



HospiceCare
NORTH NORTHUMBERLAND
Caring for Life



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The North Northumberland Hospice is a company limited by guarantee. Registered Office:
Wellbeing Centre, Greensfield House, Willowburn Avenue, Alnwick NE66 2DG
Registered as a company in England No. 04925273,
Charity No. 1103635 Tel: 01665 606515

Wellbeing Services Programme



www.hospicecare-nn.org.uk

WEEKLY DROP-INS

a distraction from thoughts and feelings. Our drop-ins are run mainly by volunteers, however, appointments can be made with one of our clinical team if someone needs one to one support.

Alnwick Wellbeing Centre every Wednesday 11am - 1pm

Berwick Wellbeing Centre every Monday 10am - 12noon

For patients, families and carers.

Many people think that they need to feel 'well' to come to the drop-in, but often people will feel better once they have been! This may be because spending time with others offers



THE WILLOWS

and talk about your experiences and get support as well as picking up helpful practical tips.

Alnwick Wellbeing Centre every Wednesday 1.30pm – 3.30pm

Berwick Wellbeing Centre every Monday 1.30pm – 3.30pm

A weekly support group for carers

A weekly support group for carers is an opportunity to meet other carers in a similar situation to yourself



DEMENTIA CAFÉ

are sociable and friendly places filled with people who truly get where you're coming from. Opportunity to have a chat with our Admiral Nurse.

Alnwick Wellbeing Centre 4th Tuesday of every month 10.30am - 12.30pm

Berwick Wellbeing Centre 2nd Tuesday of every month 10.30 – 12.30pm

Followed by an opportunity to share memories over a cuppa and cake.

Find a support group that's right for you

Sharing experiences and advice with other carers can be incredibly rewarding. Joining a group might seem daunting, but they



DEMENTIA FOOTBALL

opportunity after each game to share memories over a cuppa and cake. A programme of 10 weekly sessions in partnership with Newcastle United and Active Northumberland.

Alnwick Wellbeing Centre Willowburn Leisure Centre, every Wednesday 1pm - 2pm

Berwick Wellbeing Centre Swan Leisure Centre, every Friday 10am - 11am

Are you living with dementia?

Would you like to play Walking Football with Newcastle United Foundation coaches? Well you can! There will be an



MEET UP MONDAYS

by either calling: 01665 606515 or online: www.ticketattailor.com/events/hospicecarenorthnorthumberland

Alnwick Wellbeing Centre 1st Monday of the month 2pm - 4.30pm

Tea, coffee and cake will be available.

An exciting new programme of monthly guest speakers and workshops. Advisable to reserve a place



BEREAVEMENT CAFÉ

experience of loss. Open to anyone who has had a bereavement, with no pressure to talk unless you feel like it. No previous contact with the hospice necessary.

Berwick Wellbeing Centre 3rd Thursday of every month 10am - 12noon

Alnwick Wellbeing Centre 2nd Thursday of every month 1pm - 3pm

The café is a relaxed space for people to come together, with others, who understand what they are going through because of shared



INFORMATION & ADVICE HUB DROP-IN

Lung Disease, Motor Neurone Disease, Parkinson's Disease and Advanced Dementia. No appointment necessary, just drop-in or telephone 01665 606515 or 01289 309997.

Alnwick Wellbeing Centre 3rd Thursday of every month 1pm - 4pm

Berwick Wellbeing Centre 1st Thursday of every month 10am - 1pm

Offers free practical, financial, emotional and social support to people, their families and carers,

who are living with a life-limiting illness such as: Cancer, Heart Disease,



COMPLEMENTARY THERAPIES

Please contact our nursing team to arrange an appointment.

Complementary Therapies,

such as Aromatherapy massage, are available to patients, families and carers.

