

Morning

Monday 2nd

Nurse led appointments

Central Halifax Hub - The Shay

10am-12pm Drop in!
Rebecca, our Occupational Therapist at Overgate, will be joining us at 11am.

Tuesday 3rd

Monthly telephone support

Todmorden Hub

10am-3pm

Drop in!
Maggie from Age UK will be joining us at 11am to share benefits advice and support.



Wednesday 4th

Upper Valley Hub

10am-3pm

Drop in!
Rebecca, our Occupational Therapist at Overgate, will be joining us at 11am.

Thursday 5th

Support & Wellbeing

9:30am-12pm

Referral needed to attend. Pamper Session!



Friday 6th

Time to Think

9:30am-12pm

Dementia support programme. Referral needed to attend.

Social Stroll

10am start

Meeting at New Lodge Fisheries, Savile Park! Open to anyone known to the Hospice.



Afternoon

Central Halifax Hub - Apna Hub

1:30pm-3:30pm

Drop in!

New Referral Group

2pm-4pm

Breath of Fresh Air

1:00pm-3:30pm

Referral needed to attend. Breathlessness Medical Management and Planning for the future.

Hamari Yaadein (Our Memories)

1:30pm-3:30pm

Referral needed.

Diversional Therapy virtual activity meeting

1.30pm-2.30pm



Carers Group

6pm-8pm

Open to any carers associated with Overgate.

Support & Wellbeing

1:00pm-3:30pm

Referral needed to attend. Pamper Session!



Evening

Morning

Afternoon

Evening

Monday 9th

Tuesday 10th

Wednesday 11th

Thursday 12th

Friday 13th

Nurse led appointments

Time For Me

10am-12pm

Bereavement support group. Open to those known to the Hospice.

Monthly telephone support



Lower Valley Hub

10am-3pm

Drop in! Neil Denham will be joining us to talk about his role as a pantomime dame.



Support & Wellbeing

9:30am-12pm

Referral needed to attend. Review of course.



Time to Think

9:30am-12pm

Dementia support programme. Referral needed to attend. Singing for the brain.



New Referral Group

2pm-4pm

Breath of Fresh Air

1:00pm-3:30pm

Respiratory care. Referral needed. Singing for the brain



Diversional therapy virtual activity meeting

1:30pm-2:30pm

What Happens Next

6pm-8pm

Bereavement support group, referral needed to attend.



Support & Wellbeing

1:00pm-3:30pm

Referral needed to attend. Review of course.

Sacred Space

1:30pm-3:00pm



Morning

Afternoon

Evening

Monday 16th

Tuesday 17th

Wednesday 18th

Thursday 19th

Friday 20th

Nurse led appointments

Time to Talk: 10am-12pm
Open to those known to the Hospice.

Monthly telephone support



Men's Social Space
10am-12pm Drop in!

Calder & Ryburn Hub
10am-3pm

Drop in!
Julie from Home Instead will be joining us at 11am to talk about scams.



Support & Wellbeing
9:30am-12pm

Referral needed to attend.
Introduction to the programme.

Time to Think
9:30am-12pm
Dementia support programme.
Planning for the future.
Referral needed to attend.



New Referral Group
2pm-4pm

Breath of Fresh Air
1:00pm-3:30pm
Respiratory care. Referral needed to attend. Review of course.

Hamari Yaadein (Our Memories)
1:30pm-3:30pm
Dementia support group for diverse communities, referral needed.

Diversional Therapy virtual activity meeting
1:30pm-2:30pm

Carers Group
6pm-8pm
Open to any carers associated with Overgate.



Support & Wellbeing
1:00pm-3:30pm
Referral needed to attend.
Introduction to the programme.

Baking Group
1:30pm-3:30pm
In Day Hospice, open to all those known to Overgate! Ring Day Hospice to book.



Morning

Afternoon

Evening

Monday 23rd

Tuesday 24th

Wednesday 25th

Thursday 26th

Friday 27th

Nurse led appointments

Time to Talk: 1

10am-12pm

Open to those known to the Hospice.



Monthly telephone support



North Halifax Hub OSCA Foundation

10am-12pm

Drop in!

YES Energy Solutions will be joining us at 10:30am, offering free, impartial energy-saving and income maximisation advice. Drop in!



Support & Wellbeing



9:30am-12pm

Referral needed to attend. Fatigue management with Occupational Therapist Rebecca.

Time to Think

9:30am-12pm

Dementia support programme. Complementary therapy to aid memory and relaxation. Referral needed to attend.

New Referral Group

2pm-4pm

Diversional Therapy virtual activity meeting

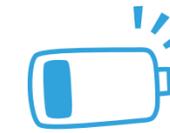
1:30pm-2:30pm

North Halifax Hub Mixenden

1:30pm-3:30pm

YES Energy Solutions will be joining us at 2pm, offering free, impartial energy-saving and income maximisation advice. Drop in!

Support & Wellbeing



1:00pm-3:30pm

Referral needed to attend. Fatigue management with Occupational Therapist Rebecca.

Sacred Space

1:30pm-3:00pm



Time to Talk: 2

6pm-8pm

Bereavement support group. Open to anyone known to the Hospice.