



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

1:1 Wellbeing Service Information Session and Visit

Location: Hospice Building- Wellbeing Service

This session is suitable for: Those with a life-limiting condition and their carers; those who have been recently bereaved

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.

Game Changer

Location: Hospice Building- Wellbeing Studio

This session is suitable for: Those with a life-limiting condition and their carers; those who have been recently bereaved

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

Essential Oils to Support Wellbeing

Location: Hospice Building- Wellbeing Studio

This session is suitable for: Those with a life-limiting condition and their carers; those who have been recently bereaved

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.

Learning to Relax

Location: Hospice Building, Wellbeing Studio

This session is suitable for: Those with a life-limiting condition and their carers; those who have been 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.

If you would like to find out more about any of the above sessions, please ask to speak to a member of the Wellbeing Service 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)