

Finding Space

Community and events centre



St Joseph's
Hospice





What is Finding Space?

Finding Space is St Joseph's Hospice community and events centre.

We provide a wide range of activities and events for all ages with over 30 groups regularly meeting in the space, concerts, information days, social gatherings, complementary therapies as well as health and well-being clinics.

Finding Space is a friendly and relaxed space where you can:

- meet, connect and socialise with people in your local community
- learn about specific conditions and treatments
- meet other visitors who are in a similar situation
- find answers to practical and emotional problems and how best to manage them.



Why not find out what activities we have for you?

Finding Space activities include:

- Support groups (Dysarthria Support Group, Share, Support and Socialise, Neurogroup, Alzheimer's Group, Carers Support Group)
- Complementary therapies (acupuncture, acupressure, aromatherapy, bower therapy, cupping, massage, reflexology, reiki and tuina)
- Exercise and relaxation classes (yoga, meditation and relaxation, mindfulness, Tai Ji Quan)
- Finding Space activity groups (Coffee Club, Current Affairs Discussion Group, Doodle Club)
- Community events (Carers Week, Hospice Care Week, Dying Matters Awareness Week and much more);
- Music and events (community choir, live music and concerts).



Host an event in Finding Space

Finding Space is available for use by palliative and end-of-life healthcare professionals, schools, church groups, charities, voluntary groups, and community groups based in City and Hackney, Tower Hamlets and Newham who wish to use the space to host activities and events that will enrich the lives of those in the local community.

We particularly welcome groups who support people affected by serious, life-limiting conditions.

We will consider one-off bookings and regular bookings.

*All bookings are subject to availability and meeting our criterion for use.

For more information, contact Finding Space on 020 8525 3139 or email findingspace@stjh.org.uk

Finding Space is your space.....be a part of it.

For more information contact:

Finding Space Manager
St Joseph's Hospice
Mare Street, Hackney
London E8 4SA

Tel: 020 8525 3139

Email: findingspace@stjh.org.uk

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Mare Street, Hackney,
London E8 4SA

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E: info@stjh.org.uk
www.stjh.org.uk



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