

Therapy through Creativity



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

Being creative and
expressing feelings



Designed for those who are looking for different ways to identify, talk about or express their thoughts and feelings. All levels of ability are welcome.

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

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

Living
Well



Therapy through Creativity

what are these groups?

These groups have been developed for those who find it difficult to identify or talk about their thoughts and feelings. If you or a loved one are living with an advanced or terminal illness, these sessions can provide the opportunity to explore, understand and express inner thoughts and feelings you may otherwise keep locked inside, and consider some coping strategies. To benefit from these groups, participants need to be able to join in group discussions. You do not need to have any artistic or creative experience or ability, just a willingness to explore!

what are the benefits?

We hope that in providing the space to express emotions and feelings in different ways, as well as considering some coping strategies, these sessions may help to boost your self-esteem, give you a sense of achievement and empowerment, and improve your wellbeing. Building bonds within a group can be very beneficial and you may find that you enjoy the opportunity to connect with others in a similar situation.

what happens in these sessions?

We will work as a group, giving you the opportunity to explore your anxieties and inner thoughts through a variety of creative activities. This might include the use of colours, textures, sounds, aromatherapies and meditation amongst others, with a view to heightening your self-awareness and encouraging expression.

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 held quarterly, on Mondays at the Beacon Centre in Guildford.

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.