

Wellbeing Space



Our purpose-built Wellbeing Space in Risley is set within 12.5 acres of countryside and is in easy reach of Derby and Nottingham. We are open Monday – Friday.

The staff and volunteers aim to support you to lead as full and independent a life as possible. Following an initial assessment, we offer a tailored program of activities, therapies and treatment which includes:

- Physical day-to-day symptom management
- Rehabilitation
- Emotional support
- Future planning

This is reviewed every 12 weeks to ensure we are meeting your needs. We will help you live well for as long as possible by setting realistic goals and supporting you to meet them.

The Wellbeing Space also gives you an opportunity to meet other people who may be facing similar challenges to you and share your experiences in an informal environment that offers support, understanding and confidentiality.

We are a non-denominational organisation and welcome people of all, and no faiths. Your spiritual needs are as important to us as your physical needs and our spirituality team will endeavour to support you.

We also offer a Wellbeing Programme, Spa Days and a Wellbeing Cafe - see overleaf.



Wellbeing Programme

A personalised programme to enable you manage your illness and symptoms at home.

The aim of the programme is to help you live as well as possible, reduce the need for hospital admissions or GP appointments, and help you adjust to your illness.

The programme takes place every Monday and includes workshops, one-to-one and group sessions to provide you with the skills and knowledge to manage and maintain your quality of life.

Spa Days

Many people with a life limiting illness can find it difficult to have a proper bath or shower at home. It can be uncomfortable, and sometimes unsafe, trying to wash whilst coping with difficult physical limitations.

We can provide assisted bathing to enhance your wellbeing and help you feel relaxed and refreshed. Our bathroom is relaxing, welcoming and spacious with a comfortable hydraulic bathtub.

We'll give you as much support as you need, whilst showing maximum respect for your privacy and dignity.



Wellbeing Cafe

Running every Thursday, 10am-3.30pm, our drop in cafe is for adults with a life-limiting illness and their family, friends and carers.

Free tea, coffee and cake is available and an opportunity to chat informally to our trained staff and volunteers. Brunch and lunch also available in return for a donation.

Wellbeing Space, Treetops Hospice Care, Derby Road, Risley, Derbyshire, DE72 3SS
0115 949 1264
wellbeing@treetopshospice.org.uk
www.treetopshospice.org.uk