

Positive Steps



we care

we campaign

we educate

What is Positive Steps?

St Oswald's holds Positive Steps courses six times a year to introduce people with life-limiting conditions and their carers to the Hospice and to highlight the services we offer.

The sessions help dispel the myths surrounding hospice care and show that St Oswald's offers more than just end of life care, as people often assume.

Carole, St Oswald's Positive Steps Co-ordinator 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."

"When we walked through the doors of the Outpatient Suite for the first time it was like someone had wrapped a blanket around us - it was a great relief."

What will be covered?

If you decide to attend our Positive Steps course, you will find out about a variety of topics including:

- An overview of St Oswald's and the services it provides
- Information and advice about diet and nutrition
- Tips on fatigue, stress and sleep management
- An introduction to relaxation, visualisation and mindfulness
- A taste of complementary therapy
- A pamper session
- Information and signposting to other services in the community
- The opportunity to meet a variety of members of the Hospice team who may be able to offer support and advice to you and your family

Carole explains:

"We hope that as a result of attending Positive Steps, you will feel more confident in accessing St Oswald's other services, such as Complementary Therapy and Hospice support groups, if appropriate."

What are the benefits?

These sessions aim to help people feel better about themselves, boost self esteem and improve quality of life. They are open to men and women of all ages and you are more than welcome to bring along a friend, relative or carer who may also benefit from the support and advice.

Here are a selection of quotes from patients who have attended the sessions:

"The sessions were excellent for us. They helped us to realise that we weren't on our own and we felt we could talk openly about our feelings. They offered us reassurance that we were doing OK at this difficult time."

"Being able to freely discuss and share thoughts and fears with like minded people who understood and had similar experiences, was both therapeutic and a huge relief. There was no need to hold anything back as we do with friends and family, we learned it was ok to be a little selfish with our time and the need to rest."

"We've gained lots more confidence from the sessions, which have been a great help in trying to come to terms with the difficulties we've had to face. We also had lots of fun."

Carole explains: "One phrase we hear a lot is **'I wish we'd found you earlier'**. So don't put off coming along to see what we have on offer. We'd love to welcome you here."

Refreshments are provided and if necessary, transport can be arranged for those who need it.



Meet the Team

Carole Taylor, Co-ordinator

Carole comes from an occupational therapy background and has a wide range of counselling and group work skills. She facilitates the Positive Steps course with a team of staff and volunteers.



Denise Nelson, Support Worker

Denise has a background in complementary therapy. Alongside her role supporting the Positive Steps sessions she also volunteers at the Hospice as a complementary therapist.



For further information about Positive Steps and to book a place on the next six week programme, please contact Carole Taylor on 0191 285 0063 ext 2082 or email caroletaylor@stoswaldsuk.org

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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