

The logo for Teesside Hospice features the word "Teesside" in a dark purple, cursive script font, with the word "HOSPICE" in a smaller, dark purple, uppercase sans-serif font centered below it.

Teesside  
HOSPICE

# Wellbeing Centre

# What we do

The new Wellbeing Centre at Teesside Hospice is here to support you and your family. The new programmes are tailored to the individual and designed with you in mind.

We know that having the support you need can help you stay independent, improve symptoms and make a difference in enabling you to feel more confident to have control in your own care.

All the programmes are flexible to allow you the right support when you need it most. We offer a range of programmes to help you feel better and do more. We work alongside your GP or healthcare professional to help identify the best option for you.



# We're changing lives across Teesside

## Be in charge

These programmes help you to cope better with the symptoms of your illness and give you the confidence to gain more control in your life, we offer 3 programmes :



### **Breathlessness management**

The aim of this programme is to give you a 'tool box' of self-help strategies so you can manage breathlessness, and learn techniques to help manage your symptoms.

### **Anxiety management**

Our experienced Wellbeing Centre team will run this supportive group. You will learn about what anxiety is, and how you can manage it more effectively, promoting relaxation and find new ways of coping.

### **'Coping with uncertainty'**

Worry and anxiety about illness and the uncertainty of illness is normal, although for some people it can take over life and cause significant distress. You will learn how to work towards acceptance of your illness and the limitations it brings, and be supported to find better ways to cope with your illness.

## Peer Support

This is a chat group for patients living with a terminal illness. The group meets to share experiences, thoughts and advice about coping at this time. This session will be held weekly on a Friday at 10-12 in the Wellbeing Centre or on Zoom.

## Educational/Supportive Sessions

### 'My Way' Session

This is a nurse led session and offers flexible support to suit your needs. We will work with you as individuals and support you to live the life you want.

Putting you at the centre of the service and giving you choice and control.

This session will provide the opportunity to plan for your future, and express your preferences and wishes to those that need to know.

### The Drop-In

A well-established service designed for anyone who has been affected by a terminal illness to gain support and advice. It helps promote well-being and a positive approach to living. It is open to patients, families or professionals regardless of any previous contact with the hospice.

The service will run every Thursday between 1pm – 6pm

### Neurological session

An educational and supportive programme for people who have a neurological condition such as MND and Parkinson's disease.



## Carers Support

### Carers support Group

In order for carers to effectively continue to care and support their loved ones, it is important they take time for themselves where possible, which is the main focus of this group.

### Relax and re-charge sessions for Carers

The session will provide the opportunity to have some relaxation whilst being pampered, reduce stress and improve self-confidence.

## Therapeutic Sessions

### Feeling Good Pamper Morning

Our experienced complementary therapists will help you relax, reduce stress and improve self-confidence. Including complementary, beauty and image therapies.

### Fatigue Management Group

This group aims to help you and your carer to understand fatigue, whilst helping you feel more in control. This will be delivered by the Hospice OCC Therapist.

### Guided Relaxation

This includes a variety of relaxation, mindfulness tools and exercises. You will learn to relax, as well as improve your emotional wellbeing.

### Creative activity sessions/Group

Getting hands-on with something new and creative is important regardless of skill level, it is the taking part that counts. This helps by using creativity to cope with pain or other difficult symptoms.



### Keep Active Exercise Sessions

Keeping active when you have an illness can have lots of benefits. It may help reduce some of the symptoms of your illness, improve mood and quality of life. This will be delivered by the Hospice Physiotherapist.

## How do I access the service?

You will need to be referred to the service by a Health Care Professional or through the Drop-in Service.

Prior to attending, we will contact you to talk about your needs and determine what we would be able to offer to support you.



We are regulated by CQC who can ask for information about us and our patients.

[www.teessidehospice.org](http://www.teessidehospice.org)

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Next Review: May 2022