



The Tulip Centre

Are you living with, or caring for, someone with a life-limiting illness?

Would you like more information on living your life to the fullest?



We can help navigate uncertainty, chat through challenges and together find ways for you to get on with living your life.

It's not about end of life, it's about rest of life.

Breathlessness Management

Anxiety Management

Wellbeing with Nature

Living Life Creatively

Circuit Exercise

Make and Eat Lunch Group

Men's Woodwork Group

Fishing and more...



Scan the QR code to find out more or visit:

www.norfolkhospice.org.uk

Or, to discuss individual needs, contact us on: 01485 601 700