

Simple ways to feel a little better



We support adults in Gloucestershire living with a life-limiting illness and provide support for their loved ones, carers, and those bereaved. Whether you are living with a life-limiting condition or have recently been diagnosed with one - we're here to support you.

We offer a range of individual and group sessions to help you manage symptoms, look after yourself emotionally and physically, and take control of your life again.

Call us on 01453 733706 or email wellbeing@longfield.org.uk to find out more. All sessions are free of charge.



LONGFIELD
Community Hospice



Drop in

Drop in for a chat over a cuppa on Fridays (10-12pm) to find out how we can support you and your loved ones.



Mindsong music therapy

Music is a great way to express yourself without the need for words, and can help you connect with others in similar situations. No previous musical skill or experience is necessary.



Complementary therapy

We offer massage, aromatherapy, reiki and reflexology. Therapies can boost your wellbeing and make you feel more relaxed.



Fork and talk

A supportive group for carers and bereaved people to share their love of gardening and connect with others in similar situations. An opportunity for you to enjoy our nature-rich gardens.



Counselling

Emotional support for anyone affected by a life-limiting condition, including loved ones and carers, and people who have been bereaved.



Bereavement support groups

Safe and supportive spaces for bereaved people to meet. Members share their stories and use creative tools to explore and understand feelings around grief.



Move more

Exercise in a safe and supportive environment, with gentle movements tailored to your ability. Boost your confidence and increase your motivation to become more active.



Creative space

Explore your identity and life experiences through art, words, and other activities in this welcoming group. Participants will develop a unique final piece, such as a memory book, drawing or poem.



Creative writing

Enjoy the process and creativity of writing - whether storytelling, letter writing, poetry or prose - in this relaxed and friendly group. No previous writing experience is necessary.



Tai chi movements for wellbeing

Move your body mindfully and find inner tranquillity with adapted and gentle Tai chi. Movements can be standing or seated – whichever is best for you.



Carers café and Bereavement friendship café

Come along to one of our cafes for a friendly chat over a cuppa. Our cafes offer an informal, safe, and confidential space to meet people in a similar situation to you.



Being in nature

Enjoy outdoor wellbeing activities, including ecology, arts and crafts, and meditative time with nature.



Relaxation

A relaxation session combining gentle adapted Tai chi, guided relaxation, essential oils, hand massage and reflexology. Learn relaxation techniques to use at home.



Living well with fatigue and breathlessness

Living with fatigue and breathlessness can be difficult. We'll help you find ways to cope with your symptoms and enjoy a better quality of life.



Cooking for Inspiration

A fun and friendly group for those that need inspiration to bring their meals to life.



Nordic walking

A fun way to improve fitness, get outdoors, and learn a new skill. Nordic walking is a walking technique using poles.



Walk and talk

A friendly walking group for bereaved people. Meet others who understand how you feel, and explore our tranquil countryside.

"When I'm creating art, I feel like me again."

Jhassi

Jhassi has enjoyed wellbeing sessions at Longfield

Here for you

We're here from diagnosis for as long as we're needed. All our care is free of charge.

Call our friendly Wellbeing Centre team directly on 01453 733706 or email wellbeing@longfield.org.uk to enquire about booking a session for you, or someone you care for. For other enquiries please see the number below.

Healthcare professionals can also visit:
[longfield.org.uk/referring-a-patient](https://www.longfield.org.uk/referring-a-patient)

How to find us

Longfield Community Hospice,
Burleigh Lane, Minchinhampton,
Gloucestershire GL5 2PQ.



Our large car park is free and we have disabled parking and access.

For the latest information about our wellbeing sessions, visit [longfield.org.uk/whats-on-at-longfield](https://www.longfield.org.uk/whats-on-at-longfield)

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Patron: HRH King Charles III, KG,
KT, GCB, OM, AK, QSO, CC, PC, ADC.

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