



## Visit Us



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[lesbourghospice.org.gg](http://lesbourghospice.org.gg)

## Find out more

If you feel that you would benefit from attending the Wellbeing Service please talk to your healthcare provider or alternatively please call us.

# Wellbeing Service

at Les Bourgs Hospice

Living the best life possible  
Making every moment count



Les Bourgs  
HOSPICE

“You matter because of who you are”

Dame Cicely Saunders,  
founder of Hospice Care movement



# WELCOME

## The Wellbeing Service

During each weekly visit a registered nurse will assess your well-being and address any questions or concerns you may have, whether related to your illness or another topic.



## Our Services

All of our services are provided in a relaxed, friendly and informal environment.

You can make new friends and enjoy lots of laughter.

We will also be there for;

- Symptom advice
- Emotional and social support
- Complimentary therapies
- Physiotherapy
- Art and craft activities
- Talks from professionals
- Support for carers and family members



## What to Expect?

This is a free 12 week programme held each Thursday from 9.30am until 3.00pm in the Wellbeing Centre at Les Bourgs Hospice.

Light refreshments and lunch will be provided.

**“At the Wellbeing Service you can come and just be you”**

Lisa Mitchell  
Founder of Les Bourgs Hospice

Our aim is to help you maintain your independence and enhance your overall quality of life.

## How do I get referred to the Wellbeing Service?

Through your GP, Community Nurse Team, Palliative Care Team, Specialist Nurses or Palliative Care Social Worker.

