

Day Therapies

2019 GROUP MENU MONDAY - FRIDAY FOR PATIENTS AND CARERS/FAMILY
TELEPHONE 01255 221 222

FOR PATIENTS

STEP

10.00am - 3.00pm

Weekly on Tuesdays

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

9.00am - 1.00pm

Weekly on Tuesdays

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

The breathe happy group

10.30am - 1.30pm

Weekly on Wednesdays

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 Wednesdays

Group incorporating relaxation for breathlessness.

FAB Monday group

1.30pm-3.30pm

Weekly on Mondays for 6 weeks

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

Holy Communion

12.00pm

Monthly on 2nd Tuesday
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)

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.

FOR CARERS / FAMILY

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
- Macmillan Welfare Benefits service

There are additional groups available in the Joan Tomkins Centre, Colchester. Please see separate menu for these.