



St Marys Hospice Community Hub Compassionate Connections Newsletter

The Dock Art and Demonstration Event

Our Hospice Art Practitioner Lex attended The Dock Art and Demonstration event at Barrows Dock Museum on Saturday, 29th of June. It was a wonderful day and we took the opportunity to launch our exciting new community project 'Wishing Crane: Threading the community together'.

Over the coming months we will be holding community workshops in an aim to create 1000 fabulous paper cranes!



Mindful Movement



Our Mindful Movement sessions use gentle techniques from Pranayama Yoga, Breath work and Tai-Chi.

These sessions run over 6 weeks from 5.30pm- 6.30pm and are open to anyone experiencing loss or caring for someone with a progressive health condition. These sessions will support with relaxation, reduced muscle tension, synchronising the body and mind, improving sleep and mental health.

Strength and Balance



These sessions are designed to support you in improving your strength, balance, stamina and flexibility.

We realise the importance of regular strength and balance exercise and how this can help reduce the risk of having a fall. Our programme runs over 3 weeks on a Wednesday 1-2pm after which you will receive a booklet containing all the exercises so you may continue to follow the programme at home. Please contact Kelsey at the Community Hub for more information regarding our group sessions.

Hospice Dementia services



In July the wonderful Mary Dunsford joined us at our Barrow Dementia cafe, guiding us through an interactive musical journey, designed to stimulate memories and emotions, offering therapeutic benefits for those living with Dementia. We look forward to working with Mary using the power of music to inspire future care planning

St Marys "Sporting Memories" visit to Barrow Raiders

What an amazing afternoon spent at Barrow Raiders, Alan took us on a fantastic tour of the stadium which brought back so many memories for those attending and sparked lots of conversation about past players and matches.



Family Support and Bereavement Team

A lovely time was had at our monthly bereavement coffee evening at St Marys Hospice in Ulverston. The evening was filled with support and friendship in a warm and welcoming atmosphere, where we were able to enjoy the tranquil garden space.



Complementary Therapy

Looking after the wellbeing of staff is so important here at St Marys Hospice.

Our amazing Therapist Jo offers sessions for staff to book onto each month. As you can imagine staff really look forward to these relaxing sessions.



Hospice Compassionate Community visit to Carer Support Furness Friday 5th July



What a warm welcome we received from Carer Support Furness, when we did our "Debunking Hospice Myths" presentation, many attending did not realise we have the Hospice Community Hub on Duke street and all the activities we hold there.

If you would like to attend a Myths presentation or would like us to come to your group, please get in touch with Ange Mason at the Hospice Community Hub 01229 444407

St Marys Hospice Choir at Barrow-In-Furness Unity Festival 2024



Our Hospice Choir is going from strength to strength under the tuition of the amazing Jorgie Wilson. So many people from our community have joined us on a Monday morning-it really is the best start to the week! The choir thoroughly enjoyed being a part of Barrow Unity Festival on Sat 27th July, and have more performances in the coming months.

Events for our community to get involved in



Wishing Crane: Threading the community together

Origami paper cranes are more than just beautiful creations—they're iconic symbols of peace, hope, and healing.

Did you know that Japanese legend holds folding 1,000 cranes, known as senbazuru, grants a wish or brings good fortune?



Exciting News! Over the next few months, Lex, our Creative arts practitioner, will be delivering community workshops to help everyone create beautiful paper cranes.

Hospice Through the Lens: A Community Photo Exhibition

What does hospice care mean to you?



We want to know what 'hospice care' means to you. Whether it's a serene garden, a comforting room, or a moment of compassion, we want to see your vision.

We're asking you to send us a picture of what hospice care means to you and send it to us with one sentence explaining it. All photos entered by September 20th will be showcased in a special exhibition at St Mary's Hospice Community Hub on October 11th.



"Hospice care focuses on what matters most to patients, often including their pets. Having pets around can bring comfort and emotional support during this difficult time."



If you'd like to send us your photos email communications@stmaryshospice.org.uk by September 20th

www.stmaryshospice.org.uk

RGN 517738



St Mary's
Hospice

St Marys Hospice Compassionate Community Team/services

Family Support and Bereavement Service

Complementary Therapy

Art and Wellbeing Groups

Admiral Nurse

Dementia Hub

Dementia cafes and Sporting Memories

Fatigue Anxiety and Breathlessness Groups (FAB)

Breathlessness Support Sessions.

Mindfulness Groups

Mindful Movement Groups

Chair Based Exercise Groups (CBE)

Strength and Balance workshops

All our services cater to individuals with a life-limiting condition, care givers and bereaved community members.

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

Our Hospice Community Choir is here at the Hub every Monday morning 1030-1130am (except Bank Holidays) and open to all in our community.

Education sessions "Debunking Hospice Myths" are available to all, monthly sessions are held at the Community Hub in Barrow or if you would like us to attend your group/organisation please email Ange Mason

angela.mason@stmaryshospice.org.uk

Tel:01229 444407