



We offer the following sessions as part of our Wellbeing Programme to support people through their bereavement:

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If you would like to find out more about any of the above sessions, please ask to speak to a member of the Wellbeing Support Team, where we can discuss this with you.

You can find more information on our website:

<https://stcolumbashospice.org.uk/wellbeing-hub/>

or by contacting us at wellbeing@stcolumbashospice.org.uk or 0131 551 1381 (option 4).



1:1 Wellbeing Service Information Session and Visit

Hospice Building: Wellbeing Service

This is a 1:1 bookable appointment to come and meet with one of our Wellbeing Support Workers and learn more about the Wellbeing Service and the different sessions we provide. During the information session our Wellbeing Support Worker will show you around the facilities we have available to help give you a feel for our services and can answer any questions you have.

Next Steps Walking Group

Hospice Building: Meet at Iona Café

There is no right or wrong way to feel after a bereavement. However, the death of a loved one can create feelings of isolation, loneliness or emptiness. Next Steps Walking Group is an opportunity to meet others in a similar situation for mutual support, regular activity and friendship. Some people find it easier to walk and talk and this is a great way to socialise and meet new people in a similar situation. Others want the opportunity to walk with people who may have had similar experiences but without having to talk about their own personal loss. "Next Steps" Walking Group follows circular routes starting from St Columba's Hospice and is suitable for anyone with a basic level of fitness.

Make Your Mark - Art Group

Hospice Building: Art Studio

This group is open to Hospice patients, families, carers and those who are recently bereaved. The aim is to express thoughts and feelings through a range of mark making. This involves exploring materials and techniques in a playful and curious way. With no pressure to create a "finished piece", this 6-week block will celebrate the individuality of how we all make our mark on the world around us. No previous art experience is required, just a willingness to give it a go!

Open Music Space - Music Group

Hospice Building: Art Studio

Facilitated by our music therapy team, the aim of the group is to offer a creative safe space for socialisation, emotional expression, and support through music. This group is open to all hospice patients, including those from the community, as well as to families and carers. No previous musical knowledge or skills are required.

Game Changer

Hospice Building: Wellbeing Studio

If you enjoy board games, quizzes and meeting new people, then come along, enjoy a cuppa and some light hearted fun.



Learning to Relax

Hospice Building: Wellbeing Studio

It can be hard to relax when living with, or supporting someone with a life limiting condition, or when you are recently bereaved. Finding ways to relax can help you feel rested, manage tiredness and anxiety, assist with sleep and feel more in control. This session explores the different things we can do to relax and try out some techniques for use at home.

Self- Care

Hospice Building: Wellbeing Studio

These relaxed and informative sessions allow space for discussion about incorporating manageable self-care into your life to help you live well. There will be interesting scientific research exploring the wide- ranging benefits of self-care techniques, from breathing to cold showers! Together with the complementary therapists, there will be opportunities to explore "1 minute to wellness" activities.

Essential Oils to Support Wellbeing

Hospice Building: Wellbeing Studio

Discover the beneficial properties of different essential oils and how to use them, learning tips and techniques on how to easily incorporate essential oils into our daily lives. During this informal, interactive session you will have the opportunity to choose your favourite essential oil(s) and take away with you your own personally blended Aromastick.

Supporting Your Child in Grief

Hospice Building: Wellbeing Studio

Caring for a grieving child or young person can be difficult. What should you say? What shouldn't you say? What changes can you look out for as their grief changes over time? How can you support them as well as yourself?

We are offering an opportunity for you to join other parents and carers to talk, share feelings and connect with one another. You can simply say it how it is, seek advice and hopefully pick up some tips from each other.

The groups run once a month and are informal so you can come when you wish - just once, to each group or whenever you feel you need to.