WELLBEING AT CYNTHIA SPENCER

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www.cynthiaspencer.org.uk/wellbeing

MAKING A DIFFERENCE FOR YOU, WITH YOU
Wellbeing at Cynthia Spencer is a service which aims to enable you and your family to live life to the full while coping with a life limiting illness. Our objectives are to support you to maintain quality of life, physical function and independence for as long as possible.

Wellbeing at Cynthia Spencer is available to anyone over the age of 18 with a life limiting illness; this can include advanced cancer, rapidly progressive neurological conditions, advanced respiratory and cardiovascular diseases.

Our service is led by Occupational Therapists and Physiotherapists with a focus on enablement and education to help you manage your condition.

The benefits of attending one of our sessions are:

- Ideas for self-management
- Group support
- Gain knowledge
- Signposting to other services
- Social interaction
- One to one support
- Increased confidence
- Increased activity
- Improved mood and wellbeing

“I just think the atmosphere and the way everybody treats you is marvellous. It’s been so helpful. You’re not expected to take everything in, it’s what suits you and helps you and there’s no pressure on you. Coming here has been such a benefit to me. Initially I came to attend the breathlessness course and they’ve given me techniques to help me with that. When I came for the fatigue management I didn’t think that would be very helpful as I thought ‘how can you manage that?’ but in actual fact it was really helpful.” Janet
PROGRAMMES ON OFFER

Wellbeing at Cynthia Spencer runs a range of programmes focusing on education and self-management techniques that could help you to reduce the impact of symptoms you experience in your day to day life. These include:

PATIENT INFORMATION PROGRAMME -
The Patient Information Programme gives you an opportunity to learn about how you can maintain your wellbeing and other services that are available to support you and your family. Each week there is an education section and we explore how activity and relaxation can be helpful to you. One of the key benefits is the peer support offered by other people attending who may have similar experiences to yourself.

FATIGUE MANAGEMENT PROGRAMME -
Lower energy levels can be due to your medical condition or the treatments for your condition. We explore strategies for you to use your energy more effectively and find ways of increasing your energy levels and motivation. You can also share tips with other people who attend the sessions.

BREATHING FOR WELLBEING PROGRAMME -
Shortness of breath can be caused by many different conditions and if you are anxious. It can be a frightening and distressing symptom. We can teach you strategies for managing shortness of breath, as well as encouraging you to find physical activities / exercises that you can manage.
EXERCISE GROUPS -
Exercise has been shown to help maintain quality of life, improve sleep, reduce fatigue, maintain strength and balance and reduce stress and anxiety for those living with a life-limiting illness.

Our exercise groups include:

**Walking for Wellbeing** - Walking is a brilliant way of improving or maintaining your fitness, mood and general wellbeing. We aim to encourage you to increase the distance you are able to walk in a graded and supportive way. Our walking group runs weekly all year round and has different lengths to suit different abilities. Family, friends, volunteers and staff are also welcome.

**Seated Tai Chi** - Tai Chi is a series of slow gentle exercises that require only low to moderate cardiovascular effort. These exercises can be adapted to those who use a wheelchair or have difficulty standing. The session is run by a qualified instructor.

**Gym Buddies** - The group provides a range of exercises in a gym-based setting at the hospice and can be individualised to your abilities. The session is run by our Physiotherapist and Rehabilitation Assistant.
PEER ENJOYMENT AFTERNOON - We know that participating in leisure or social activities can be more difficult for people living with a life limiting condition. We have sessions that give you opportunities to participate in activities which are meaningful and rewarding to you, that do not focus on your medical condition.

The session starts with a light lunch which allows for socialising and eating with others. We then have a short relaxation session as a group. In the afternoons we have a variety of leisure activities you could take part in including; arts and crafts, quizzes, music, speakers, baking, gardening, complementary therapy sessions and more!

HOW CAN I ACCESS WELLBEING AT CYNTIA SPENCER?

Wellbeing at Cynthia Spencer is available for patients with a life limiting illness over the age of 18. To access the service, you will need a referral from your health or social care professional. This can be your GP, nurse, social worker, or allied health professional. At this time we cannot take direct referrals from patients, families or friends.

WHAT HAPPENS WHEN I HAVE BEEN REFERRED?

You will be contacted by phone or letter by a member of our Wellbeing at Cynthia Spencer team to invite you for an individual appointment to discuss your needs or to book you directly onto a programme.

Our sessions are between one and three hours and you will be offered between 5 and 12 sessions. At the end of your programme we will review your progress and assess if you require further sessions or alternative support.
**WHAT DO I NEED TO BRING ON THE DAY?**

Please bring with you anything you would normally need at home during the time you are with us. For example any medication you normally take during that time and your walking aid if you use one. We provide refreshments at all of our sessions, however if you have a specific dietary requirement please inform us.

**WHAT SHOULD I DO IF I CANNOT ATTEND A SESSION OR MY CONDITION CHANGES?**

Please let us know by telephone if you are unable to attend a session. It is also important that you notify the team if you have had a significant medical change, a fall, or have had a hospital stay. This helps us to ensure we can work with you to manage any changing needs you have.

**DO I NEED TO PAY FOR THE SESSIONS?**

All of the **Wellbeing at Cynthia Spencer** services and sessions are free. They are provided by the NHS and funded by Cynthia Spencer Hospice Charity.

**CYNTHIA SPENCER HOSPICE CHARITY**

Cynthia Spencer Hospice Charity are proud to be working with Northamptonshire Healthcare NHS Foundation Trust (NHFT) to provide the funding for the services offered by **Wellbeing at Cynthia Spencer** to patients and families with life limiting illnesses.

Cynthia Spencer Hospice Charity is committed to continuing to improve the CARE, SUPPORT and CHOICE provided to patients with life limiting illnesses and their families in Northamptonshire.

We are working with NHFT to expand and improve the
Wellbeing at Cynthia Spencer services. The hope is this service will be the gateway to ensure all patients with life limiting illnesses have an Advanced Care Plan in place to enable them to live full lives.

You may wonder why Cynthia Spencer Hospice Charity needs your support? The simple answer is our services cost £3,000 per day to run and we would not be able to provide or grow the services and clinical teams without the support and generosity of our local community.

If you, your family or your friends have been touched by Cynthia Spencer Hospice and would like to help fund the hospice for future generations please contact our fundraising team at: fundraising@cynthiaspencer.co.uk, call 01604 973340 and visit our website www.cynthiaspencer.org.uk

You can also find us on social media:

facebook: Cynthia Spencer Hospice   Instagram: @CynthiaSpencerCharity
Twitter: @CynthiaSHospice   YouTube: CynthiaSpencerTV

A massive thank you to all our supporters. Without your support Cynthia Spencer Hospice Charity would not be able to fund the vital services provided by the Wellbeing at Cynthia Spencer team.