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 and a member of the team will contact you to discuss your booking. The team primarily work Monday-Thursday.