

Learn to Relax

Introducing you to the
benefits of relaxation



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Learn different
relaxation techniques



An opportunity for you to experience a variety of relaxation techniques that will help you feel refreshed and re-energised.

For more information about Learn to Relax, please contact ot@pth.org.uk or 01252 729439.

For information about Living Well, call **01252 913040**

Living
Well



Learn to Relax

what are these groups?

Learn to Relax is a weekly group for patients and carers who want to try different relaxation techniques and learn a little about how to put them into practice in daily life.

what are the benefits?

Learning how to relax is a useful life skill with many positive effects such as; helping you to manage anxiety, improving your sleep and boosting your energy levels.

what happens in these sessions?

During each 30 minute group session, you will be guided through a relaxation technique by one of our Occupational Therapists.

is transport to the venue available?

There is public transport to the site as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit.

when are the groups held?

Groups are held weekly on a Wednesday afternoon at the Hospice in Farnham over a period of 12 weeks. The programme is repeated three times per year. Please contact us for further details.

do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.