



**Garden
House
Hospice
Care**



**Compassionate
Neighbours**

Wellbeing Hubs



Find your
nearest hub
inside!



Compassionate Neighbours are bringing
their services and expertise closer to you.

Join us for a chat, meet new people
and get some support and advice.





What can I expect from the Wellbeing Hub?

- * Join us for a cup of tea and a chat
- * Talk and be listened to by one of our team members
- * Gain information about our therapies and support services
- * Join us in a seated exercise group
- * Take part in creative and fun activities that promote health and wellbeing
- * Feel more in control and live life to its greatest potential.



Find your nearest Wellbeing Hub

Mondays

Stevenage

Location: Symonds Green Community Centre, Filey Close, Stevenage, SG1 2JW
When: 10.00-12.00
Contact: Harry Folgate, 07485 027596

Location: Community Arts Centre, Roaring Meg Retail Park, Stevenage, SG1 1XN
When: 10.30-12.30
Contact: Ian Allinson, 07506 992757

Hitchin

Location: Blueharts Hockey Club, Lucas Lane, Hitchin SG5 2JA
When: 13.30-15.30
Contact: Ian Allinson, 07506 992757

Tuesdays

Letchworth

Location: The Ernest Gardiner Centre, Pearsall Close, Letchworth, SG6 1QZ
When: 10.30-12.30
Contact: Ian Allinson, 07506 992757

Royston

Location: The Coombes Community Centre, Burns Road, Royston, SG8 5PT
When: 10.30-12.30
Contact: Harry Folgate, 07485 027596



Willian

Location: All Saints Church, Church Lane, Willian, Letchworth, SG6 2AF
When: 13.30-15.30
Contact: Mike Eve, 07504 957032

Wednesdays

Hitchin

Location: St John's Community Centre, St John's Road, Hitchin, SG4 9JP
When: 13.30-15.30
Contact: Harry Folgate, 07485 027596

Knebworth

Location: St Martin's Parish Centre, 1 Saint Martin's Lane, Knebworth, SG3 6ER
When: 14.00-16.00
Contact: Ian Allinson, 07506 992757

Wilbury

Location: St Thomas of Canterbury Church, 103 Bedford Road, Letchworth, SG6 4DU
When: 14.00-16.00
Contact: Peter Clark, 01462 675674

Thursdays

Healthy Memory Café

Location: The Ernest Gardiner Centre, Pearsall Close, Letchworth, SG6 1QZ
When: 10.00-12.00
Contact: Lucy Cosgrove, 07377 876257

Stevenage

Location: Stoneyhall Community Centre, Worham Avenue, Stevenage, SG1 3UG
When: 10.30-12.30
Contact: Carly Aslett, 07851 091469

Ashwell

Location: Ashwell United Reformed Church, High Street, Ashwell, SG7 5NL
When: 14.00-16.00
Contact: Ruth ten Hove, ruthtenhove1@gmail.com or call the Parish Office on 01462 743922

Fridays

Letchworth

Location: The Ernest Gardiner Centre, Pearsall Close, Letchworth, SG6 1QZ
When: 10.30-12.30
Contact: Harry Folgate, 07485 027596

Weston

Location: Weston Village Hall (the Reading Room), Maiden Street, Weston, SG4 7AA
When: 1.30-3.30
Contact: Sarah Richardson, 07734 815929

Letchworth

Location: The Ernest Gardiner Centre, Pearsall Close, Letchworth, SG6 1QZ
When: 14.00-16.00
Contact: Harry Folgate, 07485 027596

Contact the Wellbeing Hub Coordinators
on either 07506 992757 or 07485 027596,
or at cn@ghhospicecare.org.uk
www.ghhospicecare.org.uk



Scan
me
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Notes



Compassionate Neighbours



Building Caring Communities

Do you have an hour a week to offer friendship
and a listening ear to someone who is lonely
and/or socially isolated?

We're looking for new volunteers!

Call: 01462 679540

Email: cn@ghhospicecare.org.uk



Registered with
**FUNDRAISING
REGULATOR**

Reg. Charity No. 295257