

Day Therapies

2019 GROUP MENU MONDAY - FRIDAY FOR PATIENTS AND CARERS/FAMILY
TELEPHONE 01206 848 163

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

2.00pm - 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.

Table Top Gardening

2.00pm - 4.00pm

Weekly on Fridays, for 6 weeks

Hands and mind

1.00pm - 3.30pm

Weekly on Mondays, for 8 weeks

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

Men's Group – One day at a time

2.30pm - 4.30pm

Weekly on Thursdays, for 8 weeks

A relaxed group for male patients with any incurable, life limiting illness. Meet others to discuss issues, exchange information and share experiences.

Side-by-Side

10.00am - 12.00pm

Weekly on Friday mornings, for 6 weeks.

Provides patients with incurable illnesses and their partners an opportunity to talk about the changes that they have experienced, meet others in a similar situation, 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.

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.

Bathing

The bathing service is for patients who have complex needs and are unable to access a bath or shower in the community. Each person receives up to four sessions.

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

10.00am - 12.00pm

Weekly on Fridays for 6 weeks

For family, friends and carers involved with someone who has an incurable illness. The aim is for you to meet others in a similar situation, and share and listen to other's experiences, alongside education and professional support.

Carers drop-in sessions

1.00pm - 2.30pm

Weekly on Wednesday afternoons

The sitting room at The Hospice

An opportunity for family, friends and carers involved with someone who has an incurable illness to talk about their concerns, difficulties and feelings, and to meet other people in similar circumstances.

Counsellor led bereavement groups and bereavement support groups are also available dependent on need.

INDIVIDUAL APPOINTMENTS CAN BE MADE FOR CARERS / FAMILY

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

