

What is the Living Well Programme?

Being diagnosed with a progressive life-limiting illness can leave you feeling isolated. The Living Well Programme aims to equip you with some tips and techniques to help you to live well with your illness.

Through a structured eight week programme, with a themed session each week, the Living Well Programme will provide you with the opportunity to ask questions and learn where to access information, as well as socialising and being part of a supportive Hospice community.

Each week there will also be the opportunity for a 'cuppa and chat' during the session, enabling you to discuss what's on your mind related to the topic that week, or just connect with others in the group in a relaxed environment.



Week 1: Coping Well



How are you coping with your current situation and diagnosis? This session will cover techniques to help you to cope with your illness

and manage your symptoms. It will explore fatigue and the importance of therapeutic rest.

Week 2: Sleeping and Resting Well

How do you sleep at night? Do you feel like your sleep patterns have changed since your diagnosis? We will discuss strategies for improving your sleep, look at bedtime routine

and have the opportunity to try out some of the techniques including a relaxation and mindfulness activity.

Week 3: Looking and Feeling Well

What is important to you to help you feel well? This will differ for everyone. We will explore the importance of self care and relaxation and will

offer advice on ways to relax. We will chat about body image, self esteem and offer practical advice on how to look and feel more like you. Our Complementary Therapists will be on hand to provide you with some gentle relaxation therapies.

Week 4: Moving Well



How do you try to stay active? Join us in a conversation about how best to keep moving during your illness. We will look at

ways to stay active whilst managing fatigue and breathlessness. There will also be the chance to participate in some gentle activities.

Week 5: Eating Well

What does eating well look like for you? This session will explore different ways to eat and drink whilst managing nausea,

taste changes, mouth problems and other potential side effects from your treatment that you might experience. You will be able to complete some food related activities, which will hopefully give you some ideas to take away.

Week 6: Planning Well



Would you go on holiday and let someone else pack your suitcase? Then why would you let someone decide how

and what your future will look like? This session will explore the various things that are needed to put in your 'suitcase' to help you to prepare well for the future. A social worker will also be on hand to discuss the practical support that may be available.

Week 7: Remembering Well

What memories are important to you? In this session, you will have the space to reflect on the special memories in your life and will be given the chance to create a

unique creative piece. You will also have the chance to share your stories with each other.

Week 8: Talking Well



How do you talk about your illness with people? How do you tell your loved ones you are ill? Are you avoiding a particular conversation? We will

explore different ways of communicating your wishes and feelings, and discussing some tools to facilitate these difficult conversations.

Additional information

How to get referred to us

You can be referred to us by speaking to your GP or hospital Clinical Nurse Specialist (CNS). If you already have a St Peter's Hospice CNS then please speak to them after a referral has been made, you will receive a follow up phone call from one of our team.

Times

The Living Well Programme will run for 2.5 hours each week for eight weeks. There will be a welcome 'tea and chat' first.

FAQs

Can I bring a family member with me?

These sessions are aimed at people living with a life-limiting condition but there will be the opportunity for carers to use the café as a space to chat and connect with others.

What if I get tired during the programme?

We have scheduled regular rest breaks into the programme where you are encouraged to have some quiet time, with the aim of this helping with your fatigue.

I don't drive how do I get there?

If you cannot arrange transport with a friend or family member then volunteer transport can be arranged. Please let one of our team know if you require this.

What if I miss a session?

If you miss a session due to a hospital appointment that is fine. However, we would need you to be able to attend for the majority of the eight sessions.

Contact details

Day Services tel: 0117 9159469
24/7 Clinical advice line: 0117 9159430
Website: www.stpetershospice.org
Email: ds.administrator@nhs.net

Day Services hours:

Monday-Friday 9am-5pm

Our address:

St Peter's Hospice
Charlton Road
Brentry
Bristol
BS10 6NL

"You matter because you are you. You matter to the last moment of your life"

Dame Cicely Saunders



Registered Charity No. 269177


St Peter's
Hospice



Living Well Programme

Make every moment count

A guide for patients