

Dover Park Hospice

Caregiver's Coffee Time Programme Schedule 2026

Date	Topic
9/1/26	Reflection on caregiving journey - beads making
6/2/26	Sharing by caregiver - making of an album to remember loved one
6/3/26	Financial & Community resources - MyLegacy portal
10/4/26	Flower - meaning making
8/5/26	Artificial nutrition
5/6/26	Fall prevention
3/7/26	Wound management in end of life care
7/8/26	Use of medications in end of life care
4/9/26	Living with grief and loss
2/10/26	Aromatherapy Session for caregivers
6/11/26	Recognising burnout / caregiving stress
4/12/26	Guided imagery and music

Dates and topics subject to changes.