

Day Services Timetable

Wednesday

10:00 - 11:00 | Chair Based Exercise at the Hospice

An opportunity to exercise at your own pace within a supportive group setting, followed by a relaxation session to help you wind down. Booking essential.

Please contact Day Services for information on how to access this pre-bookable session.

11:00 - 14:00 | Drop-in session at the Hospice

An open drop-in at Ashgate Hospice for services users, carers and loved ones to access information, support, conversations and activities... or just a cuppa and a chat.

Call in to Ashgate Hospice to chat with a member of the team.

Friday

10:00 - 11:00 | Chair Based Exercise at the Hospice

We will begin with a restorative yoga session followed by gentle seated exercise, or game, in a supportive group setting. Booking essential.

Please contact Day Services for information on how to access this pre-bookable session.

11:00 - 14:00 | Drop-in session at the Hospice

An open drop-in at Ashgate Hospice for service users, carers and loved ones to access information, support, conversations and activities... or just a cuppa and a chat.

Call in to Ashgate Hospice to chat with a member of the team.

Last Friday of the month

13:00 - 15:00 | The Potting Shed Horticultural Therapy Group

A supportive group session offering opportunity to spend time with nature, doing all things green-fingered, at a pace to suit you. (Running from March to September)

Please contact Day Services for information on how to access this pre-bookable session.

Hospice based sessions are held in Day Services at:
Ashgate Hospice, Ashgate Road, Old Brampton, Chesterfield, S42 7JD

Free car parking is available.

Contact us:

Tel: 01246 568801

Email: dayservices@ashgatehospice.org.uk

Website: www.ashgatehospice.org.uk

Public transport:

Hulleys of Baslow - route number 170

Contact:

Tel: 01246 582246

Email: alf@hulleys-of-baslow.co.uk

Website: www.hulleys-of-baslow.co.uk

On arrival please use the main entrance and report to Reception.

We look forward to seeing you.

Thank you,

Day Services Team