

Day Therapies

2018 GROUP MENU MONDAY - FRIDAY FOR PATIENTS AND CARERS/FAMILY
TELEPHONE 01255 221222

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.

Relax and sing

1.00pm - 3pm

Weekly on a Monday for 6 weeks

Singing can benefit our physical and mental and emotional wellbeing. The 'Relax and sing' group invites you to come and have fun exploring your natural voice whilst learning and sharing simple songs, old and new together. There is no need to have musical experience or read music as songs will be taught by ear in an encouraging and informal environment.

FOR PATIENTS (continued)

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

10.30am

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.

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.

FOR CARERS / FAMILY

Bereavement Friendship Group

10.30am - 12.00pm

Weekly on Mondays

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

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

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