



Sporting Memories Group Information

Sporting Memories – a weekly wellbeing group, for people with an interest in sports. The group is an open group, with people joining at different times. Facilitated by Hospice staff and volunteers, the group caters to people with various physical abilities and is dementia friendly too. People usually attend the group to a maximum of 12 weeks.

During sporting memories sessions people will have the opportunity to engage in activities safely. There will be discussions about specific sports and other sporting themes such as the olympics. The sessions are light-hearted and relaxed, and aim to actively stimulate and engage group members, in a supportive, friendly and enjoyable way.

The current criteria for referral is:

The person referred is living with a life limiting condition and has needs which can be met by attending the group.

The person can communicate and engage within a group.

The person is registered with a County Durham GP

All referrals will be invited to attend an assessment session before the group starts to confirm the group is suitable and to make sure that we have all of the information we need to best support the person whilst attending the Hospice during their programme of care.

We ask visitors not to attend the Hospice if they are displaying symptoms of Covid 19. Attendances would be rescheduled. For more information, please speak to Living Well Centre staff.

Would you like more information?

If you would like to know more about Sporting Memories Group or any other wellbeing therapies available at St Cuthbert's Hospice please contact **The Living Well Centre** on 0191 386 1170 option 3.

Accessible Information

If you would like a copy of this leaflet in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.

Living Well Centre

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St Cuthbert's Hospice, Durham is registered by the Charity Commission
as a Charitable Incorporated Organisation.

Charity Number: 519767 VAT Number: 997305770.

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