

Changing attitudes towards the end of life



All events are open to the general public with something happening every week

St Christopher's Social programme

All social events open to patients, carers, family members and friends, staff, volunteers and the general public at The Anniversary Centre, St Christopher's Hospice, 51-59 Lawrie Park Road, Sydenham, London SE26 6DZ

No booking necessary – just come along to the hospice and bring your friends!



**EVERY MONDAY
EVENING 7-9pm**

St Christopher's Community Choir

**INTRODUCING THE NEW
COMMUNITY CHOIR
THAT'S LOCAL TO YOU**

With no auditions, anyone of any age is welcome to come together to sing with us in a relaxed, informal way. If you simply love to sing then join us to switch off from the stresses of life and have some fun. We offer a wide and varied repertoire from many different styles and cultures across the world, leading to regular performances.

Refreshments will be available from the Anniversary Centre café.



**EVERY TUESDAY
EVENING 7-9pm**

St Christopher's Curry and Art Night

**IF YOU ENJOY A GOOD
CURRY THEN COME AND
JOIN US**

Enjoy a good curry for a reasonable price, with a varied menu and good company.

Come along and join in a range of activities such as photography, story telling, etc.

Please note that although we do not have a license to sell alcohol you are welcome to bring your own to enjoy.



**EVERY WEDNESDAY
EVENING 7-9pm**

St Christopher's Quilting Group

**COME AND LEARN A
BRAND NEW SKILL
WITH US**

This new group will focus on learning the craft of quilting – an ancient activity which focuses on having fun, remembering and creating a legacy.

If you would like to make your own quilt, create one in memory of someone you love who has died or just learn to quilt for fun, please come along and join us.

Refreshments will be available from the Anniversary Centre café.

St Christopher's Social Programme brings together hospice users and the local community. Many are afraid to visit a hospice and are uncomfortable talking about death and dying. Our social programme aims to change this and show that St Christopher's is about community and sharing good times together.



FIRST THURSDAY OF THE MONTH 7.30-9.30pm

Dame Cicely Saunders Concert Series

AN OUTSTANDING SERIES NOW IN ITS SECOND SUCCESSFUL YEAR

A range of highly-skilled professional musicians from around the world play a variety of exciting programmes.

Please contact St Christopher's for a concert brochure or to reserve seats – or visit our website for listings.

Tickets are £12 which include wine and canapés during the interval.



SELECTED FRIDAYS 9.45am-2pm

Open House Hospice Friday Visits

TOUR THE HOSPICE AND LEARN THE HISTORY OF PALLIATIVE CARE

Our free monthly Friday visits include a hospice tour and provide the history of hospices and palliative care, and information about the services that we offer for ill, dying or bereaved people.

2011 dates are 6 May, 3 June, 1 July, 2 September, 7 October, 4 November and 2 December. Visit includes a sandwich lunch.

Please note that all Friday Visits must be pre-booked by calling the Education Centre on 020 8768 4656.



EVERY SUNDAY AFTERNOON 12-2.30pm

Sunday lunch at St Christopher's Hospice

JOIN US AND BRING YOUR FRIENDS AND FAMILY

A delicious three-course traditional lunch is served up every Sunday in the Anniversary Centre café for just £7.50 per head.

This much-enjoyed regular event also offers a broad range of live music.

Come along for a relaxed and informal social occasion.

All these events are planned in order to offer opportunities to dispel myths and change perceptions – both about St Christopher's and the people who use our services. Everyone is most welcome to join us. Look out for other social events on our website at www.stchristophers.org.uk



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Dame Cicely Saunders founded St Christopher's as the first modern hospice to link expert pain and symptom control, compassionate care, education and clinical research. St Christopher's has been a pioneer in the field of palliative care, which is now established worldwide. It costs over £14 million each year to maintain our services and around a third comes from the NHS. We must raise more than £9 million every year to continue to deliver our patient and family services free of charge and to run our extensive programmes of practice innovation, research and education.



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St Christopher's Hospice is registered charity 210667
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Visit www.stchristophers.org.uk for additional
events or call **020 8768 4500** for further information

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