




## Wellbeing Service Opening Hours

Monday - Friday: 9am - 3.30pm


We accept self-referrals between:  
8.30am - 4.30pm


**01724 270835**

# Lindsey Lodge Hospice Wellbeing Service


Always there to care 


**01724 270835**  
[www.lindseylodgehospice.org.uk](http://www.lindseylodgehospice.org.uk)


 **Breathlessness Clinic**  
Individual appointments for patients with breathlessness to help understand the symptom and explore coping strategies. **Aimed at Patients.**


 **Helping to Overcome Problems Effectively (HOPE) Course**


A self-management support course exploring a variety of symptoms from fatigue to anxiety to moving forward. **Aimed at patients.**


 **Hypnotherapy**  
This service is accessible through a referral from a healthcare professional in relation to support with psychological wellbeing. This can be discussed during your time in the wellbeing centre. **Aimed at patients.**


 **Let's get Quizzical**  
A fun test of knowledge, with a little element of competition. An opportunity to exercise your mind! **Aimed at patients, carers and relatives.**


 **Lymphoedema Clinic**  
Individual appointments available to assess, treat and support in the management of Lymphoedema. **Aimed at patients.**


 **Touch Therapeutics**  
A variety of complementary therapies designed to support in maintaining your emotional wellbeing. An opportunity for relaxation and re-focus. **Aimed at patients.**


 **Bathing Service**  
We have a comfortable hydraulic bath tub which can be raised or lowered and a special chair that can support access into the bath tub if mobility is difficult. Bubble bath is optional! **Aimed at Patients.**


 **Reflections**  
Bereavement support for those following the loss of a loved one, to share conversations and discuss coping strategies. **Aimed at carers and relatives.**


 **Ironwill Supporter Group**  
A group for both patients and their carers to give and receive support and advice. An opportunity to ask questions and share worries in a safe environment. **Aimed at patients, carers and relatives.**

 **Mind and Body**  
A rolling programme of sessions led by our health psychologist to support wellbeing and build confidence. Family and carers are more than welcome to attend with their relative. Sessions include advice on managing anxiety and mood, improving sleep and mindfulness. **Aimed at patients, carers and relatives.**


 **Specialist Palliative Medicine Clinic**  
An opportunity for patients to have an appointment for a medical review of symptoms or complexities by the hospice Consultant or Speciality Doctor. Please note: Patients do not have to be enrolled into Day Care or admitted to the Inpatient Unit to access this service. **Aimed at patients, carers and relatives.**


 **Myeloma Support Group**  
A group for both patients and their carers to give and receive support and advice. An opportunity to ask questions and share worries in a safe environment. **Aimed at patients, carers and relatives.**

 **Wii™**  
Open access to our Nintendo Wii™ for individual challenges, team work, trivia or fitness to be completed standing or more relaxed in a chair. **Aimed at patients, carers and relatives.**

 **Active Floor**  
Access to a whole host of fun activities ranging from croquet to mini golf – including giant versions of games you grew up with! **Aimed at patients, staff, volunteers, carers and relatives.**

 **Arts and Crafts**  
Available daily for those who have a keen interest in all things art and craft ranging from painting, to card making to memory box work. These sessions are also an opportunity for those who would like to gain support and friendship from others in a similar situation. **Aimed at patients, staff, volunteers, carers and relatives.**


 **Chair Based Fitness**  
Ranging from beginners to more experienced, these exercise sessions can suit your needs all from the comfort of your chair. **Aimed at patients, staff and volunteers.**

 **Fatigue Clinic**  
Individual appointments for people experiencing fatigue and would like further advice/support in relation to fatigue management strategies. **Aimed at patients.**

 **Counselling and Support**  
A confidential Counselling and Support Service for our patients, their families and carers. We deliver one to one Counselling, group therapy sessions and monthly Bereavement Support groups.

 **Lindsey's Hearts and Spades**  
From potting plants to tending the greenhouse; this group is for patients who enjoy time in the garden, or would like to try something different to help support the ongoing development and growth of the hospice greenhouse and gardens as well as an opportunity for socialising. **Aimed at patients, carers and relatives, staff and volunteers.**

 **Pilates**  
A gentle form of exercise to help with improving movement and strength throughout your body. Available as group or one-to-one sessions. **Aimed at patients, carers and relatives, staff and volunteers.**

 **Relaxation**  
An hour of opportunity to engage in and learn different ways to relax that can further be practiced at home. **Aimed at patients, carers and relatives, staff and volunteers.**

 **Dragonfly Beauty**  
In the calming surroundings of Lindsey Lodge, Dragonfly Beauty offers an escape from the rigours of everyday life. Our skilled beauty therapist will provide you with experiences that are focused wholly on you from head to toe. Varieties of treatments offer affordable luxury and can be made suitable for your needs so you can be comfortable and confident during your treatment. Our beauty therapist will listen to your needs and provide you with a thorough consultation beforehand. **Aimed at patients, carers and relatives, staff and volunteers.** We also accept appointments from the general public.