

# Living Well Centre

---

At Birmingham Hospice we have a Living Well Centre at both our Selly Park and Erdington sites. The Living Well Centre is about you living well with your illness, we will help provide the opportunity for you to explore aims, goals, and wishes for the future.

---



Each centre offers a variety of programmes where you will learn how to cope with symptoms, take part in therapeutic activities and set realistic goals around what is important to you.

Joining us at these sessions offers you the opportunity to meet professionals who can provide support and expertise. We work in partnership with your GP, district nurses and other members of the hospice's specialist team.

## Is the Living Well Centre for me?

If you have a life-limiting illness, then our Living Well Centre is open to you. A referral can be made by any supporting healthcare professional and forms are available via our website: [birminghamhospice.org.uk](http://birminghamhospice.org.uk)

## Our weekly programmes include:

- **12-week structured programme:** The emphasis is on holistic rehabilitation, self-management, care planning and support. The day includes involvement in a peer support group and access to complementary therapy.
- **Social group:** People can attend this session for social interaction and peer support.
- **Space to Breathe and Fatigue, Anxiety and Breathlessness (FAB) programmes:** Providing education for breathlessness management.
- **Dementia group:** These sessions offer support for patients with an early diagnosis of dementia.
- **Drop-in support days** for patients and carers are also available weekly.

“”

*I can't praise it enough; the hospice is such a wonderful place, and I can't fault any of the support or treatment I've had.*

## Food and drink

A selection of drinks and snacks will be available for you throughout the day and a meal will be provided at lunchtime. If you have any dietary requirements, please let us know so we can ensure we can cater for your needs.

## Transport

In much the same way as you would for a hospital appointment, the expectation is that you make your own way to our Living Well Centres. There is limited parking and disabled parking available at each site.

If required, you can call Ring and Ride 0330 053 8141 at least 24 hours before your journey. Or if you are unable to make your own way, we may be able to offer transport to and from our Living Well Centres thanks to a limited number of volunteer drivers.

## Medication

Please bring any medication required with you to each visit. Our colleagues will need an up-to-date medication list to advise on any symptoms. You will be asked to sign an agreement taking responsibility for your medicines. If you need help with medication, please discuss this with the team. We do not have a medication stock in our Living Well Centres.