

Getting On and Living

For Patients with Neurological Conditions and their Carers

Kirkwood runs a special day at the Hospice for people affected by a range of neurological conditions such as Motor Neurone Disease, Multiple Sclerosis and Parkinson's. You are invited to attend for 12 weekly sessions of focussed advice, information and support to assist you in getting the most out of life.

Sessions will include:

- Introduction to the Hospice and our service
- Self-management of symptoms
- Living with fatigue
- Speech and Language Therapy (SALT)
- Being active and maintaining interests
- Promoting independence
- Connecting and making links with other people

Getting On and Living takes place on Tuesdays in the Support & Therapy Department at Kirkwood Hospice.

Question time, exercise and relaxation techniques will form part of the course.

A team of experienced healthcare professionals will be on hand to answer your questions and to provide support on a range of issues.

If you or someone you know would benefit from this day, contact Support & Therapy on:

Tel: **01484 557900**