

## Wellbeing Services

### Groups in partnership with Compassionate Neighbours

All groups are free of charge and are for anyone with a link with North London Hospice. We are unable to provide transport however friends/family/carers are welcome to join too.

#### At North London Hospice, Enfield (N21 3AY)

- **Games Group—every Monday, 11:00-13:00**  
A group for anyone who enjoys playing board and card games (or thinks they might). We learn and play a variety of games - whether you like competitive, light-hearted, serious or silly games, we're sure to get something you enjoy to the table!
- **Knitting and Crochet—every Wednesday, 11:00-13:00** (also online)  
For beginners and experienced crafters to learn and share skills together.
- **Photography—first Wednesday of the month, 15:00-17:00 in person** (also online)  
Group sharing their passion for photography. Regular meet-ups and outings between groups such as visits to exhibitions and photography walks. A digital camera isn't required; some members use their smartphones.
- **Music for Life Group—every Thursday, 14:00-15:00**  
All abilities and experience levels are welcome – the only thing you need to have is a love for music! Activities will be guided by the interests of the group but often include singing, drumming, playing instruments, group composition, improvising, song sharing, listening and general music chat. The only aims are to have fun and be expressive! The group is facilitated by our Trainee Music Therapist Ross who is training at Nordoff & Robbin.
- **Floristry and arts—ad hoc workshops**
- **Barrowell Green Allotment—by appointment**  
We have an allotment a short walk from the building if you fancy getting your hands dirty.

#### At North London Hospice, Barnet (N12 8TT)

- **Whetstone Stray Community Allotment—community drop-in sessions every Tuesday and Thursday between 11:00 and 15:00.** You'll be warmly welcomed by Les and Brigid. Once you've met Les and Brigid, you're welcome to come along whenever you like in your own time. Brigid is happy to be contacted for more information on 07780 815496.

#### Online Zoom groups

- **Seated Exercise Group—Tuesdays, 10:30—11:30**  
Gentle seated exercise group led by a volunteer Physiotherapist
- **Seated Yoga Group—Fridays, 10:45-11:45**  
Gentle weekly seated yoga concentrating on breathing and relaxation
- **Film Club—monthly (usually Tuesday afternoons at 16:00)**  
Searle is film lecturer and prepares a talk with some video clips based on a particular topic
- **Mindfulness for Wellbeing—monthly (second Wednesday of the month, 14:00-15:00)**  
Led by Denise, our volunteer mindfulness teacher
- **Gardening Group—monthly (usually the last Wednesday of the month)**  
Therapeutic group with a guided activity. All materials provided

For more information, or to suggest a new group, please contact the Compassionate Neighbours team on [CN@northlondonhospice.co.uk](mailto:CN@northlondonhospice.co.uk) or call 0800 368 7848 (Option 3)