

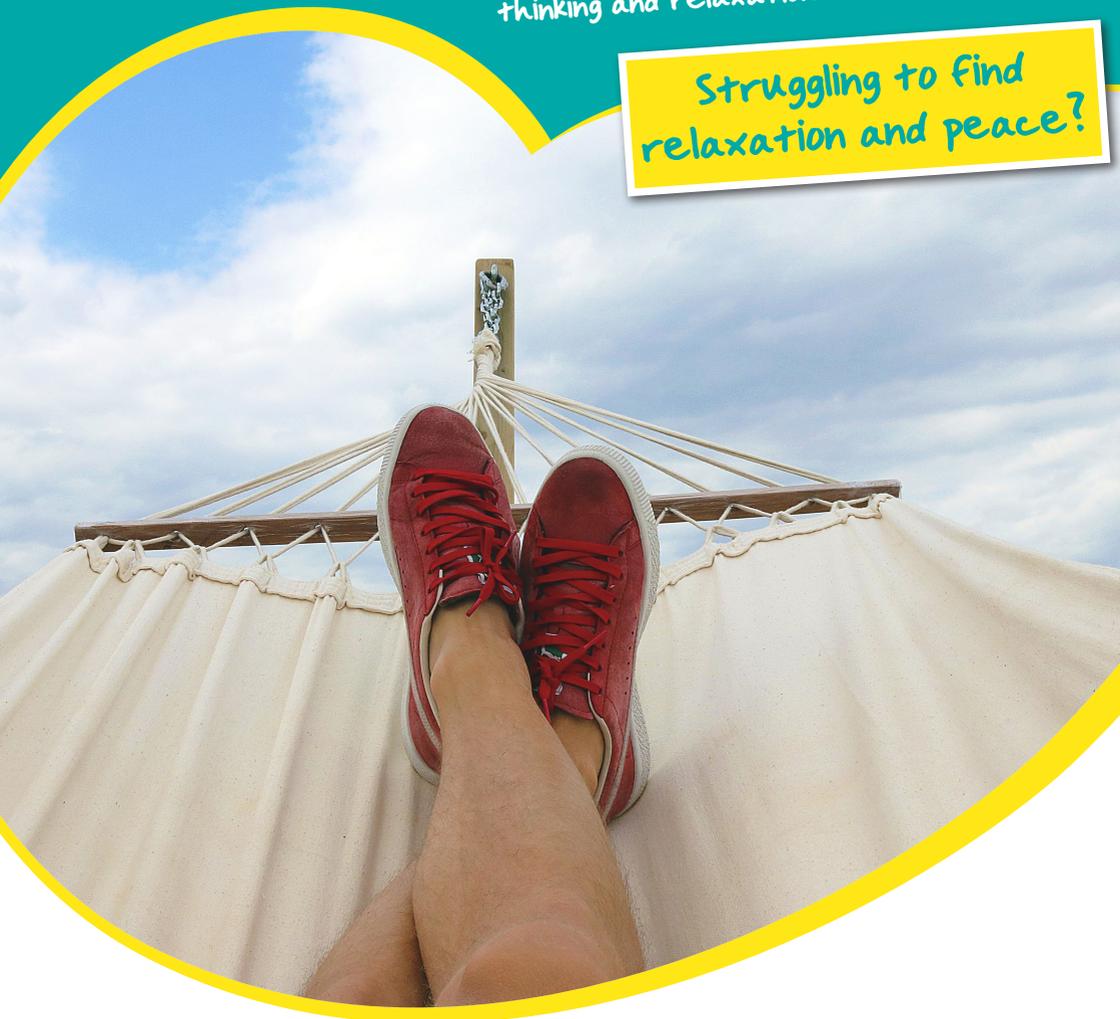
Guided Relaxation

Assisting with positive
thinking and relaxation



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

Struggling to find
relaxation and peace?



A brief introduction to how we can move into the positive area of the brain to help reduce anxiety and increase positive thinking, followed by a guided relaxation.

For more information about Guided Relaxation, please contact angela.shepherd@pth.org.uk or 01252 729437.

For information about Living Well, call **01252 913040**

Living
Well



Guided Relaxation

what are these groups?

A bi-weekly session where you and your carer can learn techniques aimed to help you relax, focus and reduce any anxiety caused by your illness or treatment.

what are the benefits?

To use meditation and visualisation as an aid to calming the mind, reducing anxiety and depression, and encouraging a restful sleep.

what happens in these sessions?

You will take part in a meditation for relaxation and must be able to participate in a group setting, retaining information and following instructions. You will also participate in and contribute to group discussions and the mutual peer support that these groups engender.

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 that you wear loose, comfortable clothing and that you bring any medication you may need during your visit.

when are the groups held?

Groups are currently run bi-weekly, over a period of 12 weeks, 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.