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If you would like to find out more about any of the above sessions, please ask to speak to a member of the Wellbeing Support Team, where we can discuss this with you.

You can find more information on our website: <https://stcolumbashospice.org.uk/wellbeing-hub/> or by contacting us at [wellbeing@stcolumbashospice.org.uk](mailto:wellbeing@stcolumbashospice.org.uk) or 0131 551 1381 (option 4).

## 1:1 Wellbeing Service Information Session and Visit

Hospice Building: Wellbeing Service

This is a 1:1 bookable appointment to come and meet with one of our Wellbeing Support Workers and learn more about the Wellbeing Service and the different sessions we provide. During the information session our Wellbeing Support Worker will show you around the facilities we have available to help give you a feel for our services and can answer any questions you have.

## Breathing Matters

Hospice Building: Wellbeing Studio

Sometimes it can feel like breathlessness is impacting every area of your life. It can make you feel anxious and fatigued too. In breathing matters, we will explore ways that you can manage your breathing to allow you to live your life more fully. The sessions are run by therapists who will be able to show you techniques to help you breathe more easily. You will also be able to share your experiences in a safe space with others in a similar situation to you. And there's always time for a cuppa!

## Breathing Matters (Follow up)

Hospice Building: Wellbeing Studio

For those who have already attended the Breathing Matters session, this is an opportunity to review how you have got on putting strategies into practice, identify what else you could try, and help you set yourself achievable goals.

## Managing Fatigue

Hospice Building: Wellbeing Studio

A chance to explore what fatigue is, what causes it and how it affects your daily life - the things you need to do and want to do. You will have the opportunity to share and learn with others in a safe environment and consider how fatigue can affect mood and sleep. We will help you to identify practical ways to manage your fatigue and achieve a better quality of life.

## Managing Fatigue (Follow up)

Hospice Building: Wellbeing Studio

For those who have already attended the Managing Fatigue session, this is an opportunity to review how you have got on putting strategies into practice, identify what else you could try, and help you set yourself achievable goals.



## Improving Sleep

Hospice Building: Wellbeing Studio

Sleep is vital for our minds and our bodies, and there are many things that contribute to poor sleep. This session explores what causes sleep issues, how this affects your life and wellbeing, and helps to identify sleep strategies that you can try.

## One Small Change

Hospice Building: Wellbeing Studio

What does it mean to 'live well' when you have a palliative health condition? This session explores what you already do to maintain and improve your physical and emotional wellbeing, and helps to identify what small changes could you make to improve it further.

## Chair Yoga

Hospice Building: Wellbeing Studio

Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Classes will include movement, breathing techniques and relaxation. A few benefits of yoga include improved strength, improved proprioception, reduced stress, reduced pain, and improved sleep.

## Strength. Balance. Move.

Hospice Building: Wellbeing Studio

Have fun, get active and work on your balance, strength and movement. This class is for all levels and is as much about enjoyment as it is about movement.

## Walking Group

Hospice Building: Meet at Wellbeing Reception

Join us for a local walk, meet and chat with others and finish with a light refreshment.

\*Contingency plan indoors, for the inclement Scottish weather!

## Tai Chi

Hospice Building: Wellbeing Studio

Tai Chi is an ancient technique used to cultivate energy and harmony within the body and mind. It utilises gentle movements, breath work and imagery to create a deep sense of peace and relaxation. The sessions will be adapted to your pace and the Tai Chi form can be done seated or standing. In the sessions we will explore together the many ways we can use our mind and body to help us reduce stress, increase balance and strengthen our inner wellbeing.

## Relaxation

Hospice Building: Wellbeing Studio

Are you ready for a refresh of body and mind? We will come together to experience peacefulness through trying a range of relaxation techniques, discovering something new each week.

## Essential Oils to Support Wellbeing

Hospice Building: Wellbeing Studio

Discover the beneficial properties of different essential oils and how to use them, learning tips and techniques on how to easily incorporate essential oils into our daily lives. During this informal, interactive session you will have the opportunity to choose your favourite essential oil(s) and take away with you your own personally blended Aromastick. This session is also suitable for people who are recently bereaved.

## Learning to Relax

Hospice Building: Wellbeing Studio

It can be hard to relax when living with, or supporting someone with, a life limiting condition. Finding ways to relax can help you feel rested, manage tiredness and anxiety, assist with sleep, and feel more in control. This session explores the different things we can do to relax and try out some techniques for use at home. A tailored Learning to Relax session could be arranged for those who have been recently bereaved, so please do enquire.

## Self- Care

Hospice Building: Wellbeing Studio

These relaxed and informative sessions allow space for discussion about incorporating manageable self-care into your life to help you live well. There will be interesting scientific research exploring the wide- ranging benefits of self-care techniques, from breathing to cold showers! Together with the complementary therapists, there will be opportunities to explore "1 minute to wellness" activities. This session is also suitable for people who are recently bereaved.

## Make Your Mark - Art Group

Hospice Building: Art Studio

This group is open to Hospice patients, families, carers and those who are recently bereaved. The aim is to express thoughts and feelings through a range of mark making. This involves exploring materials and techniques in a playful and curious way. With no pressure to create a "finished piece", this 6-week block will celebrate the individuality of how we all make our mark on the world around us. No previous art experience is required, just a willingness to give it a go!

## Open Music Space - Music Group

Hospice Building: Art Studio

Facilitated by our music therapy team, the aim of the group is to offer a creative safe space for socialisation, emotional expression, and support through music. This group is open to all hospice patients, including those from the community, as well as to families and carers. No previous musical knowledge or skills are required.

## A Wee Blether and Brew

Hospice Building: Wellbeing Studio

Come along for our coffee morning to meet and chat with new people and our team while enjoying a cuppa! It's also a chance for us to get to know you better and find out what is important to you.

## Game Changer

Hospice Building: Wellbeing Studio

Playing games, particularly board games, helps to preserve cognition, and prevent cognitive decline, as documented in the British Medical Journal. If you enjoy board games, quizzes and meeting new people, then come along and enjoy a cuppa while having some fun.

## Meet the Compassionate Neighbours

Hospice Building: Wellbeing Reception

Compassionate Neighbours are great people like you. Each week they come together with local people in communities across the Lothians and share each other's joys and passions or maybe just have a strong cuppa and a good chat. If you feel lonely, isolated or in need of some companionship we'd love to tell you more. Come and meet us in during this drop-in session or call the Hospice and ask for Compassionate Neighbours, we'd love to hear from you.

## **Rights and Choices 1:1**

Hospice Building: Wellbeing Service

Rights and Choices is designed to help you think through what is important to you and what - if anything - you would like to put in place for the future and share with your health and social care team. We will talk about Powers of Attorney, Wills, Statements of Wishes, Advance Directives, planning for emergencies, and who needs to know what you are thinking. This is for anyone interested in finding out more about Advance Care Planning regardless of diagnosis, age, or stage: all are welcome.

## **Family and Friends 1:1 Support**

Hospice Building: Wellbeing Service

Caring for and supporting people we love can be one of the most satisfying and special things we ever do, but without support this kind of caring can have an overwhelming effect on our lives. This 1:1 is led by the Social Work team and aims to address a wide range of issues and offer an informal layer of support.

## **Supporting Your Child in Grief**

Hospice Building: Wellbeing Studio

Caring for a grieving child or young person can be difficult. What should you say? What shouldn't you say? What changes can you look out for as their grief changes over time? How can you support them as well as yourself?

We are offering an opportunity for you to join other parents and carers to talk, share feelings and connect with one another. You can simply say it how it is, seek advice and hopefully pick up some tips from each other. The groups are informal so you can come when you wish - just once, to each group or whenever you feel you need to. This group will run once a month.