

Living Well



Living Well



www.stbh.org.uk

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Registered charity no: 256789

 01903 706360

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St Barnabas
House
{Hospice}
{Care}

Living Well

The Living Well service aims to support you and those close to you to manage the challenges of living with serious, long term and life-limiting conditions. This is achieved by working with you both individually and in a group setting.

As well as the many groups and sessions detailed in this leaflet, you may also be interested in a course of Complementary Therapy, a referral to the Artist-in-Residence or having a Community Companion volunteer visit you at home on a regular basis.

We look forward to meeting you.

Monday

● **Seated Exercise Class**

Gentle chair-based exercises suitable for all abilities.

Weekly 1 hour session for 6 weeks.

Monday

● **Creative Writing**

A therapeutic group for those with a life-limiting diagnosis, exploring themes and ideas through words. You might choose to do this by writing a poem, a fairy tale, some lyrics for a song or a story from your life.

Weekly 1.5 hours session for 5 weeks.

Monday

● **Singing to Breathe**

This wellbeing group is for anyone with breathlessness as part of their health condition. Whether or not you have sung before, come and join us for a relaxed, fun way of improving your breath control.

Weekly 1.5 hours session for 4 weeks.

Tuesday

● **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 and 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.

Tuesday

● **Breathlessness Management Programme**

Help to manage the symptoms of breathlessness, including anxiety and fatigue.

Weekly 1 hour session for 5 weeks.

Tuesday

● **'Connecting to nature, connecting to me'**

A slow paced and mindful walk set in a different location each month. Participants will be invited to connect with nature using an awareness of the five senses in a small group. For carers or bereaved people.

Monthly 1.5 hours session.

Tuesday or Wednesday

● **Wellbeing Programme**

A six week programme offering a variety of practical support and advice, with the opportunity to have a cup of tea or coffee and chat with other attendees.

Week 1 – Introduction and Fatigue and Energy Conservation

Providing you with strategies to cope with the extreme tiredness your condition can bring.

Week 2 – Keeping Moving

Discuss how doing activities that you enjoy and keeping active can help you, including an introduction to guided seated exercise (suitable for everyone).

Week 3 – Eating Well

Discuss which foods to eat to help when you have lost your appetite.

Week 4 – Emotional Health

Exploring the emotional impact of how it feels to live with your condition.

Week 5 – Planning Ahead

Advice that could help with the discussions and decisions about your future.

Week 6 – Practical and Financial Advice

Guiding you through the benefits and funding you may be entitled to.

Weekly 1.5 hours session for 6 weeks.

Wednesday

● **Connections Group**

Connections is a therapeutic talking group for anyone who has experienced the loss of a loved one. This group is facilitated by one of our counsellors and we hope to provide a safe and supportive space where you can openly share your experience, reflect upon your feelings and connect with other people who understand the pain of grief.

Weekly 1.5 hours session for 6 weeks.

Wednesday

● **Open Gym**

By invitation only from the Therapies Team

Weekly 1 hour session.

Wednesday

● **Adapted seated Tai Chi**

Suitable for those who would like to try gentle seated exercises. Previous experience of Tai Chi is not necessary, it will combine breathing and relaxation techniques, along with slow, graceful continuous movements. The exercises involve flowing techniques and will not put any stress on your joints. Meditation/visualisation practices are also included. Suitable for all abilities, carers are welcome.

Weekly 1 hour session for 4 weeks.

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Thursday

● Full Bloom Gardening Group

This group promotes quality of life and wellbeing through a programme which will include a variety of different gardening activities.

Weekly 1.5 hours session for 6 weeks.

Friday

● Low Level Exercise

These sessions will consist of an introduction to low level exercises, which can be taken at your own pace and capability.

Weekly 1 hour session for 6 weeks.

Friday

● Space to Breathe

A therapeutic group for those with a life-limiting diagnosis using gentle mindfulness techniques to manage anxiety and other difficult emotions. There will also be plenty of time to share experiences and respond creatively in our lovely art room.

Weekly 1.5 hours session for 5 weeks.

What happens next?

You may be offered an appointment to meet with a member of the team, this could be for a first assessment if you have been newly referred, or for a review of your symptoms or to discuss future care planning.

For more information, please call 01903 706360.