

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

🌐 www.rossendalehospice.org/wellbeing-services

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

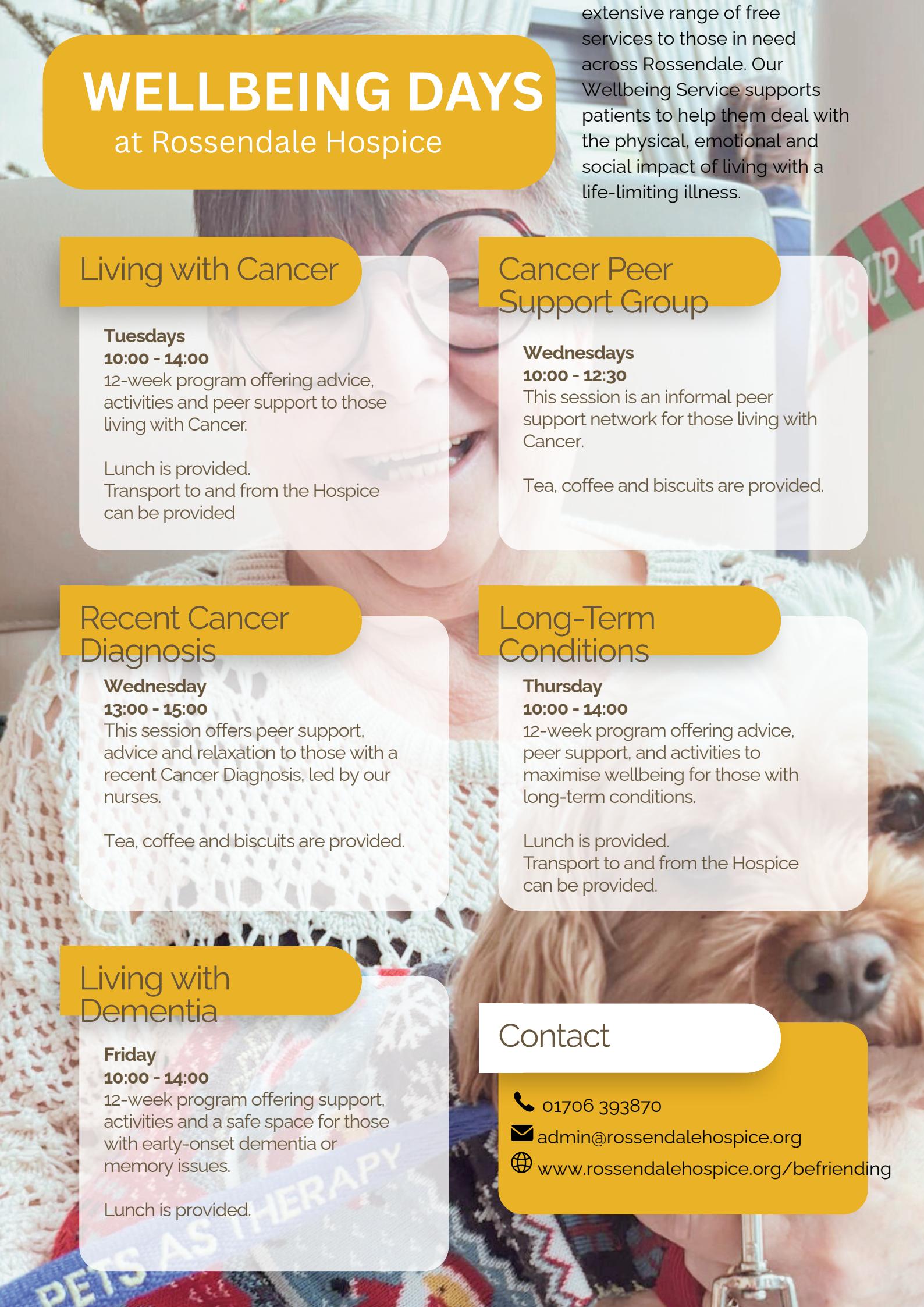
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WELLBEING DAYS

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.

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Living with Dementia

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Contact

01706 393870

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Tuesday

Living with Cancer

10:00 - 14:00

Wednesday

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Recent Cancer Diagnosis

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Long Term Conditions Day

10:00 - 14:00

Friday

Living with Dementia

10:00 - 14:00



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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
W: rossendalehospice.org
or scan the QR code

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



Wellbeing Days

at Rossendale Hospice

Rossendale Hospice is a charity who offer an extensive range of free services to those in need across Rossendale.



Monday:

10.00 - 12.30 - Bereavement Cafe (*Temporarily on hold*)

Tuesday:

10.00 - 15:00 - Palliative Care Day

Wednesday:

10.00 - 13.00 - Early Diagnosis Day (cancer)

Thursday:

10.00 - 15:00 - Long Term Conditions Day

Friday:

10.00 - 14.00 - Dementia Early Diagnosis Day

For more details:

Call: 01706 393870 opt 2

Email: admin@rossendalehospice.org

Online: www.rossendalehospice.org

Scan the QR code >>>>>>>>>>>>>>>>>>>>>>>>>

New Cribden House, Rossendale PHCC, 161 Bacup Road,
Rawtenstall BB4 7PL Registered Charity No. 1008228

