



WOODLANDS HOSPICE

Supportive Living Programme

What if I have other questions?

Please do not hesitate to ask the clinical team for any further information or explanation about this supportive living programme.

**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

Supportive Living Programme



The following information should answer some of the questions you may have about taking part and whether this programme is suitable for you.

What is the Supportive Living programme?

It is a ten week programme with a variety of sessions which aim to enable you to live your life to its full potential for as long as possible.

The sessions are as follows;

- 1. Symptom management including pain control**
Advice and discussion about symptom control including pain management.
- 2. Managing your medication**
Information regarding use of medications including discussion.
- 3. Nutrition**
Advice and discussion on dietary needs/options

- 4. Complementary therapies**
Looking at the four most popular complementary therapies and their benefits.
- 5. Body image/sexuality**
Issues associated with body changes as a result of illness/surgery and its treatments, including discussion.
- 6. Fatigue**
Managing fatigue and tiredness.
- 7. Stress/Anxiety**
Managing stress and anxiety.
- 8. Spirituality**
Discussion around effects of life threatening illness and diagnosis on self/family/friends. Coping with distress/sadness/loss of control.
- 9. How it feels - supporting families and friends**
Issues around feelings and family support.
- 10. Information**
A forum for patients to address questions, queries, or problems related to their condition and support.

Who can attend?

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

What can I expect from each session?

Each session will last up to 2 hours including a short break.

What time should I arrive?

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

How often can I come?

We encourage you to attend all the sessions if possible. You will then be reviewed by your key worker.