

**St Leonard's  
Hospice**

Caring for Local People



Our free drop-in sessions are for  
anyone living with a life-limiting illness  
and those who help care for them.

# Selby Wellbeing Drop-in



## Wellbeing Drop-In

Tuesdays 1pm to 3pm,

Communita Centre Selby, 10b Abbey Yard, Selby, YO8 4DZ

Sunflower  
Wellbeing  
Hub



Our experienced team will give you the time to talk about your problems and concerns in a relaxed environment. You will also meet people going through the same experiences as you and learn about additional support groups specific to your needs.

[stleonardshospice.org.uk/WellbeingHub](http://stleonardshospice.org.uk/WellbeingHub)