



SUPPORTIVE CARE EVENTS AND GROUPS

APRIL - JUNE 2025

welcome

AS WE WELCOME IN THE LONGER DAYS

and look forward to summer, the team are eager to get back out into our lovely grounds. We hope you will join us at one of the outdoor gatherings we have planned.

The refurbishment of the Diana Wing has created perfect tranquil spaces for Mindfulness, group work and individual therapeutic sessions. With these beautiful new spaces, we have been able to extend the range of support we offer. It is now possible to book an appointment for a consultation with our Hair and Wig Specialist to support you with any hair issues you may be experiencing as a result of treatment. If you would like to learn more about this, please get in touch.

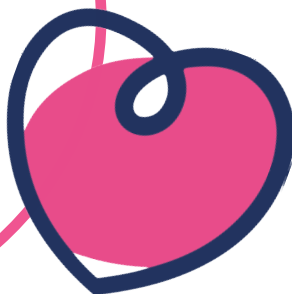
With love,
The Supportive Care Team

EVENT AND GROUP LOCATIONS

Deer Park
Deer Park Road
Newport
Barnstaple
EX32 0HU

The Long House
Dobles Lane
Holsworthy
EX22 6GH

Tel: 01271 347225





EVENTS AND GROUPS



WELCOME TO THE HOSPICE

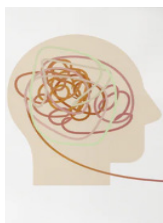
We recommend this introductory session for those patients and family members who have been recently referred to the Hospice. It's an opportunity to visit Deer Park, have a look round and settle any anxieties you may have about who we are and how we can help. During the visit we hope you will gain a better understanding of the range of support we can offer you and your family; you will also have a chance to meet others from our community who are experiencing similar issues. We hope you will be able to stay for lunch (on us) in the Terrace Café.

For: Newly referred patients, carers and families

On: Deer Park

At: Monday 7th April / Tuesday 6th May / Monday 2nd June / Tuesday 1st July, from 11:00am to 12:30pm (with an invitation to stay for lunch in the Terrace Café).

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



PATIENTS GROUP

This is a safe space for you as a patient to be with others who are in a similar situation, to share how you're feeling and what you're experiencing, and to hear others speak of themselves. There are opportunities to reminisce and talk about your life and what you've loved, what's meant something to you.

For: Patients

At: Deer Park

On: Wednesdays for 6 weeks: 14th May / 21st May / 28th May / 4th June / 11th June / 18th June, from 11:00am to 12:30pm; please arrive in good time to be ready to start at 11:00am.

We ask attendees to join in week 1 or 2.



CARERS GROUP

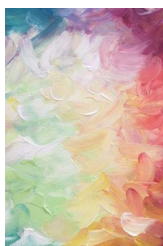
A supportive space in which carers can come together and share their experiences with others in similar situations and explore how they are feeling.

For: Carers

At: Deer Park

On: Wednesdays for 6 weeks: 14th May / 21st May / 28th May / 4th June / 11th June / 18th June, from 11:00am to 12:30pm; please arrive in good time to be ready to start at 11:00am.

We ask attendees to join in week 1 or 2.



YOUR SPACE

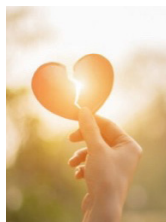
Come and join this informal open space to share, learn and create with others at The Long House. Create something unique, share memories or explore new topics.

For: Patients and carers

At: The Long House

On: Tuesdays 8th April / 13th May / 10th June, from 2:00pm to 4:00pm

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



BEREAVEMENT GROUP

A facilitated therapeutic space for those who have been recently bereaved. The group creates a safe space for people to share their experiences and feelings with others who are also experiencing loss.

For: People bereaved within the last year

At: Deer Park

On: Mondays for 6 weeks: 16th June / 23rd June / 30th June / 7th July / 14th July / 21st July, from 2:00pm to 3:30pm; please arrive in good time to be ready to start at 2:00pm.

We ask attendees to join in week 1 or 2



TEA @ 2

This is an informal get-together for those who have been bereaved. Join us to meet others and chat over a cuppa. No need to book, just come along between 2:00pm and 4:00pm.

For: Bereaved people

At: The Long House

On: Tuesdays 22nd April / 27th May / 24th June, from 2:00pm to 4:00pm



INTRODUCTION TO MINDFULNESS

A chance to find out what this thing called 'mindfulness' is – to get a taste of how mindfulness can make us feel less overwhelmed by intense feelings and sensations, and how it can help us come to rest as human *beings* rather than human *doings*. A taste of peace amid all our busy-ness.

For: Open to all

At: Deer Park

On: Tuesday 29th April, from 2:15pm to 3:30pm

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



GRIEF RETREAT

These whole-day Grief Retreats offer a gentle, compassionate space in which you can allow yourself to settle and feel the often painful feelings of grief in a safe and supportive atmosphere – with others who are experiencing loss too. Often, when we are grieving, we want to retreat from our pain; we don't always see that the pain we feel is because we have loved, and that to feel it starts the journey towards healing. Mindfulness helps us feel our feelings and can also bring a sense of calmness and grounded-ness when it can seem as though we are floating free. A light and nourishing lunch will be provided.

For: Bereaved people

At: Deer Park

On: Thursday 22nd May, from 11:00am to 3:00pm



ELEVENSES

This is an informal get-together for those who have been bereaved. Join us to meet others and chat over a cuppa. No need to book, just come along between 10:30am and 11:30am.

For: Bereaved people

At: Deer Park

On: Mondays 14th April / 12th May / 9th June, from 10:30am to 11:30am



IN THE MAKING

This is a relaxed welcoming space to enjoy making and creating. You may wish to bring a project from home, make a unique gift for someone special, capture a memory or simply express how you are today. This peaceful space, in which you can enjoy the company of others, is open to patients and a member of their family or a friend.

For: Patients and carers or a friend

At: Deer Park

On: Thursdays 24th April / 1st May / 8th May / 15th May
19th June / 26th June / 3rd July,
from 2:00pm to 3:30pm



TERRACE CAFÉ - LUNCH CLUB

This is an opportunity to meet and catch up with others over a relaxed meal in our café. You are more than welcome to come on your own or with a companion. Lunch is on us and open to all patients and carers.

For: Patients and carers

At: Deer Park

On: Mondays 28th April / 19th May / 23rd June,
from 12:00 to 1:30pm



GATHERINGS

We hold regular special events and social gatherings for our hospice community.

Please keep a look out for emails and leaflets for more information.

For: Patients, carers, families and friends

At: Deer Park and The Long House



FAMILY EVENTS

Events held at Deer Park (in the school holidays) for children and their families in the hospice community. These days are designed for families to get together with others, share experiences and express feelings creatively. Weather permitting, these events will be held outside, exploring the gardens and using nature as inspiration. Lunch is included.

For: Children and their families in the hospice community

At: Deer Park

On: Tuesdays 8th April / 27th May,
from 11:00am to 2:00pm

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



TWILIGHT GROUP

This is a facilitated creative therapeutic space for families in the hospice community. We offer a space for children and an adult family member to share their experiences and express themselves creatively.

For: Children and an adult

At: Deer Park

On: Tuesdays 13th May / 10th June,
from 4:00pm to 6:00pm



MINDFULNESS IN THE RETREAT

Guided sessions in which we sit quietly and allow our attention to settle; this creates a calm and nourishing space in which we can feel what we're feeling without it overwhelming us. We bring our attention into the present moment (rather than our minds taking us into the past and future) and find space and comfort there.

For: Open to all

At: Deer Park

On: Tuesdays 8th April / 22nd April / 13th May /
27th May / 10th June / 24th June,
from 2:15pm to 3:30pm



CHOICES

A 6-week course based on commonly requested information or supportive topics to generate conversations in an informal but safe space. Example topics include Managing Fatigue, Everything Food, Funeral Options, Advance Care Planning, Getting Paperwork in Order, and so on.

There will be various internal and external guest speakers invited to offer some expertise and be available to answer any questions you or your family may have at what can be an overwhelming time. Light refreshments will be provided.

For: The sessions will be aimed at patients and carers but due to general interest, members of staff or the public may also join us.

At: Deer Park

On: Wednesdays for 6 weeks: 19th March / 26th March /
2nd April / 9th April / 16th April / 23rd April,
from 11:00am to 12:30pm
We would encourage you to attend all 6 if possible.



WELLBEING DAYS

These days offer space for rest and relaxation, a chance to experience complementary therapies and time to talk with others in the tranquil surroundings of The Long House. A light lunch is provided.

For: Patients and carers

At: The Long House

On: Thursdays 17th April / 15th May / 19th June,
from 10:30am to 3:00pm

Please phone to book; places are limited and we do our best to ensure everyone who wishes to come has a chance to attend at least one Wellbeing Day.



HAIR AND WIG CLINIC

Time and space with our hairdresser to discuss hair and wig care in our very own hairdressing room at Deer Park, Barnstaple. A chance to try new styles with your own hair or select one of our many wigs to experiment with. Advice can be given on measuring, ordering and care of wigs, along with support for special occasions, re-styles and accessories.

By appointment only, once a month. Appointments will be up to 1½ hours for each booking.

For: Patients

At: Deer Park

On: Mondays 28th April / 19th May / 30th June

Please phone 01271 347225 to book your appointment

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

To book on to any of the groups or sessions on offer please call Supportive Care on 01271 347225. Booking is essential. Please call us and we can chat about what is available and what might best support your needs.

APRIL

Wednesday 2nd	11:00am – 12:30pm	Choices – 3/6 Deer Park Open to all
Monday 7th	11:00am – 12:30pm	Welcome to the Hospice (followed by lunch in the Terrace Café) Deer Park Newly referred patients, carers & families
Tuesday 8th	11:00am – 2:00pm	Family Event Deer Park Children and their families
	2:15pm – 3:30pm	Mindfulness in The Retreat Deer Park Open to all
	2:00pm – 4:00pm	Your Space The Long House Patients and carers
Wednesday 9th	11:00am – 12:30pm	Choices – 4/6 Deer Park Open to all
Monday 14th	10:30am – 11:30am	Elevenes Deer Park Bereaved people
Wednesday 16th	11:00am – 12:30pm	Choices – 5/6 Deer Park Open to all
Thursday 17th	10:30am – 3:00pm	Wellbeing Day The Long House Patients and carers
Tuesday 22nd	2:00pm – 4:00pm	Tea @ 2 The Long House Bereaved people
	2:15pm – 3:30pm	Mindfulness in the Retreat Deer Park Open to all

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Wednesday 23rd	11:00am – 12:30pm	Choices – 6/6 Deer Park Open to all
Thursday 24th	2:00pm – 3:30pm	In the Making Deer Park Patients and carers
Monday 28th	12:00 – 1:30pm	Lunch Club – Terrace Cafe Deer Park Patients and carers
Monday 28th	By appointment	Hair and Wig Clinic Deer Park Patients
Tuesday 29th	2:15pm – 3:30pm	Introduction to Mindfulness Deer Park Open to all

MAY

Thursday 1st	2:00pm – 3:30pm	In the Making Deer Park Patients and carers
Tuesday 6th	11:00am – 12:30pm	Welcome to the Hospice (followed by lunch in the Terrace Café) Newly referred patients, carers and families
Thursday 8th	2:00pm – 3:30pm	In the Making Deer Park Patients and carers
Monday 12th	10:30am – 11:30am	Elevenes Deer Park Bereaved people

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Tuesday 13th	2:15pm – 3:30pm	Mindfulness in the Retreat Deer Park Open to all
	2:00 – 4:00pm	Your Space The Long House Patients and carers
	4:00pm – 6:00pm	Twilight Deer Park Children and an adult
Wednesday 14th	11:00am – 12:30pm	Patients Group 1/6 Deer Park Patients
	11:00am – 12:30pm	Carers Group 1/6 Deer Park Carers
Thursday 15th	10:30am – 3:00pm	Wellbeing Day The Long House Patients and carers
	2:00pm – 3:30pm	In the Making Deer Park Patients and carers
Monday 19th	12:00 – 1:30pm	Lunch Club – Terrace Café Deer Park Patients and carers
	By appointment	Hair and Wig Clinic Deer Park Patients
Wednesday 21st	11:00am – 12:30pm	Patients Group 2/6 Deer Park Patients
	11:00am – 12:30pm	Carers Group 2/6 Deer Park Carers

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Thursday 22nd	11:00 am - 3:00pm	Grief Retreat Deer Park Bereaved people
Tuesday 27th	11:00am - 2:00pm	Family Event Deer Park Children and their families
	2:15pm - 3:30pm	Mindfulness in the Retreat Deer Park Open to all
	2:00pm - 4:00pm	Tea @ 2 The Long House Bereaved people
Wednesday 28th	11:00am - 12:30pm	Patients Group 3/6 Deer Park Patients
	11:00am - 12:30pm	Carers Group 3/6 Deer Park Carers

JUNE

Monday 2nd	11:00am - 12:30pm	Welcome to the Hospice (followed by lunch in the Terrace Café) Deer Park Newly referred patients, carers and families
Wednesday 4th	11:00am - 12:30pm	Patients Group 4/6 Deer Park Patients
	11:00am - 12:30pm	Carers Group 4/6 Deer Park Carers
Monday 9th	10:30am - 11:30am	Elevenes Deer Park Bereaved people
Tuesday 10th	2:00pm - 4:00pm	Your Space The Long House Patients and carers

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

	2:15pm – 3:30pm	Mindfulness in the Retreat Deer Park Open to all
	4:00pm – 6:00pm	Twilight Deer Park Children and an adult
Wednesday 11th	11:00am – 12:30pm	Patients Group 5/6 Deer Park Patients
	11:00am – 12:30pm	Carers Group 5/6 Deer Park Carers
Monday 16th	2:00pm – 3:30pm	Bereavement Group 1/6 Deer Park Bereaved people
Wednesday 18th	11:00am – 12:30pm	Patients Group 6/6 Deer Park Patients
	11:00am – 12:30pm	Carers Group 6/6 Deer Park Carers
Thursday 19th	10:30am – 3:00pm	Wellbeing Day The Long House Patients and carers
	2:00pm – 3:30pm	In the Making Deer Park Patients and carers
Monday 23rd	2:00pm – 3:30pm	Bereavement Group 2/6 Deer Park Bereaved people
	12:00 – 1:30pm	Lunch Club – Terrace Café Deer Park Patients and carers
Tuesday 24th	2:15pm – 3:30pm	Mindfulness in the Retreat Deer Park Open to all
	2:00pm – 4:00pm	Tea @ 2 The Long House Bereaved people

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Thursday 26th	2:00pm – 3:30pm	In the Making Deer Park Patients and carers
Monday 30th	2:00pm – 3:30pm	Bereavement Group 3/6 Deer Park Bereaved people
	By appointment	Hair and Wig Clinic Deer Park Patients

JULY

Tuesday 1st	11:00am – 12:30pm	Welcome to the Hospice (followed by lunch in the Terrace Café) Deer Park Newly referred patients, carers and families
Thursday 3rd	2:00pm – 3:30pm	In the Making Deer Park Patients and carers
Monday 7th	2:00pm – 3:30pm	Bereavement Group 4/6 Deer Park Bereaved people
Tuesday 8th	2:15pm – 3:30pm	Mindfulness in the Retreat Deer Park Open to all
	4:00pm – 6:00pm	Twilight Deer Park Children and an adult
	2:00pm – 4:00pm	Your Space The Long House Patients and carers
Wednesday 9th	11:00am – 12:30pm	Choices 1/6 Deer Park Open to all

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

registered charity 286554

