



If you, or someone you care about, has been diagnosed with a life-limiting illness, we can help.

Our Sunflower Wellbeing Hub provides expert advice and support covering a range of topics including:

- ☀ The impact of diagnosis on yourself, friends, and family members
- ☀ Breathlessness
- ☀ Health and wellbeing
- ☀ Planning for the future
- ☀ Learning more about end-of-life care and the services we offer

Find out more about our drop-in sessions, support groups and resources

stleonardshospice.org.uk/WellbeingHub



We run a series of drop-in sessions where our experienced team will give you the time to talk about your problems and concerns in a safe and relaxed environment.

You will also meet people going through the same experiences as you and learn about additional support groups specific to your needs.

Our sessions include:



Arts and Crafts for Wellbeing



Bereavement Support Group



Wellbeing Drop-In



Selby Wellbeing Drop-In

Please visit our website for full details, including dates, times and locations.

stleonardshospice.org.uk/WellbeingHub



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**Sunflower
Wellbeing
Hub**

A stylized sunflower logo with a yellow center and orange petals.