

Help Happy
Escapism Safe Contentment
Company Enlightening Peaceful
Welcoming Relaxing Fun Friendship
Therapeutic Refreshing Amazing
Positive Beneficial Laughter
Memorable Brilliant Enjoyable
Wonderful Rewarding
Reassuring Great
Inspiring



Wellbeing Centre

Supporting you to live well. Our Centre is a welcoming space to relax, connect and enjoy activities that support your wellbeing.

What do we mean by Wellbeing?

Wellbeing means caring for the whole person – physical, emotional, social and spiritual. We're here to make you feel comfortable, supported and connected. Whether it's through symptom relief, meaningful activities or connecting with others. Your wellbeing is the focus of everything we do.

Our sessions support you in coping with the challenges of your illness and help you feel more confident and in control of the things that matter to you.

It includes:

- Feeling listened to
- Staying active in ways that suit you
- Feeling relaxed, confident and valued
- Enjoying social connection and purpose

We offer groups, workshops or 1:1 appointments.

Groups & Activities

- Happy hour -Men's space
- Feel good activities



Games & Music

- Creative crafts and activities
- Peer support & social groups
- Gentle exercise/seated movement
- Tai Chi
- Dementia friendly sessions
- Neurological support
- Breathlessness management
- Fatigue Management
- Creating lasting memories



Complementary Therapy

- Auricular 'ear' acupuncture
- My space/Relaxation techniques
- Self help using complementary therapy
- Pamper
- 1:1 appointments



Carer Support

- 1:1 Complementary therapy
- Auricular acupuncture
- My space/relaxation
- Peer & social support



Find out more

Please check our website for further information regarding groups/workshops.

Referrals from health care professionals are welcome.

www.teessidehospice.org

1 Northgate Road, Linthorpe,
Middlesbrough, TS5 5NW

01642 811064



We are regulated by CQC who can ask for information about us and our patients.

Registered Charity Number: 512875

Last Review: January 2026

Next Review: January 2029