

# St Nicholas Hospice Care

## The Orchard Centre

The Orchard Centre is the place for you if you have, or are caring for someone with, a life-shortening illness.

We can offer support, advice and friendship. You don't have to be old or young or have cancer. You just have to be you.

You may have just received a diagnosis that has knocked you for six or you may have been living with your condition for a while. You may want lots of support or may just want a cup of coffee with someone who understands.

We will try and support you to feel confident with the many challenges of living or caring for someone with a life-shortening condition. Our support is available to the whole family and carers.

Get in touch or just pop in. We are here for you, whoever you are and for whatever you are going through.

For more information and dates on any of the sessions featured in this planner please contact:

**01284 702525**  
**dayhospice@stnh.org.uk**

**St Nicholas Hospice Care**  
Hardwick Lane, Bury St Edmunds  
Suffolk, IP33 2QY

**01284 766133**  
**enquiries@stnh.org.uk**  
**www.stnicholashospicecare.org.uk**

*enter as  
strangers;  
leave as friends*

**St Nicholas  
Hospice Care**

A Registered Charity No. 287773

# The Orchard Centre Weekly Planner



*enter as  
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Garden Room</b>							
<b>Morning</b>	Rotation of: <b>Wellbeing Days</b> 10.30am - 3.00pm  Open House 10.30am - 12.30pm	Orchard Day Therapy	Orchard Day Therapy	Positive Living Group Four-week programme	Rotation of: <b>Hobby Groups</b> e.g. Gardening Club and Creative Writing Group  Hearty Living Programme 10.30am - 12.30pm An eight week programme for people with heart failure and their family carers	Nicky's Way Adults Group  Stepping Forward* Walking group for bereaved people  *Winter programme Held on the first Saturday of every month until March 2012 *Summer programme Please ask for details	
<b>Afternoon</b>		Orchard Day Therapy	Orchard Day Therapy  Carers Drop-in Group (Occasionally instead of a Thursday session)	Carers Drop-in Group No need to book; drop-in support for those caring for someone with a life-shortening illness			
<b>Evening</b>	Nicky's Way Adults Group	Bereavement Support Groups		Bereavement Activity Groups Such as DIY, cooking, gardening, walking, arts and crafts			
<b>Norburn Room</b>							
<b>Morning</b>	First Response Clinic (By appointment only)	First Response Clinic (By appointment only)  Medical Outpatients 10.30am - 12.30pm (By appointment only)	First Response Clinic (By appointment only)	First Response Clinic (By appointment only)	First Response Clinic (By appointment only)		
<b>Afternoon</b>			Medical Outpatients 1.30pm - 4.00pm (By appointment only)	Medical Outpatients 1.30pm - 4.00pm (By appointment only)	Medical Outpatients 1.30pm - 4.00pm (By appointment only)	<p><b>For more information and dates on any of the sessions featured in this planner please contact:</b></p> <p><b>01284 702525</b> <b>dayhospice@stnh.org.uk</b></p>	
<b>Wellbeing Room</b>							
<b>Morning</b>		Orchard Day Therapy Hairdressing	Orchard Day Therapy Hairdressing	Wellbeing Clinic (By appointment only)			

Plus pre-booking clinics and appointments in other rooms; Complementary Therapy Room, Rehabilitation Room, Sky, Ocean, Beach and Quiet Room