



Living With Life Limiting Illness Support Group

Open to anyone living with a life limiting illness, along with their family & friends, living across the New Forest, Waterside, Totton and surroundings areas. Find support, share experiences and skills in managing stress and difficulties and at ways to live life as well as possible.



making every moment matter

Sessions take place on **the 2nd Monday of the month from 9.30 until 10.30am.**

Places are limited so please book ahead by emailing wellbeing@oakhavenhospice.co.uk

