



Calderdale and Huddersfield **NHS**
NHS Foundation Trust



Kirkwood
The Hospice for Kirklees

Working in partnership to deliver

braveheart



You are invited to attend a series of six focussed, fortnightly sessions of advice, information and support to help you and your carer manage your Heart Failure.

Sessions will include:

- Living with Heart Failure & Goal Setting
- Medication & Symptom Management
- Nutrition & Exercise in Heart Failure
- Living with Fatigue
- Future Care Planning & Coping Strategies

If you are interested in attending Braveheart, please speak to your Heart Failure Nurse, GP/Consultant or contact Support & Therapy at Kirkwood Hospice.

Telephone:

01484 557900

Kirkwood Hospice

21 Albany Road, Dalton,
Huddersfield, HD5 9UY

Tel: 01484 557900

Fax: 01484 557916

Email: info@kirkwoodhospice.co.uk

Web: www.kirkwoodhospice.co.uk

Registered Charity No. 512987

What's on at Kirkwood?

Drop In Sessions

Every Wednesday, Thursday & Friday, 9.30am - 5.30pm
Support & Therapy Centre at Kirkwood

Complementary Therapies

Therapies by appointment:
Massage, Reflexology, Reiki,
Indian Head Massage

Mindfulness & Relaxation

Alternate Fridays
3pm

Living with Your Illness

Regular sessions
available

Living with Fatigue

Regular sessions
available

Keeping Active at Kirkwood

Exercise Group
Courses Available

Carers' Retreat

First Wednesday
of each month
10am - 12 noon

Share & Care

Carers support group
Regular sessions
available

HOOT

Creative activities
Wednesdays
1pm - 3pm

Emotional Support Groups for Patients & Carers

Thursdays
10am - 11am for Carers
11.30am - 12.30pm for Patients

Tai Chi

Fridays
Please speak to a
member of the team
about a referral

For more information or a referral, please speak to a member of the team or call them on: **01484 557900**