



Join Our Social Knitting Group

North London Hospice warmly invites you to slow down, get creative and enjoy supportive company at our Social Knitting Group.

No experience is needed. Whether you already knit, would like to learn, or simply want to enjoy a chat and a cup of tea, you are very welcome to join us.

The group is designed to support emotional wellbeing, reduce isolation and help people feel connected through gentle conversation and shared activity.

Thursdays from 11am-1pm

Free to attend. No booking required

Where: Living Well Centre,

The Mall, Wood Green, 159 High Road, London, N22 6YQ.

For more information, please contact: [Lisa Benzaken](mailto:lbenzaken@northlondonhospice.co.uk)

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call 0800 368 7848

