

Coping and Resilience



Phyllis[®]
Tuckwell
Hospice Care
...because every
day is precious

Introducing Cognitive
Behavioural Therapy



Run in partnership
with 'Talk Plus'.

Helping you and your loved one learn strategies using Cognitive Behavioural Therapy to help reduce emotional distress and cope with the impact of illness.

For more information about Coping and Resilience, please contact pafs@pth.org.uk or 01252 729430.

For information about Living Well, call 01252 913040

Living
Well



Coping and Resilience

what are these groups?

These groups are a series of sessions aimed to help you if you are experiencing emotional distress linked to your own, or a loved one's, advanced or terminal illness. The group is run jointly with 'Talk Plus' (a free NHS primary care mental health service) who provide the Cognitive Behavioural Therapy professional who works in partnership with a counselling professional from Phyllis Tuckwell. If you are able to join in group discussions then these sessions may be very beneficial to you.

what are the benefits?

The strategies, interventions and discussions offered in this group can help you to reduce distress, increase control, and enhance your ability to cope with the physical, relational and emotional effects of living with your illness.

what happens in these sessions?

Each session has a specific topic. The facilitators will introduce the topic and allow time for shared discussion around this. Each session is very interactive with a strong focus on introducing and learning new coping strategies which you can continue to use independently to increase physical and mental wellbeing.

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 you wear loose, comfortable clothing and you bring any medication you may need during your visit. Tea, coffee, water and biscuits will be provided.

when are the groups held?

The group is held on a Monday morning from 10am-12pm at the Hospice in Farnham.

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.