St Peter & St James Hospice
Hospice care in the heart of Sussex

Living Well Centre Sessions Timetable

November 2026

MONDAYS	
Table Top Games An informal, sociable session meeting other people under our care. Chat over tea and coffee and join in with our group table top games. A great way to meet new people in a friendly relaxed environment.	**The Living Well Centre 10:30-12:15** Open to those living with a life limiting illness.
Make, Do and Mend Relax with others, making, doing and mending. Bring your own craft, knitting or sewing project or start something new with our materials.	**The Living Well Centre 10:30-12:15** Open to those living with a life limiting illness.
Words for Wellbeing A gently guided writing session designed to explore personal experiences and enhance wellbeing. No previous writing experience is needed.	**The Living Well Centre 11:00 - 12:15** Sessions take place on **2nd, 9th, 16th, 23rd November** Open to those living with a life limiting illness.
Complementary Therapy **Aromatherapy clinic** - the use of essential oils to promote both physical and emotional wellbeing. Aromatherapy massage combines the therapeutic benefits of the oils with the benefits of massage. **Reflexology clinic** - specific pressure and massage techniques to feet and hands to help bring the body back into a state of natural balance. Remain fully clothed. You only need to remove socks and shoes.	**Bluebell Room, The Living Well Centre 13:00 - 15.15** Open to those living with a life limiting illness. Complementary Therapies service offers up to 6 treatments. Treatments are by appointment only
TUESDAYS	
Art for Wellbeing An opportunity to explore your creativity and experience the benefits of art as a tool for relaxation. A guided session in a small group setting. No previous experience needed and all materials are provided.	**The Living Well Centre 11:00-12:15** Open to those living with a life limiting illness.
Complementary Therapy **Acupuncture clinic** - is a treatment derived from ancient Chinese medicine. Fine needles are inserted at certain sites in the body for therapeutic or preventative purposes. **Reiki clinic -** this treatment aims to aid deep relaxation, reduce stress, ease tension and improve an overall sense of wellbeing. You are treated fully clothed and may feel a warming sensation, tingling or nothing but relaxation.	**Bluebell Room, The Living Well Centre** **Acupuncture: Morning clinic** **Reiki: Afternoon clinic** Open to those living with a life limiting illness. Complementary Therapies service offers up to 6 treatments. Treatments are by appointment only
Supportive Steps A six week closed therapist-led programme, designed to help you understand common reactions to grief and explore gentle coping strategies.	**The Education Room 13:30-15:00** Open to those within the first year of bereavement following assessment with one of our counsellors

WEDNESDAYS	
The Watering Hole An informal, sociable session. Have a hot drink, a chat and enjoy the views over our beautiful grounds, order lunch if you wish. Meg. a pet therapy dog, often visits The Living Well Centre on Wednesdays. Her owner, Jo, brings her and joins in with the session. Meg and Jo are part of "Pets as Therapy" charity no.1112194. Music and More with Mike: Singer-songwriter Mike leads singalong sessions, late morning on alternate Wednesday mornings.	**The Living Well Centre 10:30-13:30** Open to those living with a life limiting illness and their carers.
Relaxation A guided relaxation in the Living Well Centre. Discover a variety of techniques to help with peaceful relaxation. This session is suitable for yourself and those who care for and support you. **Singing Bowls** Relax and feel the calmness of the vibrations of singing bowls. The sound vibrations encourage a deep relaxation and help switch-off an overthinking mind.	**The Living Well Centre 13:30-14:15** Open to those living with a life-limiting illness and their carers. Relaxation/ Singing Bowls sessions are on alternate weeks
Complementary Therapy **Aromatherapy clinic** - the use of essential oils to promote both physical and emotional wellbeing. Aromatherapy massage combines the therapeutic benefits of the oils with the benefits of massage. **Reflexology clinic** - specific pressure and massage techniques to feet and hands to help bring the body back into a state of natural balance. Remain fully clothed. You only need to remove socks and shoes.	**Bluebell Room, The Living Well Centre 10:00 - 12:15** Open to those living with a life limiting illness. Complementary Therapies service offers up to 6 treatments. Treatments are by appointment only
THURSDAYS	
Carers Cafe Socialise and share experience with fellow carers. Seek any welfare advice you may need. Treat yourself with a complementary therapy session. Relax on the terrace overlooking the beautiful South Downs.	**The Living Well Centre 9:30 - 13:30** Open to those caring for someone with a life limiting illness.
Complementary Therapy **Aromatherapy clinic** - the use of essential oils to promote both physical and emotional wellbeing. Aromatherapy massage combines the therapeutic benefits of the oils with the benefits of massage. **Reflexology clinic** - specific pressure and massage techniques to feet and hands to help bring the body back into a state of natural balance. Remain fully clothed. You only need to remove socks and shoes.	**Bluebell Room, The Living Well Centre 10:00 - 12:15** Open to those caring for someone with a life limiting illness. Complementary Therapies service offers up to 6 treatments. Treatments are by appointment only
Stepping Forward An opportunity to meet with others who are bereaved to share experiences of grief to provide each other with comfort & support.	**The Living Well Centre 14:00-16:00** on **5th & 19th November** Open to those who have been bereaved between 1 - 2 years.

THURSDAYS CONTINUED	
Footsteps An opportunity to share our experiences of bereavement as we wander through beautiful gardens.	**Sheffield Park & Garden, TN22 3QX** **Monthly, every third Thursday, 10:15** Open to those who have been bereaved.
Compassionate Cafe A friendly supportive space, opened to the bereaved, refreshments provided	**The Living Well Centre 14:00-16:00** **Monthly, 12th November** Open to those who have been bereaved.
FRIDAYS	
FAB: Fatigue and Breathlessness Group Supported self management to increase your knowledge and awareness of managing your breathlessness and fatigue, including how thoughts can impact on your symptoms. An opportunity to share experiences and gain support from others with similar symptoms, in a small group.	**The Living Well Centre 10:30-12:00** Open to those affected by a life-limiting illness following assessment by our Physiotherapist.
Singing for Wellbeing Do you enjoy singing and music? Why not attend our small relaxed singing group for enjoyment, wellbeing and support. All song sheets provided.	**The Living Well Centre 11:00-12:00,** **Fortnightly** Open to those with a life-limiting illness, carers and those who are bereaved. **Next dates : 6th & 20th November**
Carers Crafting A friendly, relaxed crafting session for Carers. An opportunity to craft, chat and connect with fellow carers.	**The Living Well Centre 13:00-14:30, Monthly** Open to those caring for someone with a life-limiting illness. **Next date: 6th November**
Remembering Together Café An opportunity to meet with others who are bereaved to share experiences of grief to provide each other with comfort & support.	**The Living Well Centre 14:00-16:00** Open to those who have been bereaved in the past 12 months.
Please note that in order to ensure we are able to offer these sessions to as many people as possible we may need to limit the number of sessions you can attend. This will only be necessary if the group has a waiting list.	

One to One Sessions arranged at a time to suit you	
Stories for Life Create a lasting memory and record a specific message, or life experience for loved ones with our trained Life Biographers. Approx 1 hr recording which we will transfer to 2 memory sticks for you to keep or share with loved ones.	The Living Well Centre
Basic Technology support We can help with your basic tech support needs. Frustrated that you can't join online meetings, send emails or find information you want online? Make an appointment with us, bring in your own laptop or device and we will help you feel more confident to do the tech tasks you need to do.	The Living Well Centre
Music and More with Mike Singer-songwriter Mike leads singalong sessions just before lunch on Wednesday mornings. He also composes 'Life Songs' which emerge from one-to-one conversations between Mike and attendees at the centre. The finished songs can be recorded and transferred to a memory stick or CD	The Living Well Centre

Call the Living Well Centre on 01444 470218 for more information or email on livingwellcentre@stpjhospice.org

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