hub



**If you, or someone you care about, has been diagnosed with a life-limiting illness, we can help.**

Our Sunflower Wellbeing Hub provides expert advice and support covering a range of topics including:

- The impact of diagnosis on yourself, friends, and family members
- Breathlessness
- Health and wellbeing
- Planning for the future
- Learning more about end-of-life care and the services we offer
- Bereavement support
- Talking to children about death and dying

Further information and resources can be found at [stleonardshospice.org.uk/WellbeingHub](http://stleonardshospice.org.uk/WellbeingHub)



**We run a series of drop-in sessions where our experienced team will give you the time to talk about your problems and concerns in a safe and relaxed environment.**

You will also meet people going through the same experiences as you and learn about additional support groups specific to your needs.

### **Friends and Family Drop-In**

For anyone who helps care for a family member or friend with a life-limiting illness. It is open every **Monday from 4pm to 7pm** in the **Sunflower Centre** at **St Leonard's Hospice**.

### **Bereavement Drop-In**

For adults who want support living with grief. It runs on **the first Tuesday of every month from 2pm to 4pm** in the **Sunflower Centre** at **St Leonard's Hospice**.

### **Wellbeing Drop-In**

For anyone living with a life-limiting illness. It's open every **Thursday from 10am to 3pm**, in the **Sunflower Centre** at **St Leonard's Hospice**.

Refreshments are provided. Free parking, including disabled spaces are available onsite. Dogs and children (accompanied by an adult) are also welcome.

Keep an eye on our website for further sessions  
[stleonardshospice.org.uk/WellbeingHub](http://stleonardshospice.org.uk/WellbeingHub)