Did you know that St Clare Hospice is more than just a building providing inpatient care?

If you’ve been told you have a condition that cannot be cured, or are supporting someone who has a life-limiting illness, then there are lots of ways that St Clare can help you and your family.

**Café Clare**

Our weekly coffee shop held at the Hospice in Hastingwood every Friday between 10am and 12pm. All welcome. Drop in anytime for a hot drink and breakfast bites.

[Café Clare - St Clare Hospice](https://stclarehospice.org.uk/how-we-can-help-you/wellbeing-hub/cafe-clare/)

**Dementia Support Service**

A free service offering personalised, one-to-one support for people living with advanced dementia in their own homes, with their carer present.

[Namaste Dementia Care - St Clare Hospice](https://stclarehospice.org.uk/how-we-can-help-you/wellbeing-hub/namaste-care-dementia-support/)

**Dementia Carers Café**

A safe and supportive space for people who are caring for someone with dementia to relax, share experiences and connect with others in a similar situation. Held every Thursday morning at the Hospice in Hastingwood between 10am and 12pm.

[Dementia Carers' Café - St Clare Hospice](https://stclarehospice.org.uk/how-we-can-help-you/wellbeing-hub/dementia-carers-cafe-2/)

**Dementia-friendly Gardening Club**

A weekly club for people with dementia to enjoy the social and therapeutic benefits of gardening and other nature-related activities. Held in the Hospice’s sensory garden (weather permitting) every Thursday between 10am and 12pm. Booking essential.

[Dementia Carers' Café - St Clare Hospice](https://stclarehospice.org.uk/how-we-can-help-you/wellbeing-hub/dementia-carers-cafe-2/)

**Men’s Shed**

A fun and creative group offering men the chance to connect, converse and create. Held in the Hospice’s Community Space every Wednesday between 9am and 12pm and 1pm and 4pm.

[Community Space - St Clare Hospice](https://stclarehospice.org.uk/how-we-can-help-you/wellbeing-hub/community-space/)

**Bereavement Cafes**

Weekly cafes for people who have been bereaved to find comfort and connection after loss. Open to all whether your loss was recent or a long time ago. Held at the Hospice and other community venues across West Essex.

[Bereavement Café - St Clare Hospice](https://stclarehospice.org.uk/how-we-can-help-you/bereavement-support/bereavement-cafe/)

GriefLine (01279 945089)

A local support line for people who are grieving that is operated by specially trained volunteers who can offer a listening ear. If you want to talk, we’re here. Open 8am to 5pm Monday, Wednesday and Friday and 8am to 8pm on Tuesday and Thursday.

[www.griefline.co.uk](http://www.griefline.co.uk)

**Crafts in the Community Space**

Weekly craft groups offering sewing, knitting and more held in the Hospice’s Community Space on Mondays. Open to adults of all ages and abilities.

[Community Space - St Clare Hospice](https://stclarehospice.org.uk/how-we-can-help-you/wellbeing-hub/community-space/)

**Art workshops with Tracey Ingham**

Join local artist Tracey Ingram at her regular art workshops held every third Friday of the month at the Hospice. Places cost £30 and booking is essential.

[Community Space - St Clare Hospice](https://stclarehospice.org.uk/how-we-can-help-you/wellbeing-hub/community-space/)

For more information about St Clare Hospice, visit [www.stclarehospice.org.uk](http://www.stclarehospice.org.uk). Or follow us on:

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Instagram @stclarehospice