

## Grove House - Day Services

What is it?	Description	When is it?	How do I join?
<b>Grove House Drop In</b>	For patients, carers and HCPs to explore GH services with support from nurses	<b>Tuesdays 9am - 1pm</b>	Drop in session
<b>Exercise session</b>	As part of the Drop In session. Relaxed and easy-going seated exercises	<b>Tuesdays 11.15am - 12md</b>	Through the Drop In Session and by referral
<b>Day Hospice</b>	Nurse led session for emotional support and symptom control for patients 1 day per week	<b>Wednesdays, Thursdays, Fridays 10.15am - 3pm</b>	By referral and assessment
<b>Inspire Support Group</b>	Supporting people with breathing challenges	<b>1 st Tuesday of every month 10.30am - 12.30pm</b>	By referral and assessment
<b>Medical Clinic</b>	For patients with complex palliative care needs	<b>Wednesday morning</b>	By appointment
<b>Assessment Nurse Clinic</b>	Appointment with a Specialist Nurse for symptom management and emotional support and to ensure the most appropriate ongoing support	<b>Monday - Friday 9.30am - 4.30pm</b>	By appointment
<b>Family Support Services</b>	Emotional support & counselling for patients, carers and bereaved people	<b>Monday - Friday</b>	By referral and assessment
<b>Carers Support Group</b>	Informal session for carers of Rennie Grove patients	<b>3rd Tuesday of the month 2pm - 4pm</b>	By referral and assessment
<b>Bereavement Support Group</b>	Informal session for bereaved people whose relative/friend was cared for by Rennie Grove Hospice Care	<b>2nd Tuesday of the month 2pm - 3.30pm</b>	By referral and assessment

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<b>Complementary Therapy</b>	Range of Complementary Therapies for patients and carers	<b>Monday - Friday</b>	By referral and assessment
<b>Information &amp; Support Center (CANCERi)</b>	Volunteer run service - providing a friendly , confidential environment where there is time to ask questions, share concerns and obtain up to date information	<b>Monday - Friday 10am - 4pm</b>	Drop in Or Phone 01727 843401
<b>The Movement (Exercise class)</b>	A mixed ability circuit based exercise class, run by the Physiotherapist	<b>Thursdays 10.30-12md</b>	By referral and assessment
<b>Health &amp; Wellbeing MOT Clinic</b>	Brief health check and advice from YMCA/Macmillan partners. For patients or carers with a cancer experience	<b>Tuesdays 9am - 11am</b>	By referral and assssment
<b>Scar Treatment Therapy</b>	Manual therapy for patients to help make post operative scars more comfortable	<b>1st Friday of the month</b>	By referral and assessment
<b>Community Choir</b> Renni Grove Hospice Care (RGHC)	Open to patients, carers, volunteers & staff and Anyone in the community	<b>Thursdays 5-6pm</b>	Just come along or For more details phone 01727 731013