

January-March 2019 programme

Our Starlight Centre wellbeing and rehabilitation services offer a range of groups and activities, empowering patients to achieve the best quality of life possible.

Wellbeing Services

Meditation – Guided meditation and positive thinking sessions. *Open to all. (Tuesdays 11.45am – 1.30pm)*

Complementary Therapies – Relax with a planned sequence of treatment sessions: massage, reiki and reflexology. In collaboration with *The Disability Foundation (TDF)*. *By individual appointment only.*

Talking Space – Relaxed, informal, weekly volunteer-led drop-in. Patients, carers and bereaved people welcome for a cuppa and some emotional support. *Open to all. (Thursdays 2pm – 3.30pm)*

Open Art Studio – Informal drop-in session, with a different visiting artist each time. *Open to all. (Next date: Tuesday 19th March 1.30pm – 3.30pm)*

Friday Fusion (Mind & Body) – A programme of wellbeing sessions to bring mind and body into balance using yoga, visualisations, mindfulness and creative expression. A wonderful way to refresh and regenerate! *Closed group, please enquire if interested. (Fridays 2pm – 3.30pm)*

Friendship Group – Social, interactive discussion group including a wide range of interesting external speakers. *Every fortnight. (Monday 10am – 12pm)*

Orchestra Outreach – Register your interest to come and listen to the BBC Concert Orchestra rehearse at Watford Colosseum. *Open to all – booking required.*

Drawing From Within – A space for relaxation, release and reflection through creative materials and spontaneous image making. The focus is on the process, not the product. *Drop-in – open to all. (First Monday of each month 2pm – 3.30pm)*

New Connections – Bi-monthly dance group. Session to socialise and express yourself through dance. *Open to all – booking required.*

Time for Us – 12 individually mapped sessions throughout the year, offering a space to recharge and reset goals – and respite for carers. *(Wednesdays 9.30am – 12.30pm)*

Carers' Support Hub – A community for carers to offer each other practical and emotional support. *(2nd Monday of each month 10.30am – 12.30pm)*. Email: learning@carersinherts.org.uk or call: **01992 586 969** for details.

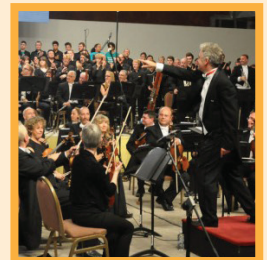
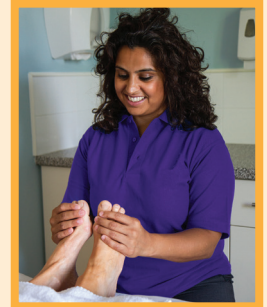
Create & Connect – Join us to create art in an informal, supportive group, offering the opportunity to connect with others through companionable making or talking. *Closed group, please enquire if interested. (Tuesdays 10.30am – 12.30pm)*

Macmillan Money Advice Unit – Advice on coping with the financial impact of cancer and help with claiming welfare benefits for patients, carers & family members. *(alternate Fridays)*

Mindcraft – Children and Young People's Bereavement workshops. *Booking required. (Next running: Saturdays in March/April)*

Hope Course – From 11th January. *(Fridays 10am – 1pm)*

Living Life Creatively – Want to be notified of our enjoyable, sociable introductory taster sessions in a range of visual and performing art forms? This series of workshops offer a chance to try out something new, or re-visit an existing or past creative interest. Contact us at creativearts@peacehospicecare.org.uk to be added to our mailing list and start living your life creatively! *Open to all.*



You can self refer by using the details below.

Alternatively, you can ask your GP, Clinical Nurse Specialist or other healthcare professional to refer you:

☎ **01923 330 332** ✉ starlightcentre@peacehospicecare.org.uk

🌐 www.peacehospicecare.org.uk/starlightcentre

Starlight Centre

January-March 2019 programme

Starlight Counselling

1:1 Counselling Sessions – *By prior appointment.*

Doves Club – Meet up with others who have lost partners – lunch at the Toby Carvery in Aldenham. (*3rd Tuesday of each month 11.30am – 2pm*)



Rehabilitation Services

INSPIRE – An educational group for people with advanced breathlessness, to encourage self-management and maintain independence. (*Thursdays 10am – 12pm*)

The Next Step – A weekly, gentle exercise group led by a Physiotherapist for those who need encouragement, support and advice to keep mobile and prevent falling. (*Tuesdays 10.30am – 11.30am*)

Return to Exercise – A weekly, Physio-led fitness group for women who are building their confidence to exercise more independently. (*Tuesdays 12pm – 1pm*)

Wednesday Workout – A weekly exercise group. (*Wednesdays 1.30pm – 2.30pm*)

Nordic Walking – Introductory sessions in the local park to teach technique and build up bone strength and muscle tone. Suitable for all abilities. In collaboration with *Sunshine Health and Fitness* through *Watford Borough Council*. (*Courses run at different intervals throughout the year*)

Nutrition & Diet Clinic – *By appointment only. (Tuesday mornings)*



Outpatient Clinics

Pharmacy Clinic – To review patients' medicines when issues arise.

Symptom Control and Support Clinics

Holistic Assessment and Review Clinics

Coming Soon...

- **Fatigue Management**
- **Advance Care Planning Workshops**
- **New Art Groups and Workshops**
- **Reminiscence / Life Story Sessions**

Appointments with...

- **Physiotherapists**
- **Social Workers**
- **Nurses**
- **Spiritual & Emotional Wellbeing Volunteers**
- **Complementary Therapists**
- **Scar Massage Techniques / Advice**

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