



**St Oswald's  
Hospice**

*Supporting you to live well...*

# **Group Therapies**

*at The Focus on Living Centre*



**Part of  
St Oswald's  
Hospice  
Day Services**

*Quality time for everyone*

You'll find **care** and **support**,  
**listening ears** and **friendly faces**

at our range of


## Group Therapies...

Living with a progressive, life-limiting condition impacts your whole life and comes with many challenges – physically, mentally and emotionally, too. Our Focus on Living Centre is all about supporting you to live well and manage those challenges in the best way possible. That's why we offer a wide range of group therapies and sessions as part of our holistic approach to your care.

We have a team of therapeutic practitioners and clinical experts who run the groups. You'll benefit from their guidance, support and advice – as well as the support and experiences of other patients in the group. From gentle exercise classes to relaxation sessions and support groups too – we'll assess your needs and together we can decide what might work for you.

As with all our hospice services, our therapeutic groups are offered free of charge.

## Group therapy has many benefits...



Fun and  
interactive

Meet  
people  
in similar  
situations

Make  
friends

Share  
worries/  
problems

Get  
advice/  
support

Improve  
self-care

Relax /  
calms  
you

Enhance  
wellbeing



## Meet Pam...

When Pam was first referred by her GP, she panicked about the idea of coming to the hospice – but after 3 years of attending Focus on Living sessions, Pam feels differently...

*"It's the best thing I've done! It's like another home – it's lovely. I'm always disappointed when the sessions are over. I like meeting other people in the same situation as myself, I like making friends with them and being able to support them, and likewise, they support me."*

**On the following pages you can find out more about the kinds of group therapies we offer...**



**Watch Pam's Story**

## Positive Steps

If you've been newly diagnosed with a life-limiting condition, these sessions will introduce you and your carer/family to the hospice and highlight the services we offer.

You'll get support and advice, as well as a chance to dispel any myths and misconceptions you may have about hospice care.

Positive Steps hopes to show you that St Oswald's Hospice offers more than just end of life care, as many people often assume. It's a place where people matter, a place for living – where our aim is to provide quality time for everyone.

### When is it?

This is an 8-week course. Each weekly session lasts 1.5 hours.

### Who is it for?

Patients with a palliative diagnosis who have not accessed the hospice before.

*Patients attending the group are encouraged to bring a carer/family member along with them.*

### When is it?

Weekly sessions. Each session lasts 1.5 hours. You'll be offered 12 sessions, followed by a review.

### Who is it for?

Any patient who enjoys doing fun/creative activities and chatting to others.

*(You don't need to have a high level of creativity/skill for any of the activities!)*

## Creative Wellbeing Group

Our creative wellbeing group is an open space where you can enjoy creative activities and benefit from peer support.



# Relaxation Group

## When is it?

Weekly sessions - Various Days.  
Each session lasts 1.5 hours.

## Who is it for?

All patients would benefit  
from relaxing more.

Carer may join in too if need to  
relax.

Our relaxation sessions aim to teach you techniques to help release tension and reduce symptoms of stress and anxiety. These sessions will help you to relax your mind and body in order to increase energy levels and promote sleep.

*"I always think, when you first think of a relaxation session – I can't be made to relax. You know, I don't relax very easily at all. But here, you do." Pam*



## Men's / Women's Support Groups

Talking based, peer support groups for men and women in a friendly, safe space. These are patient-led sessions, supported by a member of the Focus on Living team. You'll get to know your peers and will be encouraged to share your experiences with each other.

Members of the group talk openly about anything that is impacting their daily life and emotional wellbeing as a result of their illness/condition and offer advice and support. (It's fine to just come and listen until you feel comfortable too.)

### Meet Nathan

**Nathan lives with a progressive, life-limiting condition which brings many challenges – physical, emotional, and practical. He told us talking and getting support from other men and our staff makes a real difference in his life:**

*"As soon as you walk through that door, everybody's wonderful. They help you get the guidance, ideas and discuss side effects. There are about 4 of us in the group who have been here nearly all the sessions, it's nice to see them. They like to have conversations...it's really, really helpful."*

**Watch Nathan's Story**



## Women's Support Group

### When is it?

Fortnightly sessions. Each session lasts 1.5 hours.

You'll be offered 12 sessions, followed by a review.

### Who is it for?

Women of all ages, with a palliative condition - who would like to have a safe space to talk to peers going through similar experiences.



*"For me, I just enjoy the support and being able to listen to what people say. No subject's banned – consequently, we also get a big laugh out of it as well."*  
**Pam, patient**



## Men's Support Group

### When is it?

Fortnightly sessions. Each session lasts 1.5 hours.

You'll be offered 12 sessions, followed by a review.

### Who is it for?

Men of all ages, with a palliative condition - who would like to have a safe space to talk to peers going through similar experiences.



## Ladies' Pamper Group

The ladies' pamper group is a friendly safe space to meet and chat with others undergoing similar issues related to health and illness progression.

The sessions are facilitated by Focus on Living staff and supported by professional beauty therapists who will offer pampering treatments.



### When is it?

This is an ad-hoc group that we run on a demand and referral basis.

Weekly x 4 weeks.

### Who is it for?

Women, age 40 or under, with a palliative condition - who would like to have a safe space to talk to peers going through similar experiences.







### When is it?

Fortnightly sessions. Each session lasts 1.5 hours.

You'll be offered 12 sessions, followed by a review.

### Who is it for?

Patients who want to enhance strength/mobility/balance/fitness/ circulation.

Suitable for any age or level of fitness –you can work within your own ability.

## Gentle Exercise Group (Tripudio)



Led by a physiotherapist and wellbeing co-ordinator, Tripudio is a form of gentle exercise, which you can do while seated or standing.

You'll start and end with specifically designed warm up and cool down sequences, and during the session you'll do a combination of stretching, balancing and low impact exercise to music.



## Breathlessness Management

Led by a physiotherapist, occupational therapist and wellbeing co-ordinator, this group offers education and symptom management techniques if you are experiencing breathlessness as a result of your condition.

The aim is to help you better understand and manage your breathlessness. You'll look at various different factors from breathing exercises to managing your stress and anxiety.

This is a friendly space to meet others experiencing breathlessness.

### When is it?

You'll be offered a 5-week course. Each weekly session lasts 1.5 hours.

### Who is it for?

Patients experiencing breathlessness as a result of their condition.

### When is it?

You'll be offered a 5-week course. Each weekly session lasts 1.5 hours.

### Who is it for?

Patients experiencing fatigue as a result of their condition.

## Fatigue Management

Led by a physiotherapist, occupational therapist and wellbeing co-ordinator, this group offers education and symptom management techniques if you are experiencing fatigue as a result of your condition.

The aim is to help you better understand and manage your fatigue. You'll look at various different factors – from managing your stress and anxiety to managing your sleep routine.

This is a friendly space to meet others who are also experiencing fatigue.



# Keeping in Touch Sessions

## When is it?

Monthly sessions on the last Thursday of the month. Each session lasts 1.5 hours.

## Who is it for?

Open to all Focus on Living patients.



Come along to our monthly Keeping in Touch Sessions and touch base with other patients and the Focus on Living Centre staff.

This session takes place in our Wellbeing room. A friendly, informal get together – make yourself a drink and have a chat to others. Staff are available to answer any questions or to support with sign posting to other services if required.

Please note: Booking is essential - please contact the hospice on **0191 285 0063, ext. 2082** to book your place.

We have very limited transport available so please arrange your own transport if possible. If not, transport will be first come, first served basis.

## Want to know more about the Focus on Living Centre?

Scan to **watch our short film now** – meet our patients, staff and find out more about what we do... Or visit [www.stoswaldsuk.org/focus-on-living-centre](http://www.stoswaldsuk.org/focus-on-living-centre)



# Come in to our safe place

Group therapies take place at our Focus on Living Centre at the main hospice site in Gosforth – it has its own entrance on the side of the building.

**Find us at the Focus on Living Centre:  
St Oswald's Hospice  
Regent Avenue  
Gosforth  
NE3 1EE**

## Any Questions?



Please contact us on **0191 285 0063**

**Messages can be left on our voicemail if no one is available and we will get back to you.**



Email: **[enquiries@stoswaldsuk.org](mailto:enquiries@stoswaldsuk.org)**



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