

Mindfulness



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

A gentle approach to
living with illness



An opportunity for you and your carer to explore ways of responding to and managing difficult situations.

For more information about Mindfulness, please contact
pafs@pth.org.uk or **01252 729430**.

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

Living
Well



Mindfulness

what are these groups?

Weekly sessions for those who are struggling with depression and anxiety. Carers are also very welcome.

what are the benefits?

Mindfulness can offer a way of relating differently to emotions, physical sensations and pain that we may struggle with. It helps us to become more aware, centred, balanced, calm and resilient, and helps with managing physical and psychological problems. Carers can also learn greater resilience and coping skills.

what happens in these sessions?

This is a gentle but comprehensive training in mindfulness. The approach is practical, with the opportunity to discuss your experience and learn from the teachers and the other participants. We will also explore how mindfulness can be used in day-to-day life, where it is most needed.

is transport to the venue available?

There is public transport to both sites 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 attendees 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. If possible, please bring a cushion, blanket and yoga mat or something to lie on.

when are the groups held?

Groups are run weekly over a period of eight weeks, at the Hospice in Farnham and the Beacon Centre in Guildford. The sessions last for two hours.

do people 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 patients or families would like to make a donation, they can ask a member of staff, or visit our website.