

Activities

for all



What's available
for you at
St Christopher's
in Sydenham

St Christopher's
More than just a hospice



Activities

for all

There are lots of activities happening at our Sydenham site that are open to anyone and everyone. Whether you're under our care, visiting a friend or relative, or just dropping in for a cuppa; you are welcome to attend any of these activities.



Art for All

Monday to Friday, various times

Whatever your ability, these groups meet to get creative in a friendly and relaxed setting either in the Anniversary Centre Café or in the Garden Pavilion.

	Café	Pavilion
Monday	11am-12pm	1.30-3pm
Tuesday	2.30-4pm	–
Wednesday	11am-12pm	5-7pm
Thursday	–	11am-12.30pm (band rehearsal)
Friday	11am-12pm	2-3pm (every other week)

Hairdressing

Every Tuesday and Thursday, 9am-2pm

Yvonne is available for cuts, colouring and more. For prices and to book appointments please call her on **07908 752777**.

Pilgrim Room Service

Every Tuesday and Friday, 1.30-2pm

An informal communion service held in the Pilgrim Room on the first floor.



Time to Talk

Every Friday, 1.30-2.30pm

A group for people to come and talk with others about the issues related to living with a life-limiting illness.

Healthy Walks

Every Thursday, 1.30pm

Take a stroll with others around Crystal Palace Park, starting and finishing in the Anniversary Centre Café. Walks usually last around 45-60 minutes.

Death Chat

Fourth Thursday of the month, 6-8pm

This group meets to talk about death and dying. Discuss what you think and feel about a subject that is too often considered taboo.

Live music events

First Thursday of the month except August, 6-8pm

Performances throughout the year from acclaimed musicians. Tickets include wine and canapés during the interval. See the live music events leaflet for more details.



Community Choir

Friday, 7-8.30pm

No audition necessary. Come and add your voice to our friendly group. If you simply love to sing then join us to switch off from the stresses of life and have some fun.

Tea at Two

First Friday of the month, 2pm

An informal group for carers who have lost someone close to them. Have a cup of tea and chat with other bereaved carers who understand your loss.

Bingo

Every Friday, 2.30-3pm

'Cup of tea... it's number three!' Join in with a fun game of bingo as you make new friends in the café.

Sunday Lunch

Every Sunday, 12-2pm

Bring friends and family to enjoy a delicious three-course, reasonably-priced traditional lunch with us in the café, accompanied by live music. You are welcome to bring your own alcohol. Vegetarian option available.



If you would like this information in a different format, such as audio tape, braille or large print, or in another language, please speak to the Communications Team on **020 8768 4500** or email **communications@stchristophers.org.uk**.

St Christopher's Hospice is a charity and our continued work is only made possible by your generous donations. Please consider making a one-off donation or becoming a regular donor. To find out more about how you can help, please visit **www.stchristophers.org.uk/donate**.

StChristopher's More than just a hospice

Sydenham site

51-59 Lawrie Park Road, Sydenham, London SE26 6DZ

Orpington site

Caritas House, Tregony Road, Orpington BR6 9XA

Telephone **020 8768 4500**

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