



**Garden
House**
Hospice
Care



**Compassionate
Neighbours**

Wellbeing Hub

**Stevenage
Stoneyhall**



Compassionate Neighbours are bringing
their services and expertise closer to you.
Join us for a chat, meet new people and get
some support and advice.



Stevenage
Stoneyhall

Every Thursday 10:30am - 12:30pm

Stoneyhall Community Centre, Worham Avenue, Stevenage, SG1 3UG

What can I expect from the Wellbeing Hub?

- * Join us for a cup of tea and a chat
- * Talk to and be listened to by one of our team members
- * Gain information and support about our therapies and support services
- * Join us in a seated exercise group
- * Take part in creative and fun activities that promote health and wellbeing
- * Feel more in control and live life to its greatest potential.

Contact Carly on:

07851 091469



Compassionate
Neighbours

Building Caring Communities

Do you have an hour a week to offer friendship and a listening ear to someone who is lonely and/or socially isolated?

We're looking for new volunteers!

Call: 01462 679540 (option 8)

Email: cn@ghospicecare.org.uk



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Reg. Charity
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