

WHAT WE CAN HELP WITH

NAILS AND NATTER:

A chance to sit and relax with others while you have your nails manicured and chat to others.

HORTICULTURE & SOCIAL GROUP

Explore, plant and grow our new garden area together



FATIGUE, ANXIETY AND BREATHLESSNESS:

Learn new techniques to help with your symptoms.

WELL BEING PROGRAMME:

Our Occupational Therapist is here to provide advice and support around managing fatigue, anxiety, sleep maintenance, advance care planning and maintaining independence.



EXCITING DEVELOPMENTS TO LOOK OUT FOR:

- Bathing Service
- Befriending Service



ST KENTIGERN HOSPICE



Upper Denbigh Road
St Asaph, Denbighshire, LL17 0RS

CONTACT DETAILS:

For further details on our services, please get in touch.



Telephone:
01745 585221

Email:

Wellbeing Hwb Lead Coordinator
w.rowlands@stkentigernhospice.org.uk

Wellbeing Hwb Staff Nurse
l.ratcliffe@stkentigernhospice.org.uk

HEALTHCARE PROFESSIONALS



For more information on our services or to refer a patient, please contact us for a referral form at:

referrals@stkentigernhospice.org.uk

A copy of our referral form can be downloaded from our website in the "Our Care" section.:

WWW.STKENTIGERNHOSPICE.ORG.UK



St. Kentigern

HOSPICE & PALLIATIVE CARE CENTRE
HOSBIS A CHANOLFAN GOFAL



Wellbeing Hwb
Wellbeing Hwb
Wellbeing Hwb

HOW WE CAN
HELP YOU



ST KENTIGERN HOSPICE

Established in 1995, St Kentigern Hospice is a local charity in the city of St Asaph, providing care and support, free of charge, for patients with a life limiting illness across central North Wales.

THE WELLBEING HWB (WBH)

Our dedicated Wellbeing Hwb team deliver a five-day service that meets the evolving needs of our community.

The Wellbeing Hwb is a welcoming space designed to support the physical, emotional and spiritual needs of our patients, carers and their families. We have an exciting weekly schedule of activities, offering a range of therapeutic activities, support groups and practical help and advice.



WHAT WE CAN HELP WITH...

MUSIC THERAPY:

Enjoy singing or listening to your favourite tunes or playing an instrument with our Therapist.



ART AND CRAFTS:

Discover your creative side and produce some seasonal art projects.



FELT GROUP

Join our group of experts on a monthly basis to create beautiful pieces of felt art



COMPLEMENTARY THERAPY:

Enjoy a relaxing therapy with our therapist, to help you unwind and de-stress.

THE MEN'S GROUP

A chance to talk to other men who are caring for their loved ones.



SPIRITUAL WELLBEING PROGRAMME:

To discover and nurture your own personal spirituality – irrespective of any faith, belief or religion.

FAMILY SUPPORT TEAM:

Our dedicated team include a Counsellor, Social Worker and Chaplain who provide support for your wellbeing, spirituality and any financial help and advice you may need.

ADMIRAL NURSE SERVICE:

Our specialist dementia nurse is here to provide help and support for you and your family. They will provide education and training for families and carers here at the hospice, while our trained staff look after the patient.



MOTOR NEURONE DISEASE SUPPORT GROUP

A supportive environment to share experiences of living with MND and explore symptom management options.

NUTRITION GROUP:

Our trained staff will provide help and advice to help you ensure you maintain a good balanced diet to help you keep well.

SYMPTOM MANAGEMENT GROUPS:

Our trained staff will provide support and advice to help you manage your symptoms and maintain the best possible lifestyle.