

What does the course involve:

Being diagnosed with a life limiting Neurological/ Neuro-Muscular illness can leave you feeling isolated. The *'Neuro Living Well'* Programme aims to equip you with some tips and techniques to help you to live well with your illness.

Through a structured 6-week programme, with a themed session each week, the *'Neuro Living Well'* Programme will provide you with the opportunity to ask questions and learn where to access information, as well as socialising and being part of a supportive hospice community. Each week there will also be the opportunity for a 'cuppa and chat' during the session, enabling you to discuss what's on your mind or just connect with others in the group in a relaxed environment.

There will be a space reserved in the Hospice Sanctuary for a *'Carers' Cafe'* to enjoy tea and cake, have an opportunity to

talk with our hospice staff, connect with other carers and enjoy some quiet time.

Session content:

Week 1	Welcome & Fatigue Management
Week 2	The Emotional Impact
Week 3	Breathlessness Management
Week 4	'What's important to me'
Week 5	Future Planning
Week 6	Mindfulness & Relaxation

Additional Info:

How to get referred to us:

This course is available to anyone living with a life limiting neurological/ neuro-muscular condition.

You can be referred to us by speaking to your GP, Neurologist, MND/Neuro-Muscular Care Co-ordinator or Hospital Clinical Nurse Specialist (CNS). If you already have a St. Peter's Hospice Clinical Nurse Specialist, then please speak to them. After a referral has been made, you will receive a follow up phone call from one of our team to triage you for the course.

Day / Times:

The Living Well Programme will run for 2 hours each week for 6 weeks from 1:30pm – 3:30pm on a Monday afternoon.

Frequently Asked Questions

Can I access the course?

The entrance to reception at St Peter's Hospice is up a ramp. Disabled spaces are at the bottom of this ramp in our car park. If you are unable to get up this ramp, please alert the staff at triage and we will enable you to drive up the ramp to the front door.

St Peter's Day Services area has fully flat access and disabled toilets. We have access to a consultation room with a large neuro plinth for any personal care and a separate bathroom on the In-Patient Unit. We will have equipment and qualified staff available to support varying mobility and care needs while you attend the group. This

can be discussed further with our team on referral.

Can I bring a family member/carer with me?

The sessions themselves will be for patients only, but family members/carers are expected to stay in the *Carers' Cafe* if you require assistance with personal care/toileting/chest clearance/medication/feed. A member of the Hospice staff will be available to be second pair of hands if needed.

What if I get tired during the programme?

We have scheduled regular rest breaks into the programme where you will be encouraged to have some quiet time, with the aim of this helping with your fatigue.

How do I get there?

If you cannot arrange transport yourself, with a friend / family member then volunteer transport may be available for you and your carer depending on your

mobility needs. This will be discussed with the Day Services team at triage.

What if I miss a session?

We understand you may miss a session due to illness or appointments. However, we would need you to be able to attend for the majority of the 6 sessions.

Contact us:

Day Services number:
0117 9159469

24/7 Clinical advice line:
0117 9159430

Website:
www.stpetershospice.org

Our address:
**St Peter's Hospice
Charlton Road
Brentry
Bristol
BS10 6NL**

Neuro Living Well

Living Well with a Neurological or Neuromuscular Condition

A Six Session Course

