



GOAL

Getting on and living in the Afternoon

Do you have a neurological condition or have dementia? Our brand new 8 week programme is designed to build your confidence by taking part in a fun afternoon in a social environment. We can also introduce you to other available Hospice services, which may help to enable your independence.

Sessions take place on **Tuesdays** from **1pm - 3pm** and include:

- Leisure activities
- Social interaction and peer support
- Themed sessions including; Games, Music, Bibliotherapy, Creative Therapy and Reminiscing
- Enjoy our gardens

This programme is designed to meet the needs of people with a range of conditions.

If you believe that you, a relative or someone in your care may benefit from this 8 week programme, contact the Support & Therapy team:

Tel: **01484 557900**

Experience *Therapies* *Enjoyment* *Relaxed* *Creative Activities*
Informal *Advice* *Information* *Calm* *Film* *Music* *Bibliotherapy*
Support *Socialise* *Leisure*

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**