

We also have a range of drop-in sessions at the Sunflower Centre at St Leonard's Hospice.

Keep an eye on our website for further sessions

stleonardshospice.org.uk/WellbeingHub



Sunflower
Wellbeing
Hub 

St Leonard's Hospice is an independent charity. Our unrivalled care is only possible thanks to the support of the public. You can find out more and donate at stleonardshospice.org.uk



St Leonard's Hospice, 185 Tadcaster Road, York, YO24 1GL



01904 777 770



stleonardshospice.org.uk



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

January 2024

St Leonard's
Hospice



Selby Wellbeing Drop-in



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

St Leonard's Hospice is a leading provider of palliative and end-of-life care across York and North Yorkshire. We are here to help and support anyone with a life-limiting illness, and those they care about, at our Hospice in York, in patient's homes and across our community.

We care for people with a range of illnesses including cancer, multiple sclerosis, motor neurone disease and Parkinson's disease.

Our services, which are always provided free of charge, include our in-patient unit, Hospice@Home, Carer Support Service, Single Point of Coordination telephone support service, bereavement and family support plus our new Sunflower Wellbeing Hub.

Further information about the Hospice can be found at stleonardshospice.org.uk



Selby Wellbeing Drop-In

Tuesdays 1pm to 3pm,

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

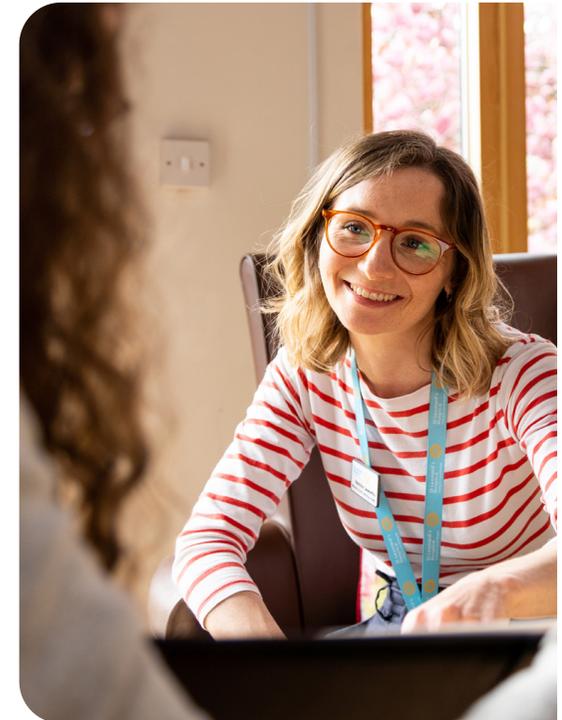
Our free drop-in sessions are for anyone living with a life-limiting illness and those who help care for them.

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.

We can cover 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

Refreshments are provided.
Free parking is available for up to 2 hours at Abbey Walk Retail Park.



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