

For further information about our care services:



Drop in to one of our **Open House** sessions.

Phyllis Tuckwell Hospice
Tuesdays 2 – 4pm

The Beacon Centre
Wednesdays 10am – 1pm



Visit our website
www.pth.org.uk



Email us
info@pth.org.uk



Call us
01252 913040



Living Well

It's all about Living Well



Hospice

Care,

everywhere!

It's not about end of life – it's about rest of life.

Our Living Well services are designed to help you and those closest to you to manage the impact of your illness, cope with changes, improve your wellbeing and remain as independent as possible – so that you can get the most out of life.

We provide a relaxed and friendly environment for people who are living with an advanced or terminal illness, as well as their carers, partners and family members, both at the Hospice in Farnham and the Beacon Centre in Guildford.



Our support is tailored to each individual's needs and focuses on the rest of life, helping to keep you as mobile as possible, feel more in control, make choices about your care and develop coping strategies to help you manage your illness.

Our groups run over several weeks and help you to feel more empowered and independent. We will review goals and progress with you, and once your needs either stabilise or you feel more empowered to manage your advancing illness, you may be discharged from the Living Well service. However, if things change for you, we are here for you to turn to when you need us again.

Our Living Well team is made up of Doctors, Nurses, Health Care Assistants, Physiotherapists, Occupational Therapists, Complementary Therapists, Psychologists, Counsellors, Social Workers, Welfare Advisors, Dietitians and Chaplains, who together provide a range of medical, clinical and therapeutic care to promote physical, emotional and spiritual wellbeing.



How Living Well services can help

- Monitoring and managing unstable symptoms.
- Guidance on coping with stress and anxiety.
- Advice on issues such as strength, balance, mobility and tiredness.
- Tips on diet, taste changes, weight gain/loss.
- Guidance on advance care planning.
- Providing a place where you can meet others, and make supportive friendships.
- Teaching relaxation techniques.
- Running meditation, complementary therapy and emotional health classes.
- Helping you to explore your creative side and nurture your talents.
- Providing information, advice and support for you, your family and carers.

Our Living Well services are all offered free of charge to you and your family and carers. Car parking is available at both the Hospice in Farnham and the Beacon Centre in Guildford.

So we can provide safe, seamless and co-ordinated care, your clinical information is shared between relevant health and social care professionals involved in your care, on a need-to-know basis. All information is kept securely, and treated confidentially and respectfully. You are entitled to state if you do not wish your information to be shared, but this may affect the care you receive. The privacy policy on our website contains further details on how your information is shared.

How to contact us

Speak to your GP, District Nursing or Practice Nursing team, who can refer you to our Advice and Referral Team, or drop into one of our Living Well Open House sessions on Tuesdays and Wednesdays, (see overleaf), to find out more about our services.

"It's not about end of life, it's about rest of life."

Steve Davies,
PTHC patient.

