

Working in partnership to deliver

# Breathe Better

Feel good, do more



You are invited to attend five fortnightly sessions of focussed advice, information and support to help you and your carer to better manage your chronic lung condition.

## Sessions will include:

- Introduction and goal setting
- You and your medicines
- Coping strategies and planning for the future
- Living with Fatigue
- Concluding week and next steps

If you are interested in attending Breathe Better, please speak to your Respiratory Nurse Specialist, 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](mailto:info@kirkwoodhospice.co.uk)

**Web:** [www.kirkwoodhospice.co.uk](http://www.kirkwoodhospice.co.uk)

# 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**