

Pamper day / Wellbeing day for Carers



*“Self care is how you
take your power back”
Dalai Lama*

Wellbeing Day

22 November 2023

The Wellbeing Day was received well by those that attended.

Participants took part in Qigong and Sound sessions and a Mindfulness Tea Tasting, whilst facial massages were provided by a therapist.

A lovely lunch was also provided by Peter for those taking part.



Feedback:

“This was well needed, a lovely group and insight into some therapies and meditation. There’s something for everyone. Very informative, some simple but impactful techniques”

“Made me feel more easy and relaxed”

“A lot calmer than when I arrived”

“Very friendly and empathetic/sympathetic. Very calming and inclusive”

“Something like this is needed once a month”

“Thank you for organising a lovely day today. I was privileged to have been invited and it was definitely a day we needed.”

“I just want to say a massive Thank you for yesterday. I didn’t have any real expectations of the day, I just know I want to get out and about, meet new people. I can certainly say that I left yesterday in a lot better place than when I arrived. I had no idea that Great Oaks would give me the support they have. I am so glad that I have found you.

Everything you have done and given me really has been amazing. I really would not be in the place I am now if it hadn’t been for your kindness. I still have a very long way to go, but I am beginning to build a new life around my grief. It’s hard, but your help and support is really making a big difference to me. Everyone at Great Oaks has been so kind and caring. You are all truly unique, kind and wonderful people.”

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