

# Living Well programme

April 2021 - July 2021

All the Zoom sessions can be booked by emailing the Living Well Co-ordinator, Kelly Moore, on [fstl@hokh.co.uk](mailto:fstl@hokh.co.uk) or by calling 01622 792200 ext 258.



30 years of caring together  
1991 - 2021

MONDAY

## Pilates

1:00pm - 1:45pm

This 45-minute class is great for mobility and strength and is run by Victoria, our Pilates teacher. The class can be done either seated or laying on the floor and combines gentle Pilates with stretching and breathing.



**How Pilates can help your rehabilitation.** Victoria has a rehabilitation qualification, this enables her to design an exercise programme for all patients that are undergoing active treatment. Please advise her of your needs, so they she can tailor exercises just for you.

## Virtual drop-in

(The last Monday of the month)

Come and join the group for a chat, a cup of tea or just drop-in to say hello. If you are interested, please email [lyndsey-s@hokh.co.uk](mailto:lyndsey-s@hokh.co.uk) or call 01622 792200 ext 260.

TUESDAY

## Thinking ahead delivered by

Join our 'Thinking ahead discussions' which take place on the last Tuesday of every month to find out how you plan ahead for your future care...

**Tuesday 27 April – 2:00pm - 3:00pm**

### Mental capacity

At the end of this session, you will understand what mental capacity is, the legal definitions and how you apply the tests for capacity.

**Tuesday 29 June – 2:00pm - 3:00pm**

### Lasting Power of Attorney

Find out how LPAs give you the authority you need to continue to make decisions on behalf of the person who no longer has mental capacity.

**Tuesday 25 May – 2:00pm - 3:00pm**

### Care charges

Let us explore the charges, the effect of charges on your family and your home and how the NHS could pay for care.

**Tuesday 27 July – 2:00pm - 3:00pm**

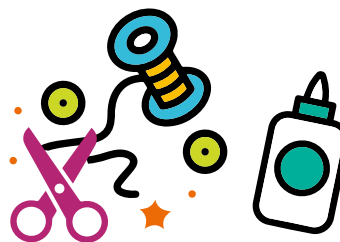
### Making a Will

When did you last look at it, because did you know that you can use your Will to protect assets against care home charges?

## Creative craft

10:00am - 11:30am

Join our volunteer, Rosie, who will support you each week with a different craft. Make yourself something special or a gift for a loved one. The Hospice can supply you with a craft box if needed.



WEDNESDAY

## Staying steady

11:30am - 12:30pm

This exercise class, run by Kaya our Physiotherapist, is designed to strengthen the muscles that are important for your balance and mobility. It is a mix of seated and standing exercises to challenge your balance in a safe way, allowing you to feel more confident and steadier on your feet.

## Ukulele group

3:00pm - 4:30pm

Ever wanted to learn to play a musical instrument? If so, this is the class for you!

Join our volunteers Barry and Emily, and have fun singing your favourite songs and learning to play the ukulele. The Hospice has several ukuleles it can loan out if needed.



You can request to join the group by visiting our Facebook page, **Heart of Kent Hospice** and clicking on Groups - Patients and Carers Support Group.

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 comfort, health and wellbeing.

*Unfortunately, because of coronavirus we are unable to run our full Living Well programme. However, we are delighted to be able to bring you a range of sessions using the online audio and video conferencing platform, Zoom.*

## Join our Heart of Kent Hospice Facebook group for patients and carers

**A great way to keep in touch and find out more about our support services**

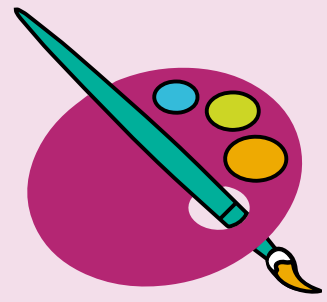
This is a group open to all our patients and carers to access the Hospice community. The aim of the group is to encourage patients and carers to connect and offer support to each other in what is a stressful time for all.

*Thank you to our volunteers, who give up their time for free to run our Living Well sessions.*

## Art group

10:30am - 12:00pm

Explore your creative side and join the art session run by volunteers, Denise and Pam. This is a relaxed class where Denise and Pam can support you with any project you may have in mind or guide you to try something new. All you need is some paper and pencils or paints.



## IT support

If you need help with your devices, email or have a general IT problem, Mark from Version 1 can give you advice and technical support over the phone or via Zoom. This support will be booked via Kelly Moore.



## Do you know about the other services our Family Support and Living Well Teams offer to patients and carers?

Even though we've needed to adjust how we provide our services during the pandemic, we remain committed to providing you, our patients and your families, with emotional support, counselling, welfare advice and social and bereavement support.

Although we can start to look towards a brighter future, we understand the weeks and months ahead will still be challenging, but remember we are still here for you.



## Dementia carers group

11:00am - 1:00pm  
(The first Friday of every month)

The dementia carers group is a support group for carers of people with dementia. It is led by our specialist Social Worker who will help group members to express and explore their thoughts and feelings, and the challenges of the disease.

## Breathe and relax

1:00pm - 1:45pm

Are you having problems with breathlessness or relaxing? Join Leah, our Occupational Therapist, who will give you advice and show you several practical techniques you can do at home.



## Get in touch

If you would like to speak to a member of the team, please call us Monday – Friday mornings on **01622 792200 ext 260** or **email [fst@hokh.co.uk](mailto:fst@hokh.co.uk)**.

If we are not available to pick up, please do leave us a message and we will get back to you as soon as possible.



## Virtual Dementia café

10:30am - 12:30pm  
(The first Saturday of every month)

If you have dementia or are caring for someone who has dementia the café is a place where you can meet others in a similar situation, find out what support is available and ask advice from our Dementia Nurse Specialists.



To join the café you just need to sign up by noon on the day before to receive the Zoom link.

You can register to attend by contacting the team on **01622 792200 ext 204** or emailing **[enquiries@hokh.co.uk](mailto:enquiries@hokh.co.uk)**

- Heart of Kent Hospice
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