

## Wellbeing and Outreach Services

St Leonard's Hospice is an independent charity that provides specialist palliative care and support for people living with life-limiting illnesses. All services are provided free of charge.

While many people associate hospice care with cancer, St Leonard's Hospice also supports people with a wide range of conditions, including COPD, frailty, Motor Neurone Disease, Parkinson's, and other progressive illnesses. The team offers support from the point at which a condition is recognised as life-limiting, for both patients and their families or carers.

The Hospice focuses on delivering personalised care in a relaxed and supportive environment. Alongside a highly experienced team of doctors and nurses, patients and families can access a wide range of wellbeing and outreach services.

These include:

- **Wellbeing Drop-in**

A safe, informal space to get advice, meet others in similar situations, and learn about local support services over a coffee.

Thursdays from 10:00 am to 12:30 pm

- **Condition-specific groups**

Regular groups such as the Breathing Space Group for respiratory conditions, York Heart Failure Social, and the MND drop-in.

- **Complementary therapies**

Access to treatments such as reflexology, hand massage, and reiki to support physical and emotional wellbeing.

- **Emotional and wellbeing support, including planning for future care**

Support from a multidisciplinary team, including professionals in social work and spiritual care.

- **Carers' support service**

Trained carers provide up to three hours of support, giving carers time to rest and recharge with peace of mind.

- **Living with Grief course**

Open to anyone in the community, this course supports people between 8 weeks and 2 years after a loss.

You can find further information, including how to refer someone, on the St Leonard's Hospice website. [Our services - St Leonard's Hospice](#)

If you are supporting someone with a life-limiting illness, or have received a diagnosis yourself, you can speak to a member of the team on 01904 777 770.