



What are these groups?

The discussion groups are part of the programme of activities held at the Beacon Centre and are led by Clinical Psychologist, Nigel Sage.

the purpose of these groups is to help you:

- Remain psychologically well.
- Improve understanding of emotional upheavals caused by major physical illness.
- Develop and maintain healthy ways of coping.
- Have an opportunity to chat to other people with similar experiences.

who are the groups for?

People with cancer or other serious progressive illnesses, their family and friends.

do the groups run to a plan?

Yes. **Wednesday afternoon** at the Beacon Centre at **1.30pm**. A programme of fourteen topics is repeated throughout the year. Each session will last 1 hour.

It is a good idea to phone before your first visit to check the group is running and the topic for that day.

do I have to talk about my feelings?

Not if you don't want to! In these meetings we will not pry into your personal affairs. We intend to provide a stimulating and enjoyable session.

what topics are covered?

1. Adjustment and Adaptation

- Ill health as an emotional challenge - its effects on our priorities
- Coping with change
- Resilience
- Being ill - does it change who we are?
- Body image - physical changes and how we feel about ourselves
- Self esteem.

2. Communication

- Communicating effectively
- Talking to healthcare professionals
- Being assertive
- Stiff upper lip or heart on your sleeve? Talking with family and friends.

3. Coping with depression, anxiety, worry and similar

- Controlling irritability and anger
- Handling worry
- Work, rest and play - getting started, keeping going and winding down
- Making decisions
- Is it better to be optimistic or pessimistic?
- Developing a positive approach.

Emotional Health & Wellbeing Discussion Groups

I'd like to come to one of the groups - what do I do now?

You don't need to be specially invited - you can just turn up. You can come to one, a few or all of the sessions.

Please phone the following numbers to make sure the group is running that week or to check on that week's topic:

01252 913040 or **01252 913033**

Tea and coffee will be available.

where is the Beacon Centre?

The Beacon Centre is located on the Royal Surrey County Hospital (RSCH) site in Guildford, address overleaf.

Parking is free in the Beacon car park, however parking in the RSCH car park will incur a charge.



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 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.

Phyllis Tuckwell Hospice Care

Waverley Lane, Farnham
Surrey GU9 8BL

The Beacon Centre,
Gill Avenue, Guildford,
Surrey GU2 7WW

Phyllis Tuckwell Memorial Hospice Ltd.
Registered Number 1063033. Registered Charity Number 264501

Tel: 01252 729400

Email: mail@pth.org.uk

www.pth.org.uk



Julia - Admin

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