

WELLBEING CENTRE PROGRAMME

Supporting you to live well



**SUPPORT &
CONNECTION**



**FAMILY &
CARERS**



**WELLBEING &
MINDFULNESS**



**LEARNING &
COURSES**



**ACTIVITY &
MOVEMENT**

MONDAY

Connect

Wellbeing Centre

Managing Fatigue and Energy Preservation 11:00-12:30

Online

Patient Support Group 10:00-11:00

Book Club (every 6 weeks) 13:00-14:00

Guided Relaxation 14:00-14:50 1st Monday of each month

Monthly Focus 14:00-14:50, each month different subject

Music for Wellbeing 15:00-16:00 1st Monday of each month

TUESDAY

Relax & Relate

Wellbeing Centre

Wellbeing Morning 10:00-11:30
- Creative corner
- Mindfulness

Wellbeing Afternoon 13:30-15:30
- Complementary Therapy
- Nature Connection

Family & Carers Rolling Programme 10:00-12:00 (booking required) - details overleaf

WEDNESDAY

Support & Connect

Wellbeing Centre

Wellbeing Nurse-Led Interactive Sessions on a series of subjects 10:00-12:00 (details below)

Citizens' Advice by appointment 2nd Wed. of each month

Complementary Therapy by appointment only

Online

Family & Carers' Support Group 10:00-11:00

THURSDAY

Support

Wellbeing Centre

Family and Carers Coffee Morning 10:30-11:30

Breathlessness Group (3-week course) 13:00-14:00

Online

Breathlessness Group (3-week course) 13:00-14:00

FRIDAY

Connect

Wellbeing Centre

Compassionate Café (last Friday of every month) 13:30-15:30

Online

Creative Writing (every other week) 11:15-12:15

Nurse-Led Sessions

LIVING WELL

Week 1: Welcome & Support at Princess Alice Hospice: Adapting to change when living with a life limiting illness. How the Hospice can provide support, guidance, and assistance

Week 2: Staying Active
The benefits of physical exercise, despite limitations. Includes a short armchair exercise session

FOCUSED SESSION

Week 3: Pain Management
An overview of medications and other strategies to manage pain effectively

Week 4: Exploring the Impact of Illness
Looking at strategies to manage negative emotions, "cutting out the noise" to cope with anxiety, and an opportunity to explore what works for you

**You will have the opportunity to discuss any other symptoms with the nurses*

PLANNING AHEAD

Week 5: Benefits & Care Options

General information on benefits you may be entitled to, and how to access social or nursing care, at home or elsewhere

Week 6 - Planning Ahead

Introducing 'Advanced Care Planning' documentation, which may help with difficult decisions & discussions about your future

Week 7- A Chance to Reflect

An opportunity to reflect on how illness might affect your outlook on life and your connections with the world around you

Managing Fatigue and Energy Preservation

3-week course on Mondays at 11:00-12:30

Session 1: Understanding your fatigue: Reflecting on how your energy levels impact your life

Session 2: Techniques and strategies to help manage your energy levels

Session 3: Explore how your sleep, mindset and activity can impact your energy levels

Your Wellbeing, Your Way – at the Malden Centre (Wednesday afternoon)

We run information sessions in New Malden in partnership with [Places Leisure](#) – for more details please visit our website www.pah.org.uk or contact the team as below.



Family & Carers Rolling Programme

Our rolling programme is a series of discussions on coping with the emotional and practical challenges that you may face when someone close to you is unwell. It includes sessions with a Senior Palliative Care nurse and the staff of our Enhanced Support services where you can ask any questions you may have about caring for someone with a life-limiting illness. It's a chance for you to get together with others who may be in similar situations, share concerns, tips and ideas.

The sessions are held on **Tuesdays from 10.00–12.00**. They run concurrently with our social morning at the Wellbeing Centre so that carers, whose loved one is under the care of our Wellbeing Team, can attend while patients are at this session.

The group is open to anyone who is supporting someone with a life-limiting illness and patients do not need to be under the care of Princess Alice for a family member/carer to attend.

Each week we look at a different topic. These will include:

- **Supporting someone who is seriously ill.** Living well: eating and drinking, days out and away
- **Coping with emotions when someone close to us is seriously ill.** Including a short mindfulness practice with our Senior Healthcare Practitioner
- **Aids and adaptations to make everyday life easier**
- **Planning for the future**
- **Practical care: hints and tips for caring for someone at home.** Facilitated by the staff of our Enhanced Support Service
- **What to expect** when the person becomes less well – with a chance to ask a Senior Palliative Care Nurse any questions
- **What next?** (coming up with personalised ideas to support you and the person you are caring for)



Please email our Wellbeing Team on wellbeing@pah.org.uk or ring on 0300 10 20 100, option 3 if you are interested. You will be contacted prior to the series starting with more information.