



Further Help Available from Arthur Rank Hospice Charity

Arthur Rank Hospice website and Wellbeing videos:

Within this website, you can find information about the services we offer and view our information videos.

<https://www.arhc.org.uk/supporting-you/care-services/living-well>

<https://www.arhc.org.uk/supporting-you/supportive-wellbeing-videos>

Caring Communities

This Arthur Rank Hospice service can provide a volunteer to visit or ring you or your family in your home for up to eight weeks for companionship and support.

HOPE Group*

The Hope course is a group based self-management support programme delivered within the Hospice over six weeks. It covers topics including goal setting, action planning, communication, healthy lifestyle and stress management.

*Own transport required

Virtual Online sessions

We also have a range of virtual options including:

- Wednesday morning – Zoom seated exercise group with our therapy assistant.
- Thursday afternoon - Zoom social drop-in sessions covering topics such as zoology, art appreciation, local history talks, quizzes and much more!
- The Good Death Project – A discussion group led by the University of Cambridge which uses art, novels and poetry to encourage people to reflect and talk about those closely affected by death, and to challenge our assumptions about what that means for ourselves. Read more below:

<https://good-death.english.cam.ac.uk/>



Palliative Care Hub

A free phone service providing specialist advice and support. Available to patients, relatives and friends. Dial 111, select option 3.

Arthur's Shed *

Arthur's Shed is a purpose-built studio set in the Hospice grounds.

Sessions are open to the public and include paper crafts, astronomy, clay work, sugar crafts and mindfulness. See the website for the up-to-date timetable.

*Own transport required