

Learn to Relax

Introducing you to the
benefits of relaxation



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

Learn different
relaxation techniques

Calm

Improve sleep

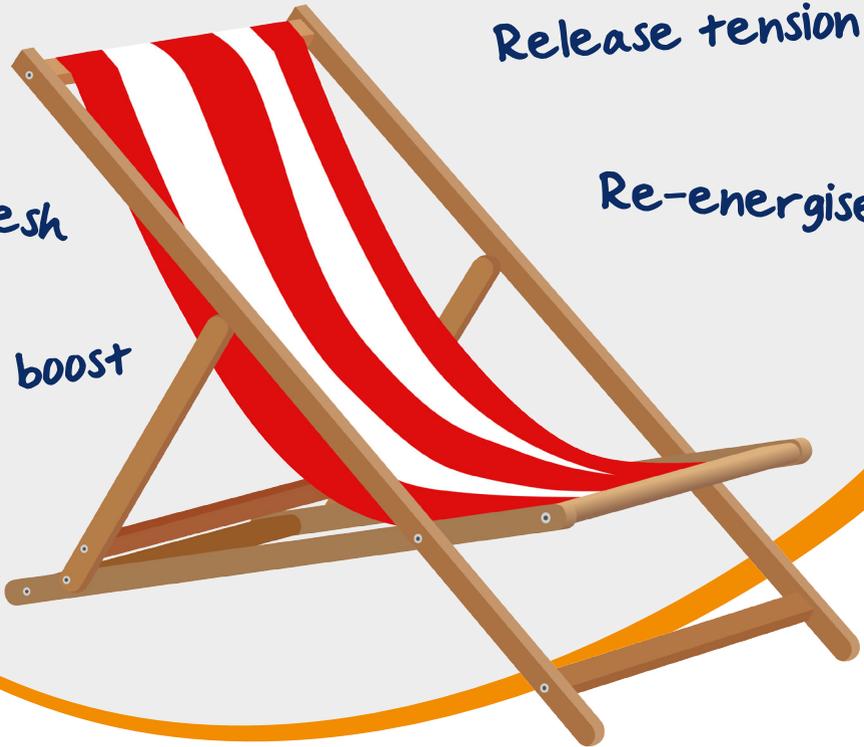
Release tension

Refresh

Re-energise

Energy boost

Rest



For more information about Learn to Relax, please contact the Occupational Therapy department on 01252 729439 or email ot@pth.org.uk.

All patients, carers, staff and volunteers are welcome.

To book your place call **01252 729417**

Living
Well



who can attend?

People who are living with a terminal illness and their carers (family member or friend), who would benefit from learning specific techniques to manage symptoms caused by their disease or treatment.

do I have to come to all the sessions?

No - they are stand alone sessions. You are welcome to attend some or all.

when are the sessions held?

'Learn to Relax' is held on a **Wednesday 1.30pm - 2pm.**

The programme runs three times a year with a break between each 12 week programme.

what is Relaxation?

Relaxation is the active release of physical and emotional tension and is a life skill which we can all benefit from learning.

Relaxation has many positive effects, such as allowing us to regain control over our anxiety, improving sleep and helping boost our energy.

There are many relaxation techniques. One or more will be right for you.

what happens in these sessions?

During each session you can try a different relaxation technique to help you cope with anxiety, problems with sleeping and fatigue.

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 to take during your visit.

how do I get to the venue?

The course is run at the Hospice, which is situated on the corner of Waverley Lane and Menin Way, in Farnham. There is some parking on site (you can be dropped off at the entrance if necessary before parking) and on some adjacent roads (although please be considerate, especially regarding nearby schools). Farnham station is a 10 minute walk away.

Normally we ask you to make your own way to the Hospice but if you can't then please contact us, as we can send you details of community transport or we may be able to arrange Phyllis Tuckwell volunteer transport.