



Do you have a life limiting condition? Have you been told treatment will now be “palliative”

Everyone responds in their own way when they are told they have a palliative diagnosis **This news can be difficult to hear and finding the right support can help.**

You may have unanswered questions, need more information about what financial support is available, be worrying about telling family, friends or your employer, or simply want a safe space to talk about your feeling, with others going through a similar experience.

Our monthly **Palliative Care Café** can provide a comforting and supportive space for people to come together, chat, share stories, problems, and experiences.

Professionals will also be available to listen and provide advice, guidance and signpost where needed.

And of course, there will always be cake!

The sessions are held 10:00 – 12:00 on the first Friday of each month at

**Marie Curie Hospice, Marie Curie Drive, Elswick, Newcastle.
NE4 6SS.**

No referral or appointment is required so please just come along.

If you would like more information, please call the hospice on 0191 2191000 and ask for the Wellbeing Centre.

