



THE
PRINCE
OF
WALES
HOSPICE

Care. Compassion. Community.

Wellbeing and Community Support

**We offer a wide range of activities
to provide practical, emotional and
wellbeing support in the Five Towns.**

Booking is required for all activities except the drop-in sessions.

To check the latest schedule and book, scan the QR code above, visit **www.pwh.org.uk/support**

Alternatively, you can call our Wellbeing Team on 01977 781451.



Registered Charity No. 514999

Activities and group sessions

Coffee and Chat Drop Ins	Tuesdays, 1.00 - 3.00 pm (Notcutts Victoria Garden Centre, WF7 6BS)
Complementary Therapy	Pause and Restore Complementary Therapy and Mindfulness Group, plus so much more! Wednesday, 1.00 - 2.30 pm (The Pipalong Function Room at Pontefract Racecourse) 1:1 appointments available during the week
Exercise Group	Thursdays, 1.30 - 2.30 pm (Local gym)
Craft Group	Friday, 10.30 - 12.30 pm (The Prince of Wales Hospice)
Brew and Do!	Last Wednesday of the month, 10.00 - 12.00 pm (Soup4EM, The Hub, 77 West Street, WF9 3HR)
Young Widows Group	Every four weeks, from Wednesday 13 May 26, 4.00 - 5.30 pm (Fairwood Field Care Home, 7 Wakefield Road, Pontefract, WF8 4DZ)
Family and Carer Support	Family and individual appointments throughout the day (The Prince of Wales Hospice)
Counselling	Monday – Friday throughout the day and evenings (The Prince of Wales Hospice) Family support and individual 1:1 appointments
Bathing Service	Appointments available during the week (The Prince of Wales Hospice)