

New to the Wellbeing Centre at Marie Curie!

Flower Arranging

Tuesday 23rd and 30th July 2024 11am-2pm

Come along to our flower arranging sessions, open to all. Booking essential.

Death Café

Thursday 11th July 2024 – Free event

Open to all – anyone living with a palliative diagnosis, carers, family, friends, or anyone who is interested!

Come along for a cuppa and cake. A safe space to talk openly about what really matters to you around death and dying, without the stigma or pressure. Or just come for a friendly chat!

Yoga

Every Tuesday 11-12pm – Free sessions

Would you like some time to relax and revitalise? Join us for relaxed Yoga sessions. A 5 week rolling course.

Yoga classes will run weekly, no prior experience needed and all beginners and abilities are welcome.

The Ladies Shed

Starting Monday 5th August 2024 1.30 – 3pm

Will run weekly – Free sessions

Do you have a palliative diagnoses or a life limiting condition? Are you bereaved? Caring for someone with a palliative diagnosis?

The Ladies shed is a safe supportive environment in which to talk and share experiences.

There is a weekly programme of varying activities – From complimentary therapies and pampering, to crafting, painting, game playing, newspapers, open discussions, music and of course tea and biscuits!

The Ladies shed has been designed to evolve with time – and members are encouraged to bring their ideas along and be part of that growth. They can take the lead, share and deliver their existing skills.

If you are interested in attending any of these sessions please contact us and let us know so we can book you on. All sessions and events are free.

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