

Signing up and getting here

Our Focus on Living sessions are coordinated and facilitated by a wide selection of Hospice staff and volunteers and external specialists and led by Carole Taylor.

Carole Taylor, Co-ordinator of Therapeutic Services

Carole has a wide range of counselling and group work skills, she also facilitates the Positive Steps course, Relaxation and our Carers support. Carole is supported by Fiona Clark, Art and Therapeutic Activities Facilitator.



Referral into Focus on Living sessions can be done by your health care professional or you can even self refer by contacting Carole.

For further information about Focus on Living please contact Carole Taylor on 0191 285 0063 (ext 280) or email: caroletaylor@stoswaldsuk.org

Unfortunately we are unable to provide a transport service for patients and carers taking part in Focus on Living. We do have a free car park and are easily accessible by the Metro and buses. If, however, you require support in getting here, please contact Carole.

Find us on:



We are a registered charity and rely on voluntary donations and legacies to enable us to care for patients and families.

This leaflet is available in a range of formats. Please ask a member of our team if you require a different format. Thank you.

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Telephone: 0191 285 0063

E-mail: enquiries@stoswaldsuk.org

Website: www.stoswaldsuk.org

Registered Charity No. 503386



Focus on Living Sessions

enhancing wellbeing and enjoyment for people
with life limiting illnesses



we care

we campaign

we educate

What is Focus on Living?

St Oswald's Focus on Living sessions are designed with YOU in mind. The sessions have been developed for people with a life limiting illness to enhance your sense of wellbeing and enjoyment. You may also learn a new skill along the way! The sessions are held at St Oswald's Hospice, in Gosforth.

Carole Taylor, Coordinator of Therapeutic Services tells us more: "The setup of the sessions is very informal and designed to make you feel completely at ease in a confidential environment. They are a great way for patients and carers to experience first-hand the services provided here, as well as an opportunity to access support and advice at St Oswald's and in the wider community."

What can I focus on?

Focus on Living is designed to be flexible and offer you the opportunity to benefit from a range of activities. We have several courses running throughout the year. The type of sessions on offer include:

Positive Steps - six week course

Positive Steps provides an introduction to St Oswald's and our services. Find out about what we offer, advice on benefits and entitlements, diet and nutrition, tips on fatigue and stress management, relaxation and visualisation, complementary therapy and support for you and your carer.

Relaxation - six week course

These sessions introduce you to different relaxation techniques and teach you how relax, take time out and switch off.

Relaxation techniques are helpful if you're experiencing anxiety, sleep disturbance, pain, nausea, breathlessness or fatigue and they also enhance general well being.



What can I focus on?

Mindfulness - six week course

These sessions give you the tools to manage your levels of stress and improve general wellbeing. They are taught by a qualified Mindfulness teacher.

Arts and craft sessions

During these sessions you will be encouraged to take time out to relax and be creative! They are an excellent way to learn new skills.

Fatigue management - five week course

These sessions are useful if you are struggling with Fatigue. They are designed to help you cope with the symptoms of extreme physical or mental tiredness.

Exercise

We have a range of exercise classes on offer. Exercise can help with fatigue, cardio respiratory function and self esteem.

Creative Writing

Creative writing can be therapeutic, creative and fulfilling. Any work you produce can be based on memories, images and personal experiences as well as current thoughts, feelings and emotions.

Self Care Groups

These sessions will promote self esteem, confidence and well being. They will include make up tips and techniques, hairdressing and more.

Drop-in Sessions

We have various drop-in sessions held on Monday afternoons. At these sessions you can meet up for a chat and a cup of tea with our experienced team. Carers are also welcome at some of these sessions.

Music therapy

The music therapy sessions will be led by various musicians.

