



Kirkwood
The Hospice for Kirklees

Living with your illness

A programme for people living with a life limiting illness

Kirkwood's multi-disciplinary Support & Therapy team invite you to join them for an experiential course consisting of three weekly sessions of support, advice and information, which aims to help you to cope more effectively with your illness.

Sessions will include:
Mindfulness Techniques to aid relaxation and manage stress.

- **How do we move forward?**
 - How many times can we go through this?
- **Coping strategies** - what they are and how we use them
- **Keeping the focus on you**
- **Not being afraid to speak out**
 - asking awkward questions
- **What keeps your spirits up?**
- **The New 'Me'** - regaining your confidence

For further information, please contact Pam Wood (Support & Therapy Centre) or Tracey Addy (Family Care Team) at the Hospice.

Tel:

01484 557900

Information about this course and future dates are also available on our website:
www.kirkwoodhospice.co.uk

Alternatively, please speak to your health care professional.

Kirkwood Hospice
21 Albany Road, Dalton,
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Tel: 01484 557900
Email: info@kirkwoodhospice.co.uk
Web: www.kirkwoodhospice.co.uk

Registered Charity No. 512987



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Living with Your Illness: Course Dates 2019

Thursdays (1-3pm)

January 2019 3rd, 10th, 17th

March 2019 7th, 14th, 21st

May 2019 9th, 16th, 23rd

July 2019 11th, 18th, 25th

September 2019 12th, 19th, 26th

November 2019 7th, 14th, 21st

If you would like to attend a Living with Your Illness course in 2019, simply talk to your nurse or therapist in the Support & Therapy Centre.

Alternatively you can contact Pam Wood or Tracey Addy at the Hospice on:

01484 557900