

# Time to create



This programme gives you the opportunity to enjoy different art and craft based activities, hobbies and pastimes, in a relaxed and supportive atmosphere and to have some fun. There can be great benefits in finding new and different ways to express yourself and spending time in the company of other people.

The sessions will run either during one morning or afternoon each week.

You will be able to choose from a menu of activities, some of which are listed below.

#### The menu includes:

- Art
- Photography
- Computer projects
- Writing
- Reminiscence and memory activities

We hope these kinds of activities will lift your spirits, give you pleasure, help you find new things to focus on and stretch your imagination.

From time to time other activities such as music for pleasure, singing or our 'Humour Project' will be added into the programme, we will inform you of these when they are planned.

All Pilgrims Hospices' services are available free of charge.

If you are interested in attending the sessions, please contact the community co-ordinator at the hospice closest to you. If attendance was suggested by your GP, community nurse, district nurse or community nurse specialist, please confirm with them that you would like to attend.

#### Community co-ordinator contacts:

Canterbury Tel: **01227 812617**  
Fax: **01227 812606**

Ashford Tel: **01233 504115**  
Fax: **01233 504132**

Thanet Tel: **01843 233924**  
Fax: **01843 233931**

