

Living Well Sessions



Face to face in small groups or online using Zoom

- **Breathlessness Management Programme**

– run by Therapies Team to help manage the symptoms of breathlessness, including anxiety, fatigue and exercise.

Weekly 1.5 hours session for 5 weeks.

- **Mindful Moments**

This group is for anyone wanting to learn ways to feel calmer and a bit more in control of anxious feelings. We will chat, practice techniques and finish with a relaxation.

Weekly 1 hour session for 6 weeks.

- **Seated exercise class** - run by Therapies Team. Gentle chair-based exercises suitable for all abilities.

Weekly 1 hour session for 6 weeks.

- **Talking about your illness**

Giving you tips and advice for discussing your illness with your friends and family.

One off 1 hour session.

www.stbh.org.uk

- **Wellbeing Programme** - we are also planning to run standalone sessions on the following topics.

Week 1 – Moving Well

how keeping moving and gentle exercise can help you.

Week 2 – Feeling Well – living with fatigue. Strategies for coping with the extreme tiredness your condition can bring.

Week 3 – Staying Well – pain & constipation. How to manage your pain and the associated side effects of medication.

Week 4 – Staying Well - nutrition & nausea. What foods to eat to help when you have lost your appetite.

Week 5 – Feeling Well exploring the impact of how it feels to live with your condition.

Week 6 – Managing Money Well guiding you through the benefits you may be entitled to.

Living Well Sessions



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Registered charity no: 256789



Living Well Sessions



Face to face in small groups

- **Bake and Taste** – this group is for individuals who enjoy or who are keen to try baking and would like to bake in a group environment socialising with others.

We will be baking simple recipes under the supervision of the Therapies Team. There will be the opportunity to have a hot drink and sample what we have made. Suitable for all abilities.

Weekly 1.5 hours session for 6 weeks.

- **Full Bloom Gardening group**

- the group promotes quality of life and well-being through a programme which will include a variety of different gardening activities.

Weekly 1.5 hours session for 6 weeks.

- **Walking group** - a weekly short walk from the hospice to improve physical health and wellbeing with gentle exercise and social interaction.

Weekly 30 minute session.

- **Structured relaxation and movement**

Patients -decrease your stress/ anxiety and become more relaxed with a combination of structured relaxation and movement.

Weekly 1 hour session for 4 weeks.

Family members - using guided movement to express non-verbally how we feel.

Weekly 1 hour session for 4 weeks.

Bereaved - using guided movement to express non-verbally how we feel.

Weekly 1 hour session for 4 weeks.

- **Mind-Body-Make** - a therapeutic group which offers gentle techniques in a supportive environment to help you adjust to life following your diagnosis.

Includes relaxing movement for your body and creative materials with which to express your thoughts and feelings.

Weekly 1.5 hours session for 8 weeks.

- **I thought it was just me** - facing a terminal diagnosis can be lonely and confusing, especially at an age when you don't expect it.

Maybe you're experiencing life changes that your friends and family struggle to relate to? This is a therapeutic group for people aged 40 and below, to talk freely with others about how their life has been effected by their diagnosis. All feelings and thoughts are welcome, this time is for you. Come as you are and meet others who understand.

Weekly 1.5 hours session for 8 weeks.

- **Creative writing as therapy or relaxation**

Patients - exploring words and different themes in a therapeutic and safe environment.

Weekly 1.5 hours session for 4 weeks.

- **Take control of your camera** - this is a small face to face photography group open to patients with any level of experience in photography, from complete beginners to experienced photographers.

It is a semi structured introduction covering a few key aspects of image making intended not just to give you some knowledge of how to take better photos, but also ideas on what to point your camera at.

Photography can be a wonderful way to channel your thoughts and energy and is a chance to take control and do something you can really enjoy.

Weekly 2 hours session for 8 weeks.