

## Day Therapies

2018 GROUP MENU MONDAY - FRIDAY FOR PATIENTS AND CARERS/FAMILY  
TELEPHONE 01206 848163

### FOR PATIENTS

#### STEP

10.00am - 3.00pm

#### Weekly on Wednesdays

Supporting Togetherness, Empowering Positivity (STEP) is a patient led programme with emphasis on individual patient and group goals. The day is divided into two parts, a morning informal group activity and an educational afternoon session.

#### Breathlessness clinic

1.00pm - 4.00pm

#### Weekly on Tuesdays

Individual appointments for patients with breathlessness as a result of their disease.

#### FAB Tuesday Group

1.30pm - 3.30pm

#### Weekly on Tuesdays for six weeks

Opportunity for peer support and to learn breathlessness, fatigue and anxiety management techniques.

#### The breathe happy group

10.30am - 1.30pm

#### Weekly on Thursdays

Peer support group incorporating breathlessness and fatigue support and advice for patients with end stage respiratory and cardiac conditions. This group incorporates lunch.

#### Option to stay for relaxation

1.30pm - 3pm

#### Weekly on Thursdays

Group incorporating relaxation for breathlessness.

#### A breath of fresh air

1.00pm - 4pm

#### Bimonthly on a Tuesday afternoon

This workshop for lung cancer patients offers peer support and professional support looking at the physical and psychological impact of this condition.

#### Young adults group

#### (transition service)

3.30pm - 6.30pm

#### Fortnightly on Mondays

Provides young adults aged 16 - 40 living with a life-limiting illness, an opportunity to meet peers and gain support, advice and information.

#### Table Top Gardening

2.00pm - 4.00pm

#### Weekly on Fridays, for 6 weeks

#### Art and craft group

10.30pm - 12.30pm

#### Weekly on Tuesdays, for 12 weeks.

For patients who have an interest in art and craft and would like to gain support and friendship from others in a similar situation. Option to have lunch after the group at 12.30pm.

#### Hands and mind

1.00pm - 3.30pm

#### Weekly on Fridays, for 8 weeks

Functional, meaningful activity group looking at improving upper limb and hand function whilst stimulating the mind with purposeful activity.

#### Men's cancer support group

2.00pm - 4.00pm

#### Weekly on Thursdays, for

8 weeks

A relaxed group for male patients with advanced and progressive prostate cancer. Meet others to discuss issues, exchange information and share experiences.

#### Side-by-Side

6.00 - 8.00pm

#### Fortnightly for 12 weeks.

#### Facilitated as needed

Provides patients with life-limiting illness and their partners an opportunity to discuss sensitive issues, share ideas and gain support, advice and information in a safe and confidential environment.

#### Relax and Move

11.00am - 1.00pm

#### Weekly on Wednesdays for 6 weeks

A gentle seated exercise class for patients to maintain large muscle groups and increase cardiopulmonary function. Included in the session is time to experience and learn relaxation techniques.

#### Holy Communion

12.00pm

#### Every fourth Friday of the month

A christian service of Holy Communion, together with christian fellowship, for those patients unable to attend services in their local church.

## FOR PATIENTS (continued)

### Introduction to mindfulness

Weekly on Thursdays for 6 weeks

Mindfulness means paying attention to what's happening in the present moment in the mind, body and external environment, with an attitude of curiosity and kindness.

This is found to lead to an expansion of choice and capacity in how to meet and respond to life's challenges, and therefore live with greater wellbeing, mental clarity and care for yourself and others.

This course is open to patients known to St Helena Hospice and provides an introduction to this practice.

### Friendship group

10.00am - 12.30pm

Weekly on Fridays for 12 weeks

Provides an opportunity to meet peers alongside gaining psychological support, advice and information. Option to stay for lunch 12.30 – 1.30pm

### Bathing

6 weeks bathing service allowing patients with complex needs who are unable to access a bath in the community and would benefit from a nurse to assist in personal care.

### Heart to heart

1.00pm - 4.00pm

Bimonthly on a Tuesday afternoon

This workshop for heart failure patients offers peer support and professional support looking at the physical and psychological impact of this condition.

### Mindful movement

10.30am - 12.00pm

Weekly on a Monday for 6 weeks

This involves focusing the mind on the movements we are making by bringing the mind and body together. We will guide you through gentle and calming movements which has origins in Tai Chi, Yoga and Qi Gong.

## FOR CARERS / FAMILY

### Carers Group

10.30am - 12.30pm

Weekly on Fridays for 8 weeks

For anyone who is looking after someone with a life limiting illness. The aim is to educate and support people, build friendships, share and listen to experiences.

### Carers drop-in sessions

10.30am - 12.00pm

Monthly on a Thursday

An opportunity for anyone who is looking after someone with a life limiting illness to come and gather information on services and resources available to support the carer in the caring role.

### Evening carers group

6.30pm - 8.30pm

Weekly for 6 sessions.

Facilitated as needed.

### HATT "Having a Tough Time and Healing and Talking Together"

Weekly for 6 weeks.

Facilitated as needed.

A therapeutic bereavement group for people who have experienced the death of a loved one.

### Bereavement Friendship Group

2.00pm - 4.00pm

Weekly on Tuesdays

Informal drop-in group for anyone who has been bereaved.

### Walking and Talking

Bereavement Group

1.30pm - 3.30pm

Weekly for 6 weeks

Facilitated as needed.

For people who have experienced the death of a loved one.

### Bereavement Therapy Group

10.30am - 12.00pm

Weekly on a Wednesday for

12 weeks

A therapeutic group for people who have experienced the death of a loved one.

### Stepping Stones

6.00pm - 8.00pm

On the 3<sup>rd</sup> Wednesday of the month

An evening drop-in bereavement group. Provides an opportunity to meet others in a similar situation and share experiences.

## INDIVIDUAL APPOINTMENTS

### CAN BE MADE FOR CARERS / FAMILY

- counselling
- music therapy
- art therapy
- family support
- chaplaincy support
- complementary therapy
- chiropody
- pamper sessions (hair and beauty)
- Macmillan Welfare Benefits service

