

St Marys Hospice Community Hub Compassionate Connections



St Mary's Hospice Community Hub

Dying Matters week

We held an amazing Love, Life and Death event at The Forum on Thursday 9th May for Dying Matters week. Pluto productions performed the play Blue Skies, showing the significance of Hospice care and having open conversations with loved ones. Many discussions were had following the play, with people sharing your thoughts and feelings. We can't thank everyone enough for making this such a memorable event.



St Marys Hospice Community Choir is thrilled to perform at Barrow Pride on Saturday, May 25th at 1.20pm. Additionally, we will have a stall showcasing the activities of our Community Hub. We are eagerly anticipating this fantastic event.



Focus on Integrated Therapy



Our exceptional Integrated Therapist, Kelsey, has been actively engaged with her various groups. Currently, she conducts Chair-Based Exercise sessions in Ulverston on Monday afternoons and at our Community Hub in Barrow on Tuesday afternoons. These sessions have been widely embraced and are available to individuals with progressive health conditions, offering a tailored approach to staying active at a suitable pace.



Art Bag Project supported by Barrowfull



The Art Bag project exhibition, led by Lex, our Creative Arts Practitioner, has been a bustling endeavor. This project has captivated our community, encouraging individuals to craft their own Happy Spaces. The exhibition showcased a variety of fantastic creations, from beach scenes to holiday destinations and backyard retreats. The event took place at our Community Hub in Barrow on Friday, May 10th.



Our Admiral Nurse Dementia Service has launched!



On Friday, May 17th, St. Mary's Hospice introduced the Admiral Nurse service with our dedicated nurse, Sophie. We are thrilled to provide this service to our community and support individuals and their families coping with Dementia.



During Dementia Action Week from May 13th to 19th, we held an event at the Holiday Inn Barrow on Monday, May 13th. The aim was to promote initiatives that improve the lives of individuals with Dementia, in collaboration with our partners Age UK, Alzheimer's Society, and Barrow ICC.

**St Marys Admiral
Nurse Sophie**

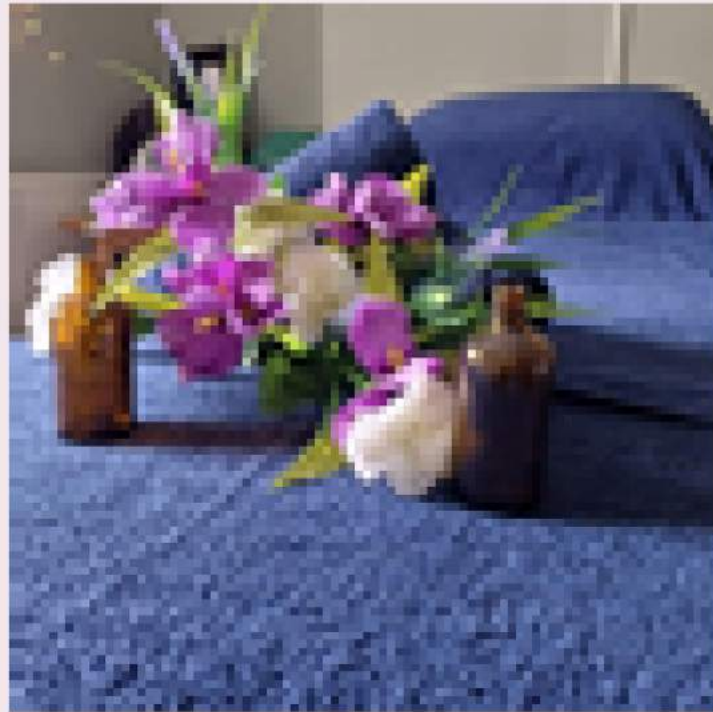
St Marys Hospice Dementia Cafe Barrow

Our Dementia cafe in Barrow was bustling with activity on Friday, 17th May from 1-3pm. Barrow Library and Archives collaborated with us, offering attendees the opportunity to experience virtual reality through their headsets. Participants took virtual trips to wildlife settings, swam with turtles, and savored the Caribbean atmosphere. The delightful Lorna from Age UK Barrow and District led engaging exercises and chair-based games that were enjoyed by all.



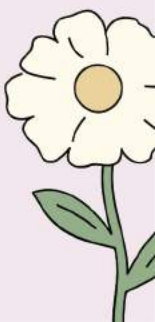
Complementary Therapy

Our fantastic Complementary Therapist, Jo, conducts staff wellbeing sessions twice a month. These sessions have significantly benefited Hospice staff, allowing them to prioritize self-care and take a break.



Family and Bereavement Support Team

With the arrival of the pleasant weather, our Forget Me Not Gardening Group has officially begun. We gather on Tuesday mornings at our Hospice in Ulverston, welcoming those who are experiencing bereavement or are about to face it. It's an opportunity to enjoy the outdoors, engage in pleasant company, and improve gardening skills.



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ST MARYS HOSPICE COMPASSIONATE COMMUNITY TEAM: SERVICES OFFERED

- Family Support and Bereavement Service
- Complementary Therapy
- Fatigue Anxiety Breathlessness Groups (FAB)
- Mindfulness Groups
- Chair-Based Exercise Sessions (CBE)
- Grief Yoga
- Art and Wellbeing Groups
- Admiral Nurse Service
- Dementia Cafes in Barrow, Ulverston, Windermere, and Millom

All our services cater to individuals with a Life-Limiting condition, caregivers, and bereaved community members.

For more details on the referral process, please contact
St Marys Hospice Community Hub at Duke Street, Barrow,
Tel: 01229 444407.

Join the Hospice Community Choir every Monday morning from 10:30-11:30 am at the Community Hub (except Bank holidays) – everyone is welcome.

Education sessions on "Debunking Hospice Myths" are available to all. Monthly sessions are held at the Community Hub Barrow. Contact the Hub to reserve a spot or enquire about visiting your group/organisation.

Tel: 01229 444407

Email angela.mason@stmaryshospice.org.uk

