



WOODLANDS HOSPICE

Creative Group

What if I have other questions?

Please do not hesitate to ask your Key Worker or the Occupational Therapist if you have any questions about the Creative Group.

**At Woodlands Hospice
Well-being and Support Centre**



Woodlands Hospice Charitable Trust,
AUH Campus, Longmoor Lane, Liverpool L9 7LA
Tel: 0151 529 2299
www.woodlandshospice.org Charity No. 1048934



If you feel this group would help you please speak to your Key Worker or contact Woodlands Hospice Well-being and Support Centre on 0151 529 2299

Creative Group



The Creative Group is one of the groups that we offer at Woodlands Hospice. The following information should answer some of the questions you may have about taking part and whether this group is suitable for you.

What is the Creative Group?

It is a therapy led session using a range of medium which may include:

- art based activity
- discussion of national / local news items
- creative writing
- local history topics
- play writing / reading
- others as appropriate.

Who can attend?

The programme is open to Woodlands Hospice patients who have been assessed by the clinical team.

Reasons for attending may include:

- to improve your concentration
- build your confidence
- help create purpose and focus to your day
- increase your motivation
- help you get used to mixing with people
- develop new interests and skills.

What can I expect from each session?

Each session will last for 1 ½ hours including a short break. Some activities will carry on over two or more sessions as appropriate.

What time should I arrive?

If possible please arrive at least 10 minutes before the group is due to start.

How often can I come?

We encourage you to attend every week. You will be reviewed by your key worker at regular intervals in order to look at any changes to your needs.