It doesn't matter how poorly I have felt at home, when I come to Living Well in Magnolia Place it makes me feel alive and I’m so much better. ” Hospice patient
About our Living Well sessions

Heart of Kent Hospice’s Living Well sessions support people not only under our care, but those living with a terminal or life-limiting illness in our catchment area – including their family members, carers or friends. They are designed to improve and enhance your comfort, health and happiness. The schedule is flexible and offers a varied range of activities which are educational, emotionally, socially or physically supportive or just fun!

Many of these sessions are run by volunteers who give up their time for free. You are welcome to make a donation in appreciation of the care you receive if you would like to. Donations can be made using donation envelopes available in Magnolia Place or from your session leader.

Carers and patients are welcome to attend together or on their own. However, if you need support with routine activities, carers are encouraged to join you. Nursing care is not available as part of our Living Well programme.

Magnolia Place, the Olive Tree Room and Garden Room are all situated within the main Heart of Kent Hospice building - see the back page for address details.

Please call our Living Well Co-ordinator on 01622 792200 ext 258 or email fstlivingwell@hokh.co.uk if you would like to discuss any of the sessions, register your interest or make a booking.
**Hospice drop-in**

(Booking is not required)

**10:00am - 12:30pm in Magnolia Place**

The drop-in is a place for you to come and meet others whose experiences may be similar to yours. The drop-in team offer support and a listening ear; a time for both serious conversations as well as laughter. We also offer welfare advice, complementary therapy, topical discussions, relaxation and a monthly carer support and patient forum.

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**Spiritual space**

(Booking is not required)

**12:00pm - 12:30pm in the Olive Tree Room**

Facilitated by one of our Hospice Chaplains, this is a time for quiet reflection and spiritual support for people with or without a faith.

For those who wish to participate, there will also be the opportunity for Holy Communion and prayer.

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For more information or to book your space, please call the Living Well Co-ordinator on: 01622 792200 ext 258
TUESDAYS

Creative craft

10:00am - 12:30pm in Magnolia Place

Each month there is a new craft to try. Make yourself something special or you could gift it to a loved one.

These sessions are suitable for those with lots or little experience. Be inspired in this sociable and friendly activity.

Cake decorating

1:00pm - 3:00pm in Magnolia Place on the second Tuesday of each month

Where you will explore a range of techniques and equipment to decorate cakes and biscuits with a seasonal theme to take home to enjoy with friends and family.

We provide the materials so you can come and have fun.

For more information or to book your space, please call the Living Well Co-ordinator on: 01622 792200 ext 258
TUESDAYS

Physiotherapy
These sessions are run by our Physiotherapist. Helping you to get moving, breathe and relax.

Get moving
10:45am - 11:45am at Wateringbury Village Hall
The aim of this weekly course is to help you move more easily, to improve your strength and your balance and by doing so, to help you remain as independent as possible. There is discussion and exercise each week, all designed so you can participate.

It doesn’t matter where you are starting from, if you want to be a bit more active this course is for you – whether you are feeling weak, unsteady, breathless or in pain, this course is the place to start. You don’t need any special clothes or shoes, just wear what is comfortable and safe.

Breathe and relax
1:30pm - 3:00pm in Magnolia Place
This four week course can help you if you have breathlessness and can improve your quality of life without the use of medication.

Learn to manage your breathlessness using breathing and relaxation techniques.

Pilates
1:15pm - 2:15pm at Wateringbury Village Hall
Pilates with stretching and breathing. Please wear comfortable clothing and footwear and bring a drink of water. Any equipment you may need will be provided.

For more information or to book your space, please call the Living Well Co-ordinator on: 01622 792200 ext 258
Clinical drop-in
10:00am - 2:00pm in Magnolia Place

This is a place for patients and their carers to meet with a clinical member of the Hospice team to discuss disease management, symptom control, and explore any concerns or worries you may have about future care needs. We can signpost or refer on to other services that may be of benefit for you. The drop-in also provides a space to meet others who may have had similar experiences to you, complementary therapy and activities with our skilled volunteers.

Ukulele group
10:00am - 11:30am in the Chapel

Why not come along and join a casual upbeat friendly group? Something different to keep the mind active and it will put a smile on yours and everyone’s faces. Let your creative side run wild by singing your favourite songs and learning to play the ukulele, but most importantly have fun. This course is for beginners and confident players. If you have your own equipment please bring it along. If not, we will provide it.

For more information or to book your space, please call the Living Well Co-ordinator on: 01622 792200 ext 258
Living well with fatigue

11:45am - 1:00pm in the Chapel

This is a three week course that will give you a better understanding of how you can manage fatigue.

We will focus on understanding what fatigue is, what the causes are and how it may affect you in your everyday life. We will discuss practical changes you can make to help you manage your fatigue better, including energy conservation, rest versus activity, as well as possible aids and adaptations. We will also focus on your thoughts and feelings in relation to fatigue and how you may be able to look at things from another perspective.

Planning for the future

1:00pm - 2:00pm in the Garden Room

We can give you support and advice on the topics below:

1. Putting your affairs in order: An introduction to the benefit of planning for the future.


3. Accessing welfare advice: Are you receiving all the financial benefits you are entitled to or are you worried about the cost of care or nursing homes? Find out more about the support that may be available to you such as funding grants, blue badges or carer’s allowance.

4. Legal matters: Do you understand Lasting Power of Attorney? Have you made a Will? Find out more about these legal documents and how they may help you.

5. Planning a funeral: Hear about the options that are available to make a funeral personal to you.

For more information or to book your space, please call the Living Well Co-ordinator on: 01622 792200 ext 258
Art group
10:00am - 12:30pm in Magnolia Place
This group is ideal for people who want to try their hand at art.

It offers the chance to get creative using different mediums. Come and experience this relaxing and creative session. No previous experience or talent is needed and all materials are supplied.

Emotional wellbeing
1:00pm - 2:30pm in Magnolia Place
This is a three-week course.

It is designed to help you understand the triggers for anxiety and how they manifest themselves. Each week you will learn and practise a variety of coping methods and by the end of the course you will have a range of valuable techniques which will help you to cope with stress and anxiety.

Hearty voices singing group
1:15pm - 2:45pm in the Chapel (fortnightly)
This is singing for fun! You don’t need any experience or a perfect voice. Singing is great for lifting your mood and also helps with strengthening your breathing.

For more information or to book your space, please call the Living Well Co-ordinator on: 01622 792200 ext 258
**Dementia Café**

**FRIDAYS**

**Yoga**

10:00am - 11:00am in the Chapel (fortnightly)

Yoga can be done standing or seated and can help with stretching and breathing. Please wear comfortable clothing and bring a drink of water. Any equipment you may need will be provided.

**SATURDAYS**

**Dementia Café**

10:30am - 12:30pm in Magnolia Place

For people with dementia or anyone who is caring for someone with dementia.

First Saturday of each month.

Why not drop in for a coffee and chat, meet the team and meet others in similar situations?

"Dementia Café means such a lot to me and my husband, it keeps you in touch with other people who are experiencing the same as us. It’s nice to know you are not alone." 

Family member

**DAILY**

**Complementary therapies**

The Hospice has a team of volunteer complementary therapists who offer a variety of treatments here at the Hospice:

- Reflexology (hand or feet)
- Indian head massage
- Massage
- Swedish massage

These are provided free of charge to patients and the people who are important to you.

If you would like to book a treatment please call 01622 792200 ext 258.

For more information or to book your space, please call the Living Well Co-ordinator on: 01622 792200 ext 258
**OTHER SERVICES**

**Sunday church service**

*3:30pm - 4:00pm in the Garden Room*

For patients staying in the Hospice and their visitors.

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**Chiropody**

Available to patients and carers.

We have a chiropodist who comes to the Hospice three times a month, a private practitioner who charges £10 per person.

If you would like to book an appointment please call *01622 792200 ext 258*.

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**Bereavement support**

**Stepping Stones Bereavement Group**

*10:00am - 12:00pm in the Chapel*

For relatives and close friends of people who have died under the care of the Hospice in the last two years.

The programme covers a range of topics to support those in their grief. Come and meet others in a similar situation and feel less alone at this difficult time.

Please call *01622 79220 260* if you are interested in joining this group or to find out the date of the next meeting.

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**Anna Chaplaincy Service**

Working in partnership with the local Diocese, the Anna Chaplaincy service is available for all our patients and their carers in their own home. They can provide faith and spiritual care, particularly to people who have dementia.

Please speak to your Dementia nurse or the Family Support and Living Well team who will be able to put you in touch with the service.

For more information or to book your space, please call the Living Well Co-ordinator on: *01622 792200 ext 258*
Family time

Saturday 9 December, 5:00pm – 8:00pm.
Larkfield Leisure Centre, New Hythe Lane, Larkfield, Aylesford, Kent ME20 6RH

For patients and their loved ones who have dependants aged under 18 years, we have exclusive hire of Larkabout soft play area. We hope this will be an opportunity for families who are under our care to meet each other. Our Hospice Social Worker and Living Well Co-ordinator, will be on hand to support and help with advice relating to your family’s needs. In our experience, meeting other families during this time can help alleviate the isolation many families feel when facing a terminal illness, so come along and say hello.

Frequently asked questions

We hope these frequently asked questions will tell you all you need to know about these short sessions to support living well. If you have any other questions, please don’t hesitate to contact our Living Well Co-ordinator on 01622 792200 ext 258 or fstlivingwell@hokh.co.uk

What if I come and don’t like it, or I can’t attend all the sessions?
You are very welcome to come and try any session. If you decide they are not for you, just let us know so that we can offer your place to someone else. We’d also be interested to learn why the sessions don’t meet your needs so we can seek to improve them.

If you can’t attend all the weeks of your programme just let your session leader know that you’ll be absent.

Do I need to book in advance?
We politely request that bookings are made in advance to ensure that we can accommodate everyone comfortably. Advance booking is not necessary for drop-in sessions on Mondays, our monthly Saturday Dementia Café or Chapel services on Sundays.

Do I need to pay anything?
Our Living Well sessions are free, however, as we are a charity, if you are able to make a donation towards their running costs we will be incredibly grateful. Donations can be made using donation envelopes available in Magnolia Place or from your session leader.

Are there refreshments?
Drinks are provided at our Living Well sessions. The Hospice café also offers a wide range of tasty snacks, meals and refreshments which are available to purchase.

Do you provide transport?
If at all possible we ask you to make your own way to the sessions. If this is not possible we do have a limited number of volunteer car drivers who support our work.

Unfortunately, we cannot provide transport for wheelchair users, but we can direct you to other services who may be able to help.
How to find us

Heart of Kent Hospice

Heart of Kent Hospice

Wateringbury Village Hall

147 Tonbridge Road, Wateringbury, Maidstone, Kent ME18 5NL
(parking is free, spaces are limited)

Please contact us if you have questions about our Living Well sessions

Online:  www.hokh.org/livingwell
Telephone:  01622 792200 ext 258 between 10:00am – 3:00pm
(please leave a message outside of these times)
Email:  fstlivingwell@hokh.co.uk
Address:  Heart of Kent Hospice, Preston Hall, Aylesford, Kent ME20 7PU

Please note, parking spaces are limited around the Hospice. Therefore, we recommend that you consider arriving in plenty of time or car share if possible.