

PRIMROSE HOSPICE COPPICE CENTRE

Primrose Hospice can help you and your family with:

- Practical help
- Complementary therapy
- Family support
- Benefits advice
- Counselling
- Bereavement support

As a charity, all of Primrose Hospice's services are free

However, if you wish to make a donation please speak to a member of staff or visit primrosehospice.org

CONTACT US

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The Coppice Centre

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Registered charity No: 700272



Cook 'n' Share



A support group for anyone who is bereaved to come together to cook and chat together

Bereavement Group

WHAT IS COOK 'n' SHARE?

Cook 'n' Share is a group for anyone that is bereaved that welcomes people to have a chat, cook together, eat together and clear up together.

This group aims to provide a safe space where people can learn new skills and meet new friends.

This group meets weekly at Primrose Hospice.

ITINERARY

10:30am

Welcome and tea/coffee

11:00am

Start preparing food

12pm/12:30pm

Take a seat and eat together. This will include tea/coffee, a meal and pudding.

Group finishes at 1pm

Primrose Hospice is a charity and all it's services are free.

However, we do ask our Cook 'n' Share Group participants for a suggested donation of £5 per session if they are able to.

FAQS

Who can attend?

Join us if you're on your own and would benefit from building up the support around you, making new friends, feeling less isolated and enjoy some good food and company.

Do I need to book?

Cook 'n' Share is dependent on numbers and our waiting list. If you are interested in attending please contact Family Support.

What do I wear?

Please wear full shoes - no open-toe sandals, flip flops, etc.

Please bring your own washable apron if possible.