



## Living with a serious illness can bring a number of challenges and changes.

The Wellbeing Hub at the Woodlands offers a wide range of individual therapies and group activities supporting the wellbeing of people living with a life-limiting illness and their carers.

We provide all core services free of charge thanks to the support of our local community. Sessions can help you to:



**Stay Active**



**Be Creative**



**Share**



**Connect**

If you're unsure where to start, we can work with you to find a plan of support that's right for you and your needs.

**T: 01325 254321 | E: [hello@darlingtonhospice.org.uk](mailto:hello@darlingtonhospice.org.uk)**

**or visit [www.darlingtonhospice.org.uk/woodlandswellbeing](http://www.darlingtonhospice.org.uk/woodlandswellbeing)**