

Week	Let's talk about... Our 8 week programme will cover the following topics:
1	<u>What is pain?</u> <u>How to take control pain, rather than letting it control you</u> Ways of managing pain with medications, and additional ways to help that don't involve taking tablets
2	<u>Breathlessness Management</u> Share ideas and learn useful strategies to manage breathlessness
3	<u>Fatigue Management</u> Why am I so tired? Share ideas and learn strategies to help manage your fatigue
4	<u>Anxiety and Relaxation</u> Talk about what anxiety is, and learn useful tips and strategies to manage mild anxiety
5	<u>Planning for the future</u> A look at the process of advance care planning and how you can document your wishes for future care
6	<u>Nutrition and Diet</u> Being unwell can change what you feel like eating, so we'll help you navigate through these issues, and have some nutritional supplements available for you to sample
7	<u>Benefits and Care</u> An overview of the benefits that you might be entitled to due to your illness, and insight into what to expect if you need to have carers visit you at home
8	<u>Chemotherapy/ Radiotherapy and other treatments</u> A look at these treatments, and how they might affect you

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## Wellbeing Centre

*Your day, your way*



Mondays 10am—3pm

8 week programme



For Excellence. For Compassion. For People. For Living.

# Wellbeing Centre

Your day, *your way*

Mondays at our Wellbeing Centre are designed to be your day, your way. So it's up to you whether you come for the whole day, or dip in and out and just join the sessions you find most beneficial.

In addition to the sessions below, there are also opportunities to speak with our nurses, our Chaplaincy team, and our Complementary Therapist —just ask if you'd like to do this.

## Morning

**10am—10.30am**    **Social time**  
Tea, coffee and refreshments, catch up with the team, think about your plan for the day

**10.30—11.30am**    **Let's talk about...**  
Weekly topics are listed overleaf

**11.30am—12 noon**    **Exercise session**  
Chair-based exercise or a walk in our grounds

## Afternoon

**12.30pm—1.30pm**    **Light lunch**  
Soup and sandwiches  
A donation of £3.50 is suggested

**1.45pm—2.15pm**    **Relaxation session**  
Relaxation will be guided in a variety of ways

**2.15pm—3pm**    **Activities**  
Activities will vary week to week and may include:

Crafts	Concerts
Quiz/word games	Gardening
Discussion groups	Biographies
Creative writing	Hairdressing

