

## Event Programme (2-7pm)

Welcome to the North London Hospice Health and Wellbeing Centre. There are a wide range of activities and therapies for you to view and try today. Staff, volunteers and our service users will be delighted to talk to you about our work.

### GROUND FLOOR

WHEN	ACTIVITY	WHERE
2-7pm	Wellbeing: creative activities; the meaning of a cup of tea;	Open Space/Lounge
2-4pm	Hand massage	Hair/Beauty Room
2-7pm	Art Therapy – How is it used? Try your hand at clay work	Art Room
	Assessing a patient's needs. What happens on a first visit?	Clinic Room
<b>4.15pm</b>	<b>OFFICIAL OPENING</b>	<b>Open Space</b>
2-7pm	Light Refreshments & Drinks	Cafe

### GROUND FLOOR HIGHLIGHTS

**Art Therapy** – Our Art Therapist will be demonstrating how art is used to help patients express and understand their feelings and emotions. Learn the difference between art therapy and making art. Both have therapeutic benefit.

**The meaning of a cup of tea....** It's more than just a hot drink. It's a chance to talk, to reflect, to pause for thought.

**Hand Massage** – Visit our beauty room to experience one of our relaxation services.

**Refreshments** – Tea and Coffee and a selection of finger sandwiches and cakes are being served in the dining room

## FIRST FLOOR

WHEN	ACTIVITY	WHERE
2-7pm	Fatigue & Breathlessness Management Exercise	Physio Room
2-6pm	Acupuncture Taster Sessions	Consulting & Therapy Rooms
2-6pm	Seated Reiki Introductory Session	Consulting & Therapy Rooms
4.45pm-6pm	Teaching Hand Massage Technique	Consulting & Therapy Rooms
2-7pm	Catching the Light Photography Group - View their work on a slideshow	Conference Room
3.15pm & 4.45pm	Listen to the experiences of our service ambassadors	Conference Room
3.30pm & 5pm	Drama Therapy taster session x2	Meeting Room

## FIRST FLOOR HIGHLIGHTS

**Ambassadors** – Sharon and Richard Stacey and Ajay Gowry and his wife Sharon will be talking about their experiences as users of our services. **Ambassadors will wear yellow badges.**

**Photography Group** – View the incredible work of our patient photography group and talk to its members.

**Physiotherapy & Breathlessness Groups** – Information is displayed on our weekly sessions for fitness and symptom management. Plus, try some of our benchmarking exercises for yourself.

**Acupuncture & Seated Reiki** – Join introductory sessions on these symptom control services throughout the afternoon.

**Drama Therapy** - Taster sessions on how drama therapy is used to express emotions that some find it difficult to talk about.