



The Living Better Programme



Making every day count,
not counting every day



The St Clare's Hospice **'Living Better Programme'** is a new service which has been developed to help guests gain better control of their health and take back ownership for their quality of life in ways which will benefit them and their families or carers.

Living with a terminal illness can sometimes cause concerns and fears for people and the team at St Clare's Hospice understands this and is here to help and give support. By providing reassurance and focusing on areas that will impact on physical, emotional and psychological wellbeing, our team of professionals will come alongside guests in a very relaxed and caring environment and provide tailored support to meet individual needs.

Who will benefit from the programme?

Anyone newly-diagnosed or living with a terminal illness can be referred to the **'Living Better Programme'**. Guests who attend the 6-week programme will not need to have had any prior experience of Day Hospice care. Guests can be referred by any healthcare professional involved in their care and each guest will be assessed at the start of the programme to check that they will be able to take part in the practical elements of the programme such as gentle exercises and relaxation techniques.

The programme will be open to both guests and their carers or family members. It will be a great way to socialise with others who will be experiencing similar problems or concerns whilst also learning how to maintain independence and to live better. We ask that guests and their carers or family members make their own way to the Hospice, please.

What sessions will be available during the programme?

The programme will run on a Monday afternoon, 1.00-3.00pm, for a 6-week period and will take place at St Clare's Hospice in the Day Care area. Guests will be asked to arrive at 12.30pm so that they can settle in and have a cuppa ready for a 1.00pm start.

During the programme, the following sessions will be available:

Week 1 – Introduction and Mindfulness. An overview of what to expect from the programme and a gentle introduction to some mindfulness techniques to help promote a sense of calmness and control.

Week 2 – Nutrition and Diet & Physiotherapy and Exercise. The importance of managing your quality of life through improved diet and mobility.

Week 3 – Sleep and Relaxation. Addressing the fears and anxieties that can be experienced and the impact that they can have on everyday living, mood, behaviours and sleep. Accepting that it is often very natural to feel angry or guilty but to know that there are ways to tackle this together.

Week 4 – Financial Matters. Looking at some of the ways to manage finances including access to benefits and grants, getting your affairs in order and planning for the future.

Week 5 – Complementary Therapies. Studies have shown that some complementary therapies may help to ease physical and emotional symptoms such as pain, fatigue, muscle tension, stress and depression. During this session guests and their carers will learn to give each other a relaxing hand message to help promote peacefulness and wellbeing.

Week 6 – Signposting and Home Support. Being made aware of services that are available in the South Tyneside area including continuing support from St Clare's, when relevant.

What will happen after completion of the programme?

Once a guest has completed the 6-week programme, they will be re-assessed and provided with a 'Living Better' support pack to help them maintain and manage their quality of life. The guest may also be signposted to other services dependent upon continuing health and social needs.

“People living with a terminal illness shouldn’t have to carry the burden of physical and emotional symptoms without support. The ‘Living Better Programme’ at St Clare’s Hospice is designed to help those who are facing concerns and who need the reassurance and guidance to live as well as they can for as long as they can. Living better doesn’t need to be unrealistic – we’re here to help.”

- Sister Jacki Richardson, Day Care Services.



Find out more:

For more information about the ‘Living Better Programme’ and to find out about programme dates, please contact Jacki Richardson on:

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Visit the Hospice website at www.stclareshospice.co.uk



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