

Drop-In Support and Advice Session

10am - 12pm

An opportunity to drop-in for advice, information and support in a relaxed and friendly setting. A chance to meet with others, or talk individually with a member of the team regarding any concerns or worries you may have. Partners or carers welcome.

Interested?

If you would like to know more, we'd be happy to help.

Call **01793 816124**

Email openprogramme@prospect-hospice.net

Visit www.prospect-hospice.net/openprogramme

Prospect Hospice

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Prospect Hospice Ltd. Registered Charity No. 280093
Company Registration in England No. 1494909

September 2018



Helping you live better...

The Open Programme

Helping you cope when your life's changing



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Registered Charity Number 280093



Helping you live better...

The Open Programme

When you've been diagnosed with a life-limiting illness, how you feel physically and emotionally can take you by surprise.

Our Open Programme offers a range of courses to help you to cope better with your illness. Developed by our experienced healthcare professionals, it has been designed to give practical advice and information to build your skills and confidence.

To attend a course or to find out more about the Open Programme email openprogramme@prospect-hospice.net or call **01793 816124**.

Managing Fatigue, Maximising Energy

10am - 3pm

Find ways of reducing the impact of fatigue. This workshop has practical exercises to help you overcome tiredness and explores the effect that sleep, nutrition and stress play in fatigue.

Living with Breathlessness

10am - 3pm

Learn how to lessen the impact of breathlessness by developing practical techniques and coping strategies. Gain confidence to exercise at a level to suit your needs.

Sleep Workshop

10am - 12.30pm

Come along to this short session and gain advice and information on how to improve the quality of your sleep.

Managing Stress and Learning Ways to Relax

10am - 2pm

Understand the effects of stress and anxiety and learn skills and techniques to manage their impact including relaxation, mindfulness and meditation

Lymphoedema Support and Self Management Workshop

10am - 3pm

If you are living with lymphoedema and are looking for opportunities to gain skills in it, then our specialist staff, trained in lymphoedema management, are available to offer practical advice and support. The day aims to boost confidence and provide opportunities to meet with others.

Please note that refreshments and a light lunch are included on all courses except for the Sleep Workshop and drop-in sessions.

Nutrition Workshop

10am - 2pm

Our dietitian will provide you with information and practical advice on how to manage problems with appetite, diet and associated issues. Explore meal and recipe ideas. *Partners or carers welcome.*

Wellbeing through Art and Complementary Therapy

10am - 3pm

Experience some complementary therapies and relaxation. Alternatively lose yourself exploring your artistic skills under the guidance of our art therapist. Or do both!

Benefits of Exercise

10am - 2pm

Keeping active can help improve confidence, wellbeing, strength and stamina during illness. Join in with a variety of exercise taster sessions to suit all abilities.