



SUPPORTIVE CARE EVENTS AND GROUPS

JULY - SEPTEMBER 2025

welcome

to the Summer programme of groups and events designed to support patients, family members and bereaved clients. Our aim is to offer a range of groups, therapies and activities to support the physical, emotional and spiritual wellbeing of anyone eligible for Hospice support. If you feel that you are eligible, and you are not already known to us, please ask your GP or Hospice nurse to make a referral.

This next quarter sees the introduction of a new group. We are offering a monthly Sound Bath session. Places are limited and will be snapped up fast, but if you have never experienced one, Sound Baths can be hugely therapeutic, supporting relaxation, managing fatigue and reducing stress. Alongside our individual complementary therapy sessions and Guided Mindfulness practice – as well as Wellbeing days at The Long House – they are another way to boost your wellbeing.

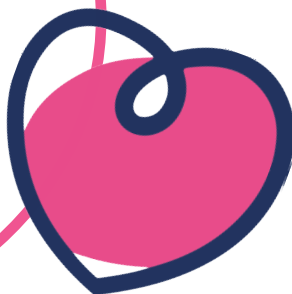
With love,
The Supportive Care Team

EVENT AND GROUP LOCATIONS

Deer Park
Deer Park Road
Newport
Barnstaple
EX32 0HU

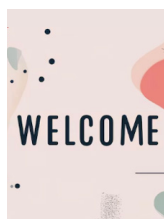
The Long House
Dobles Lane
Holsworthy
EX22 6GH

Tel: 01271 347225





EVENTS AND GROUPS



WELCOME TO THE HOSPICE

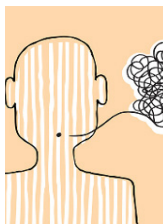
We recommend this introductory session for those patients and family members who have been recently referred to the Hospice. It's an opportunity to visit Deer Park, have a look round and settle any anxieties you may have about who we are and how we can help. During the visit we hope you will gain a better 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

At: Deer Park

On: Tuesday 1st July / Thursday 17th July / Tuesday 19th August / Thursday 18th September 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 4 weeks: 23rd July / 30th July / 6th August / 13th August 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.

The next 6-week run will start on 17th September.



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 4 weeks: 23rd July / 30th July / 6th August / 13th August 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.

The next 6-week run will start on 17th September.



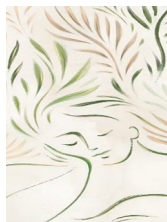
TERRACE CAFÉ - LUNCH CLUB

This is an opportunity to enjoy some social time 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. If you have any specific dietary needs, please make us aware when booking.

For: Patients and carers

At: Deer Park

On: Monday 28th July / 22nd September
from 12:00 to 1:30pm



CHOICES

This is a 6-week course designed to assist you and your family to make informed choices at what can be a very overwhelming time. We cover some commonly requested topics to generate conversations in a supportive safe space, with others in similar situations. There will be various internal and external guest speakers who can offer expertise in their field and answer any questions you may have. Examples of topics include finances and writing wills, funeral options, sleep issues etc. Light refreshments will be provided.

For: Patients and carers

At: Deer Park

On: Fridays for 6 weeks: 11th July / 18th July /
25th July / 1st August / 8th August / 15th August
from 11:00am to 12:30pm



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. It's not about what you produce but about being in the making.

For: Patients and carers

At: Deer Park

On: Thursdays: 3rd July / 10th July / 14th August /
21st August / 28th August / 4th September
from 2:00pm to 3:30pm.

The next run will start on Thursday 2nd October.

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



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 5th August / Wednesday 20th August from 11:00am to 2:00pm



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 8th July / 16th September from 4:00pm to 6:00pm



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: 30th June / 7th July / 14th July / 21st July / 28th July / 4th August 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.

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



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: Thursdays 24th July / 28th August / 25th September
from 2:00pm to 4:00pm



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 21st August 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 July / 11th August / 8th September
from 10:30am to 11:30am



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: Patients, carers and bereaved people

At: Deer Park

On: Tuesdays 8th July / 22nd July / 12th August / 26th August / 23rd September from 2:15pm to 3:30pm

Time will be allowed until 4pm for any questions people may have.



SOUND BATH THERAPY

Sound Bath Therapy induces a deep state of relaxation by immersing participants in resonant sound waves. These sessions are held monthly by specialist volunteer Arwen Raddon using Singing Bowls, Chimes and Gongs to create a beautiful soundscape designed to reduce stress and anxiety, and boost wellbeing.

You can choose to be seated in a comfy chair or use a mat and blankets on the floor.

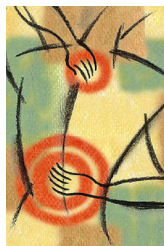
Please call for more information or to reserve a place. Booking is essential.

For: Patients and Carers

At: Deer Park

On: Fridays 4th July / 1st August / 5th September / 3rd October from 2:00pm 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.



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 July / 18th September 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 the 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 July / 18th August / 29th September

Please phone 01271 347225 to book your appointment



EVENTS AND 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

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.

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 - 3/4 Deer Park Patients and carers
Friday 4th	2:00pm – 3:30pm	Sound Bath Therapy Deer Park Patients and carers
Monday 7th	2:00pm – 3:30pm	Bereavement Group 2/6 Deer Park Bereaved people
Tuesday 8th	2:15pm – 3:30pm	Mindfulness in the Retreat Deer Park Patients, carers and bereaved people
	4:00pm – 6:00pm	Twilight Deer Park Children and an adult
Thursday 10th	2:00pm – 3:30pm	In the Making - 4/4 Deer Park Patients and carers
Friday 11th	11:00am – 12:30pm	Choices – Finances 1/6 Deer Park Patients and carers
Monday 14th	10:30am – 11:30am	Elevenes Deer Park Bereaved people
	2:00pm – 3:30pm	Bereavement Group 3/6 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.

Thursday 17th	10:30am – 3:00pm	Wellbeing Day The Long House Patients and carers
	11:00am – 12:30pm	Welcome to the Hospice (followed by lunch in the Terrace Café Deer Park Newly referred patients, carers and families
Friday 18th	11:00 – 12:30pm	Choices – Wills and Probate 2/6 Deer Park Patients and carers
Monday 21st	2:00pm – 3:30pm	Bereavement Group 4/6 Deer Park Bereaved people
Tuesday 22nd	2:15pm – 3.30pm	Mindfulness in the Retreat Deer Park Patients, carers and bereaved people
Wednesday 23rd	11:00am – 12:30pm	Patients Group - 1/4 Deer Park Patients
	11:00am – 12:30pm	Carers Group - 1/4 Deer Park Carers
Thursday 24th	2:00pm – 4:00pm	Tea @ 2 The Long House Bereaved people
Friday 25th	11:00am – 12:30pm	Choices – Staying strong and reducing falls 3/6 Deer Park Patients and carers
Monday 28th	12:00 – 1:30pm	Lunch Club – Terrace Café Deer Park Patients and carers
	2:00pm – 3:30pm	Bereavement Group 5/6 Deer Park Bereaved people
	By appointment	Hair and Wig Clinic Deer Park Patients

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Wednesday 30th	11:00am – 12:30pm	Patients Group - 2/4 Deer Park Patients
	11:00am – 12:30pm	Carers Group - 2/4 Deer Park Carers

AUGUST

Friday 1st	11:00am – 12:30pm	Choices – Sleep Issues 4/6 Deer Park Patients and carers
	2:00pm – 3:30pm	Sound Bath Therapy Deer Park Patients and carers
Monday 4th	2:00pm – 3:30pm	Bereavement Group 6/6 Deer Park Bereaved people
Tuesday 5th	11:00am – 2:00pm	Family Event in the Garden Deer Park Children and their families in the hospice community
Wednesday 6th	11:00am – 12:30pm	Patients Group - 3/4 Deer Park Patients
	11:00am – 12:30pm	Carers Group - 3/4 Deer Park Carers
Friday 8th	11:00am – 12:30pm	Choices – Advanced Care Planning and TEP Form 5/6 Deer Park Patients and carers
Monday 11th	10:30am – 11:30am	Eleveneses Deer Park Bereaved people
Tuesday 12th	2:15pm – 3:30pm	Mindfulness in the Retreat Deer Park Patients, carers and bereaved people

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Wednesday 13th	11:00am – 12:30pm	Patients Group - 4/4 Deer Park Patients
	11:00am – 12:30pm	Carers Group 4/4 Deer Park Carers
Thursday 14th	2:00pm – 3:30pm	In the Making - 1/4 Deer Park Patients and carers
Friday 15th	11:00am – 12:30pm	Choices – Funeral Options 6/6 Deer Park Patients and carers
Monday 18th	By appointment	Hair and Wig Clinic Deer Park Patients
Tuesday 19th	11:00am – 12:30pm	Welcome to the Hospice (followed by lunch in the Terrace Café) Deer Park Newly referred patients, carers and families
Wednesday 20th	11:00am – 2:00pm	Family Event in the Garden Deer Park Children and their families in the hospice community
Thursday 21st	11:00 am – 3:00pm	Grief Retreat Deer Park Bereaved people
	2:00pm – 3:30pm	In the Making - 2/4 Deer Park Patients and carers
Tuesday 26th	2:15pm – 3:30pm	Mindfulness in the Retreat Deer Park Patients, carers and bereaved people
Thursday 28th	2:00pm – 3:30pm	In the Making - 3/4 Deer Park Patients and carers
	2:00pm – 4:00pm	Tea @ 2 The Long House Bereaved people

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SEPTEMBER

Thursday 4th	2:00pm – 3:30pm	In the Making - 4/4 Deer Park Patients and carers
Friday 5th	2:00pm – 3:30pm	Sound Bath Therapy Deer Park Patients and carers
Monday 8th	10:30pm – 11:30pm	Elevenes Deer Park Bereaved people
Tuesday 16th	4:00pm – 6:00pm	Twilight Deer Park Children and an adult
Wednesday 17th	11:00am – 12:30pm	Patients Group - 1/6 Deer Park Patients
	11:00am – 12:30pm	Carers Group - 1/6 Deer Park Carers
Thursday 18th	11:00am – 12:30pm	Welcome to the Hospice (followed by lunch in the Terrace Café) Deer Park Newly referred patients, carers and families
	10:30am – 3:00pm	Wellbeing Day The Long House Patients and carers
Monday 22nd	12:00 – 1:30pm	Lunch Club – Terrace Café Deer Park Patients and carers
Tuesday 23rd	2:15pm – 3:30pm	Mindfulness in the Retreat Deer Park Patients, carers and bereaved people
Wednesday 24th	11:00am – 12:30pm	Patients Group - 2/6 Deer Park Patients

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 24th	11:00am – 12:30pm	Carers Group - 2/6 Deer Park Carers
Thursday 25th	2:00pm – 4:00pm	Tea @ 2 The Long House Bereaved people
Monday 29th	By appointment	Hair and Wig Clinic Deer Park Patients

OCTOBER

Wednesday 1st	11:00am – 12:30pm	Patients Group - 3/6 Deer Park Patients
	11:00am – 12:30pm	Carers Group - 3/6 Deer Park Carers
Thursday 2nd	2:00pm – 3:30pm	In the Making - 1/4 Deer Park Patients and carers
Friday 3rd	2:00pm – 3:30pm	Sound Bath Therapy Deer Park 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.

Self-Compassion

by Rosemerry Wahtola Trommer

It's like the scent of rain
after a month of drought,
the way it rises up and fills the lungs,
quiets the body
and gentles the mind –

that's what it's like
when, after grasping
and spinning and reaching
and clenching at last,
exhausted with my own fear,

I lay my hand on my own heart.
and see through my thoughts,
and practice loving
what is beneath my palm:
This frightened woman

and the life that lives through her.
Not a single promise I will be safe,
but, when I press my open hand
into the beat of my anxious heart
what was dry becomes loamy,

what was cracked becomes rich,
and a faint sweetness
tendrils through me, like incense,
soothing as a lullaby
that opens in the dark.



Registered charity number 286554

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