

# Wellbeing Days

## at Rossendale Hospice



### Living with Cancer

#### **Tuesdays**

**10:00 - 14:00**

12-week programme for people living with cancer, offering opportunities to talk, learn, and take part in activities designed to improve wellbeing and confidence.

*Lunch is provided.*

*Transport to and from the Hospice can be provided*

### Cancer Peer Support Group

#### **Wednesdays**

**10:00 - 12:30**

A relaxed, friendly group where people affected by cancer can share experiences, offer mutual support, and connect with others who truly understand.

*Tea, coffee and biscuits are provided.*

### Recent Cancer Diagnosis

#### **Wednesdays**

**13:00 - 15:00**

Designed for those newly diagnosed with cancer, this session offers information, reassurance, and a safe space to ask questions and begin navigating the journey ahead.

*Tea, coffee and biscuits are provided.*

### Long-Term Conditions

#### **Thursdays**

**10:00 - 14:00**

12-week programme for individuals managing long-term health conditions, focusing on wellbeing, coping strategies, and maintaining independence and quality of life.

*Lunch is provided.*

*Transport to and from the Hospice can be provided.*

### Living with Dementia

#### **Fridays**

**10:00 - 14:00**

12-week programme offering an understanding environment for people living with early onset dementia, promoting connection, stimulation, and meaningful engagement in a calm and supportive setting.

*Lunch is provided.*

### Contact

 01706 393870

 [admin@rossendalehospice.org](mailto:admin@rossendalehospice.org)

 [www.rossendalehospice.org/wellbeing-services](http://www.rossendalehospice.org/wellbeing-services)

Registered Charity No: 1008228

Rossendale PHCC, 161 Bacup Road, Rawtenstall, BB4 7PL

# Wellbeing Days

## at Rossendale Hospice



### Living with Cancer

#### **Tuesdays**

**10:00 - 14:00**

12-week programme offering advice, activities and peer support to those living with Cancer.

*Lunch is provided.*

*Transport to and from the Hospice can be provided*

### Cancer Peer Support Group

#### **Wednesdays**

**10:00 - 12:30**

This session is an informal peer support network for those living with Cancer.

*Tea, coffee and biscuits are provided.*

### Recent Cancer Diagnosis

#### **Wednesdays**

**13:00 - 15:00**

This session offers peer support, advice and relaxation to those with a recent Cancer Diagnosis, led by our nurses.

*Tea, coffee and biscuits are provided.*

### Long-Term Conditions

#### **Thursdays**

**10:00 - 14:00**

12-week programme offering advice, peer support, and activities to maximise wellbeing for those with long-term conditions.

*Lunch is provided.*

*Transport to and from the Hospice can be provided.*

### Living with Dementia

#### **Fridays**

**10:00 - 14:00**

12-week programme offering support, activities and a safe space for those with early-onset dementia or memory issues.

*Lunch is provided.*

### Contact

 01706 393870

 [admin@rossendalehospice.org](mailto:admin@rossendalehospice.org)

 [www.rossendalehospice.org/wellbeing-services](http://www.rossendalehospice.org/wellbeing-services)

Registered Charity No: 1008228

Rossendale PHCC, 161 Bacup Road, Rawtenstall, BB4 7PL

# WELLBEING DAYS

at Rossendale Hospice

extensive range of free services to those in need across Rossendale. Our Wellbeing Service supports patients to help them deal with the physical, emotional and social impact of living with a life-limiting illness.

## Living with Cancer

### **Tuesdays**

**10:00 - 14:00**

12-week program offering advice, activities and peer support to those living with Cancer.

Lunch is provided.  
Transport to and from the Hospice can be provided

## Cancer Peer Support Group

### **Wednesdays**

**10:00 - 12:30**

This session is an informal peer support network for those living with Cancer.

Tea, coffee and biscuits are provided.

## Recent Cancer Diagnosis

### **Wednesday**

**13:00 - 15:00**

This session offers peer support, advice and relaxation to those with a recent Cancer Diagnosis, led by our nurses.

Tea, coffee and biscuits are provided.

## Long-Term Conditions

### **Thursday**

**10:00 - 14:00**

12-week program offering advice, peer support, and activities to maximise wellbeing for those with long-term conditions.

Lunch is provided.  
Transport to and from the Hospice can be provided.

## Living with Dementia

### **Friday**

**10:00 - 14:00**

12-week program offering support, activities and a safe space for those with early-onset dementia or memory issues.

Lunch is provided.

## Contact

☎ 01706 393870

✉ [admin@rossendalehospice.org](mailto:admin@rossendalehospice.org)

🌐 [www.rossendalehospice.org/befriending](http://www.rossendalehospice.org/befriending)



# WELLBEING DAYS

at Rossendale Hospice

Rossendale Hospice offer an extensive range of free services to those in need across Rossendale. Our Wellbeing Service supports patients to help them deal with the physical, emotional and social impact of living with a life-limiting illness.

☎ 01706 393870  
✉ [admin@rossendalehospice.org](mailto:admin@rossendalehospice.org)  
🌐 [www.rossendalehospice.org/befriending](http://www.rossendalehospice.org/befriending)

**Tuesday**

Living with Cancer

10:00 - 14:00

**Wednesday**

Cancer Peer Support Group

10:00 - 12:30

**Wednesday**

Recent Cancer Diagnosis

13:00 - 15:00

**Thursday**

Long Term Conditions Day

10:00 - 14:00

**Friday**

Living with Dementia

10:00 - 14:00



# WELLBEING DAYS

at Rossendale Hospice

Rossendale Hospice offer an extensive range of free services to those in need across Rossendale. Our Wellbeing Service supports patients to help them deal with the physical, emotional and social impact of living with a life-limiting illness.

☎ 01706 393870

✉ [admin@rossendalehospice.org](mailto:admin@rossendalehospice.org)

🌐 [www.rossendalehospice.org/befriending](http://www.rossendalehospice.org/befriending)

**Tuesday**

Palliative Care Day

10:00 - 15:00

**Wednesday**

Early Diagnosis Day (Cancer)

10:00 - 13:00

**Thursday**

Long Term Conditions Day

10:00 - 15:00

**Friday**

Dementia Early Diagnosis Day

10:00 - 14:00

# WELLBEING DAYS

at Rossendale Hospice

**Tuesday**

Palliative Care Day

10:00 - 15:00

**Wednesday**

Early Diagnosis Day (Cancer)

10:00 - 13:00

**Thursday**

Long Term Conditions Day

10:00 - 15:00

**Friday**

Dementia Early Diagnosis Day

10:00 - 14:00



Rossendale Hospice offer an extensive range of free services to those in need across Rossendale. Our Wellbeing Service supports patients to help them deal with the physical, emotional and social impact of living with a life-limiting illness.

**For more details:**

T: 01706 393870 opt 2

E: [admin@rossendalehospice.org](mailto:admin@rossendalehospice.org)

W: [rossendalehospice.org](http://rossendalehospice.org)

or scan the QR code





at Rossendale Hospice



Rossendale  
Hospice

Making every moment count

