

Morning

Afternoon

Evening

Monday 1st

Tuesday 2nd

Wednesday 3rd

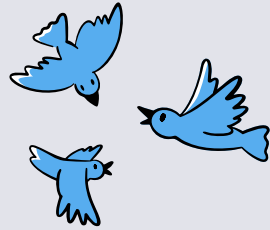
Thursday 4th

Friday 5th

Nurse led appointments

Central Halifax Hub - The Shay
10am-12pm

10am Steve will be joining us to talk about local wildlife and birds! Drop in!



Monthly telephone support



Todmorden Hub
10am-3pm



Our Occupational Therapist will be joining us at 11am. Drop in!

Upper Valley Hub

10am-3pm
Drop in!

Support & Wellbeing

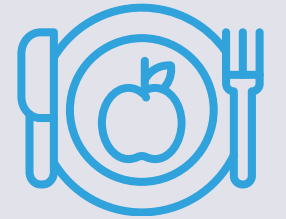


9:30am-12pm
Review of course.
Referral needed to attend.

Time to Think

9:30am-12pm

Dementia support programme. Nutrition and review of the course. Referral needed to attend.



Central Halifax Hub - Apna Hub
1:30pm-3:30pm

Drop in!

New Referral Group
2pm-4pm

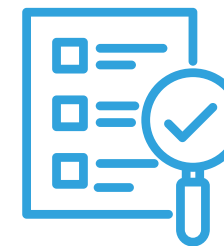
Diversional therapy virtual activity meeting
1:30pm-2:30pm



What Happens Next

6pm-8pm

Bereavement support group, referral needed to attend.



Support & Wellbeing

1:00pm-3:30pm

Review of course.
Referral needed to attend.

Sacred Space

1:30pm-3:00pm



Morning

Afternoon

Evening

Monday 8th

Tuesday 9th

Wednesday 10th

Thursday 11th

Friday 12th

Nurse led appointments

Time For Me

10am-12pm

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

Monthly telephone support Men's Social Space

10am-12pm

Open to those known to the Hospice, drop in!

Lower Valley Hub

10am-3pm



Lisa Grey will be joining us to talk about Falls Prevention, followed by a Big Build update with Naomi. Drop in!

Support & Wellbeing

9:30am-12pm

Introduction to course. Referral needed to attend.



Time to Think

9:30am-12pm

Dementia support programme. Introduction to the programme. Referral needed to attend.

New Referral Group

2pm-4pm

Diversional therapy virtual activity meeting

1:30pm-2:30pm



Hamari Yaadein (Our Memories)

1:30pm-3:30pm

Referral needed.

Carers Group

6pm-8pm

Open to any carers associated with Overgate.



Support & Wellbeing

1:00pm-3:30pm

Introduction to course. Referral needed to attend.

Social Stroll

10am start

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



Saturday Social

1:30-3:30pm

Bring your hat to the Big Brew! Join us for tea, cake and a quiz. Hosted in the Day Hospice lounge. Drop in!



| | Monday 15th | Tuesday 16th | Wednesday 17th | Thursday 18th | Friday 19th |
|-----------|--|---|---|---|--|
| Morning | <p>Nurse led appointments</p> | <p>Monthly telephone support </p> | <p>Calder & Ryburn Hub 10am-3pm Meet Chloe, our new Overgate Physio at 11am! Drop in in! </p> | <p>Support & Wellbeing 9:30am-12pm Referral needed to attend.</p> | <p>Time to Think 9:30am-12pm Dementia support programme. Social work session. Referral needed to attend.</p> |
| Afternoon | <p>New Referral Group 2pm-4pm</p> | <p>Diversional Therapy virtual activity meeting 1:30pm-2:30pm </p> | | <p>Support & Wellbeing 1:00pm-3:30pm Referral needed to attend.</p> | <p>Sacred Space  1:30pm-3:00pm</p> |
| Evening | | <p>Time to Talk: 2 6pm-8pm Bereavement support group. Open to anyone known to the Hospice.</p> | | | |

Morning

Afternoon

Evening

Monday 22nd

Tuesday 23rd

Wednesday 24th

Thursday 25th

Friday 26th

Nurse led appointments

Time to Talk: 1
10am-12pm

Open to those known to the Hospice.

Monthly telephone support



Men's Social Space

10am-12pm

Open to those known to the Hospice, drop in!

North Halifax Hub OSCA Foundation

10am-12pm

North Halifax Social Prescriber will be joining us at 11am. Drop in!



Support & Wellbeing

9:30am-12pm

Referral needed to attend.

Time to Think

9:30am-12pm

Dementia support programme. Complementary Therapy for memory and relaxation. Referral needed to attend.

New Referral Group
2pm-4pm

Diversional Therapy virtual activity meeting

1:30pm-2:30pm

Hamari Yaadein (Our Memories)

1:30pm-3:30pm

Referral needed.

North Halifax Hub Mixenden

1:30pm-3:30pm



North Halifax Social Prescriber will be joining us at 2pm. Drop in!

Support & Wellbeing

1:00pm-3:30pm

Referral needed to attend.

Baking Group

1:30pm-3:30pm

In Day Hospice, open to all those known to Overgate! Ring Day Hospice to book.



Carers Group
6pm-8pm

Open to any carers associated with Overgate.



Monday 29th

Tuesday 30th

Morning

Nurse led appointments

Monthly telephone support



Afternoon

New Referral Group
2pm-4pm

Diversional Therapy virtual activity meeting

1:30pm-2:30pm

Relaxation and Mindfulness Session

4:30pm - 5:30pm

Open to those known to the Hospice, no need to book!

Evening

What Happens Next

6pm-8pm

Bereavement support group, referral needed to attend.