



THE MARY STEVENS  
HOSPICE

## Daily Groups and Services Available at The Mary Stevens Hospice

At The Mary Stevens Hospice, we support people living with incurable or life-limiting illnesses to live life to the fullest, however long that may be.

**Care - Compassion - Kindness**

# Welcome to The Mary Stevens Hospice

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The Mary Stevens Hospice has been serving the local community for over 30 years, providing specialist care and support for people living with life-limiting illnesses and their families. We believe that every moment matters, and we are here to help you to make the most of every second that you have with your loved ones. When it comes to our services, we always keep three things in mind - care, compassion and kindness.





## Monday

### Exercise sessions, AM

A structured 8-week course led by physio with the support of an experienced exercise coach. This exercise group is geared towards patients living with a palliative illness.

### Motor Neurone Society Support Group, PM

A drop-in support group for people and families living with motor neurone disease. Second Monday of each month.

### Mindfulness sessions, PM

Monthly sessions for people who have attended a mindfulness course or wish to experience mindfulness techniques.

### Monday Musings, PM

Led by the spiritual care team, these monthly sessions are an opportunity to reflect and reminisce.

## Tuesday

### FAB Sessions (Fatigue, Anxiety and Breathing), AM and PM

An 8-week structured course led by our physiotherapist and aimed at patients living with symptoms around fatigue, anxiety and breathing. Family members may also attend, depending on numbers.

## Wednesday

### Neurological Wellbeing Sessions, AM

An 8-week structured course aimed at patients living with neurological conditions. Family members are welcome to attend. This course covers topics such as symptom management, spiritual care and advance care planning, as well as incorporating support from Dudley Rehab. Our social worker looks at the 'five ways to wellbeing' during each session.

### Mindfulness Course, AM

An 8-week program exploring the concept of mindfulness and techniques that can help to improve wellbeing and coping mechanisms.

### Carers' Support Group, PM

Led by our social worker, this group explores various topics each month. Third Wednesday of each month.

## Thursday

### Monthly Support Sessions

Support for patients who fit the hospice criteria and / or have attended the Neurological Wellbeing or FAB course and require ongoing support. This group meets once a month for professional and peer support. There is access to clinical support (medical, nursing and non-medical prescribers), complementary therapies, physiotherapy, social work, spiritual care, creative arts and wellness therapies (such as art, dance or movement psychotherapy).

## Friday

### Mindfulness sessions, AM

Monthly sessions for people who have attended a mindfulness course or wish to experience mindfulness techniques.



### **Monthly Musings, AM**

Led by the spiritual care team, these monthly sessions are an opportunity to reflect and reminisce.

### **Exercise Group, PM**

A structured 8-week course led by physio with the support of an experienced exercise coach. This group is geared towards patients living with a palliative illness.

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We also have individual sessions that run daily with our complementary therapists, physiotherapists, art psychotherapist and hypnotherapist alongside our nursing and medical reviews that may look at symptom management, advance care planning and support to manage holistic needs (social, spiritual, physical and emotional).

If you would like further information please contact us on **01384 445425** or email us at **[DSU@marystevenshospice.co.uk](mailto:DSU@marystevenshospice.co.uk)**



# How you can support The Mary Stevens Hospice

## Fundraise

There are many ways you can support The Mary Stevens Hospice through fundraising. A great way to raise funds is by organising a charity event, such as a sponsored walk, coffee morning, or quiz night.

The Mary Stevens Hospice also runs a number of its own events throughout the year, including a Summer Fayre, Santa Jog, and our very own Panto!

For a full listing of our upcoming events, please visit our website.

## Visit our shops

We have sixteen shops throughout the local area, each offering a diverse selection of high-quality items including clothing, books, collectibles, jewellery and furniture. We also have a dedicated book shop and coffee shop on the first floor of our Stourbridge high street shop.

Our shops play a vital role in fundraising, allowing you to grab a great deal while supporting your local hospice.

## Play our lottery

By playing The Mary Stevens Hospice Lottery, you help us to continue to provide specialist palliative and end of life care for people in our local community in their time of need.

You can help The Mary Stevens Hospice today by signing up to be included in our next lottery draw. Tickets for our weekly draw can be purchased from our hospice reception, online or from our retail stores and it costs just £1 to play. You must be 18 years or older to play our lottery.

The Mary Stevens Hospice Lottery Limited is licensed and regulated in Great Britain by the Gambling Commission under account number 4987.

Visit our website



## Leave a gift in your will

Writing a will is a very important aspect of planning for the future, ensuring that your wishes are honoured and that your property and assets benefit those you care about.

Many individuals also choose to leave a charitable gift in their will. At The Mary Stevens Hospice, such gifts are vital for us to continue providing hospice care for our community. These contributions account for approximately 20% of our charitable costs, enabling us to offer essential care to patients and their loved ones now and in the future.

If you need to create or update your will, or if you wish to leave a gift in your will, please visit our website, email Alex at: [info@marystevenshospice.co.uk](mailto:info@marystevenshospice.co.uk)

Or call: 01384 443010

We can help guide you in the right direction.



Care - Compassion - Kindness

Main reception / Day Services:

01384 443010

Bereavement Services:

01384 445423

Fundraising:

01384 377778

Lottery:

01384 860011

Trading (shops):

01384 671149

The Mary Stevens Hospice, 221 Hagley Road,  
Oldswinford, DY8 2JR

@marystevenshospice



[marystevenshospice.co.uk](http://marystevenshospice.co.uk)

Charity Reg No. 517656