



Health and Wellbeing Programme

Supporting people to live well with a life shortening illness

Wednesdays at 2pm
Join via Zoom
All welcome

A series of online, interactive sessions designed to build confidence and share knowledge on a range of topics such as managing symptoms, staying active, feeling good and planning for the future.

Sessions are friendly and informal with no need to book.

Sessions begin from 31st March 2021.

To join via zoom go to
www.zoom.us/join
Meeting ID:
734 256 6947

To find out more about this programme or other groups available please contact the Community Support Team
Email communitysupportteam@highlandhospice.org.uk
Visit www.highlandhospice.org/online-support-groups
Phone 01463 243132

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Join as many or as few sessions as you like, all sessions are drop-in.
Bring along a friend or family member.

Themes	Session Title	Date of Session	Hospice Staff Facilitating Session
Managing Symptoms	Breathlessness	31 st March	Ravi (Physio) Kenny (Nurse)
	Sleep	7 th April	Susan (Complementary Therapist) Megan (Complementary Therapist)
	Anxiety	14 th April	Susan (Complementary Therapist) Sharon (Occupational Therapist)
	Pain	21 st April	Kenny (Nurse) TBC (Palliative Care Doctor)
	Fatigue	28 th April	Sharon (Occupational Therapist) Kenny (Nurse)
Feeling Good	Happy chemicals	5 th May	Susan (Complementary Therapist) Megan (Complementary Therapist)
	Nutrition	12 th May	Susan (Complementary Therapist) Megan (Complementary Therapist)
	Staying resilient	19 th May	Norma (Chaplain) Susan (Social Worker)
	Staying connected and accessing support	26 th May	Kenny (Nurse) Debbie (Support Worker)
	What matters to me?	2 nd June	Norma (Chaplain) Sharon (Occupational Therapist)
	Dealing with loss	9 th June	Susan (Complementary Therapist) Sharon (Occupational Therapist)
Keeping Active	Keeping moving	16 th June	Sharon (Occupational Therapist) Kenny (Nurse)
	Maximising independence	23 rd June	Sharon (Occupational Therapist) Kenny (Nurse)
	Mindful movement	30 th June	Susan (Complementary Therapist) Megan (Complementary Therapist)
Planning ahead	Anticipatory care planning	7 th July	Susan (Social Worker) Kenny (Nurse)
	Funeral planning	14 th July	Norma (Chaplain) Susan (Social Worker)
	Leaving memories	21 st July	Jen (Occupational Therapist) Sharon (Occupational Therapist)
	Support for friends and family	28 th July	Susan (Social Worker) Norma (Chaplain)