

Wellbeing Services

Groups in partnership with Compassionate Neighbours

All groups are free of charge and are for anyone with a link with North London Hospice. We are unable to provide transport; however, friends/family/carers are welcome to join too.

At North London Hospice, Enfield (N21 3AY)

- **Games Group—every Monday, 11:00-13:00**
A group for anyone who enjoys playing board and card games (or thinks they might). We learn and play a variety of games - whether you like competitive, light-hearted, serious or silly games, we're sure to get something you enjoy to the table!
- **Knitting and Crochet Club —every Wednesday, 11:00-13:00**
A friendly, relaxed social group where everyone can enjoy chatting, sharing stories, and spending time together, all in good company!
- **Photography—first Wednesday of the month, 15:00-17:00 in person (also online)**
Group sharing their passion for photography. The group meet once a month and either go for a walk, to an exhibition or have a face to face or Zoom meeting. Meetings are at North London Hospice Enfield; other activities are mainly in North or Central London. A digital camera isn't required; some members use their smartphones
- **Music for Life Group—usually every Thursday, 14:00-15:00* *Please call on Thursday morning to confirm details if you are planning to attend for the first time***
All abilities and experience levels are welcome – the only thing you need to have is a love for music! Activities will be guided by the interests of the group but often include singing, drumming, playing instruments, group composition, improvising, song sharing, listening and general music chat. The only aims are to have fun and be expressive!
- **Art and Craft Making—ad hoc workshops**

At North London Hospice, Barnet (N12 8TT)

- **Whetstone Stray Community Allotment—community drop-in sessions every Tuesday between 14:00 and 16:00.** You'll be warmly welcomed by Les and Brigid. Once you've met Les and Brigid, you're welcome to come along whenever you like in your own time. Please do contact Brigid before your first visit on 07780 815496

Online Zoom groups

- **Seated Exercise Group—Tuesdays, 11:30—12:30**
Gentle seated exercise group led by a volunteer Physiotherapist
- **Film Club—monthly (usually Tuesday afternoons at 16:00)**
Searle is film lecturer and prepares a talk with some video clips based on a particular topic
- **Mindfulness for Wellbeing—monthly (second Tuesday of the month, 14:00-15:00)**
Led by Denise, our volunteer Mindfulness teacher
- **Gardening Group—monthly (usually the last Wednesday of the month)**
Therapeutic group with a guided activity. All materials provided

For more information, or to suggest a new group, please contact the Compassionate Neighbours team on CN@northlondonhospice.co.uk or call 0800 368 7848 (Option 3)