



**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@ghhospicecare.org.uk](mailto:cn@ghhospicecare.org.uk)**



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