



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 until your needs change.

Our Living Well team is made up of Doctors, Nurses, Health Care Assistants, Physiotherapists, Occupational Therapists, Complementary Therapists, Psychologists, Counsellors, Social Workers, Benefits & Entitlements 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.

Some car parking is available at both the Hospice in Farnham and the Beacon Centre in Guildford.



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

Steve, PTHC patient.



Three support programmes:

- Information & Support,
- Family & Carer,
- Therapies.

Information & Support

Sessions are available for anyone who wants to find out more about the care we offer.

We offer:

- Sessions at the Beacon Centre offering advice on topics such as diet and nutrition, Advance Care Planning, Will writing, funeral planning, benefits & entitlements and signposting, to help you find out how to get the support you need.
- Open House sessions at the Hospice and Beacon Centre.



Family & Carer

As well as caring for our patients, **we also support their families and carers, enabling them to find time and space for themselves, and learn practical ways of coping with being a carer.** We offer help through our:

- Carer Support Group
- Carers' Clinic
- Seasonal Family Events
- Access to information & support, including therapies and support for children.

The support which we offer the families and carers of our patients also continues into bereavement.



Therapies

Many different therapies, divided into four groups:
Movement Therapies Relaxation Therapies
Emotional Therapies Creative Therapies.

Movement

These therapies are designed to help with symptoms such as fatigue and poor mobility. They include the following sessions:

- Exercise Group
- Staying Power
- Improve your Balance
- Adapted Tai Chi
- Getting Back to Exercise.



Relaxation

These therapies are aimed at helping those who are experiencing breathlessness, stress or anxiety, low energy levels or having trouble sleeping. They include:

- Managing Breathlessness
- Learn to Relax
- Guided Relaxation
- A Good Night's Sleep
- Holistic Therapies: Soothing the Body, Calming the Mind, Lifting the Spirit and Look Good Feel Better.



Emotional

Our Emotional Therapies help participants to express their feelings and teach them strategies to enable them to cope with the emotional impact of illness. They include:

- Managing Stress & Anxiety
- Managing your Mood
- Coping and Resilience
- Reflecting on the Past
- Recording your Memories
- Mindfulness.



Creative

These therapies enable participants to explore their creative side and find an outlet for their feelings. Sessions include:

- Brush with Art
- Creative Writing
- Therapy through Creativity
- Culinary Therapy
- Therapies through Nature.



Frequently Asked Questions



Who are the Living Well services for?

Our Living Well services are designed to help patients who are living with an advanced or terminal illness, and those closest to them, to manage the impact of their illness, cope with changes and improve their wellbeing – so that they can get the most out of life.



Can carers come too?

Yes - many of our activities are appropriate for both patients and their carers or family members.



How many of the sessions can they attend?

Our support is tailored to each individual's needs, and they will be advised as to which sessions are most appropriate and will be the most beneficial for them. Most programmes run over a defined period of several weeks.



How do patients get to the Beacon Centre or Hospice sites?

Both sites are accessible by public transport, but there is some parking available. Patients can be dropped off, or there are facilities for family members to enjoy refreshment. Some volunteer driver transport is available, but we have limited capacity, so please ask if this is required and we will try to help.



How long does each session last?

Different sessions vary in length but most last between 1-2 hours.



Is my information kept confidential and secure?

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 Notice 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 & Referral Team, or drop into one of our Living Well Open House sessions, (see overleaf), to find out more about our services.



For further information about our care services:

Drop in to one of our open sessions.



Phyllis Tuckwell Hospice
Tuesdays 2 – 4pm

The Beacon Centre
Fridays 10am - 12pm



Visit our website
www.pth.org.uk



Email us
info@pth.org.uk

**General information about our
Living Well service**
01252 913040



Advice or to enquire about a referral
01252 729440 (Advice & Referral Team)

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 visit our website.

Thank you.

Living
Well