Springhill Hospice Outreach self-management sessions

Request/Booking form

Organisation / Group name:

Name:

Contact email address / tel no:

**Please tick the sessions that you would like us to deliver** (*these are delivered by a registered nurse and nursing assistant*)

Anxiety management

Fatigue management

Breathlessness management

Sleep

Pain

Falls prevention and importance of staying active

Gastrointestinal problems and nutrition

Planning for your future

**Please see the website for more information**: <https://springhill.org.uk/helping-you/our-services/information-leaflets> to read the Self-management programme leaflet

Additionally, we can offer;

Creative therapy (art and craft)

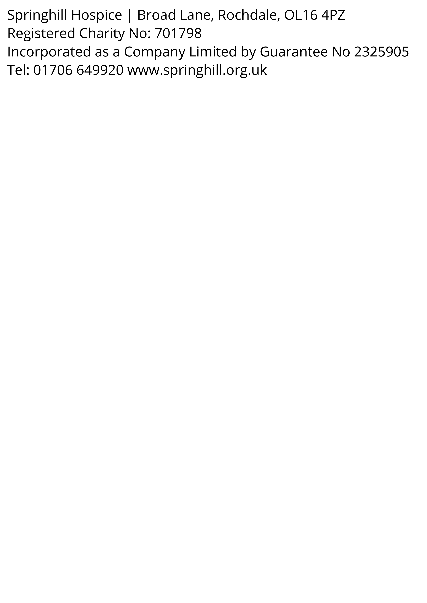
Complementary therapy

Relaxation session

Armchair exercises

Dates requested / preferred:

Times:

Please return to [Wellbeing@springhill.org.uk](mailto:Wellbeing@springhill.org.uk) and a member of the team will contact you to discuss your booking. The team primarily work Monday-Thursday.