

Fatigue Management

Aims to help you understand...

What is fatigue?

The causes of fatigue,
Managing and living with fatigue,
Followed by a short relaxation session.

Anxiety Management

Aims to help you understand...

What is anxiety?

Strategies to help you cope with anxiety,
Followed by a 5 minute breathing
meditation exercise.

Breathlessness Management

Aims to help you understand...

What is breathlessness?

Causes of breathlessness,
Helpful management strategies,
Followed by a short visualisation relaxation
to help you focus your mind away from
unwanted thoughts and worries.

Sleep Management

Aims to help you understand...

Why we sleep,

Different types of sleep,
Effects of not enough sleep,
Help for better sleep.



SPRINGHILL
HOSPICE

Making every moment count

Day Therapy Service

Self-Management Supportive Programme

Self-management strategies can help you to take control of your symptoms and enable you to develop new skills to manage the impact of your condition on your life and that of your family.

We are piloting a programme of 8 sessions. These can be accessed online using Microsoft Teams. A referral from your health professional is required. There will be a maximum of 6 patients in a 90 minute session facilitated by a Registered General Nurse and co-facilitated by a Nursing Assistant.

1 to 1 Telephone Consultations are available for patients who may not be online.



Pain Management

Aims to help you understand...

Your pain and how it affects you.

Strategies to help you manage your pain,
support network and non-drug treatments.

Falls Prevention and Importance of Staying Active

Aims to help you understand...

Ways to reduce your risk of falling,
Advice on staying active, stamina,
flexibility, balance, and exercise.

Gastrointestinal problems and nutrition

Aims to help you understand...

The importance of a healthy diet,
Common symptoms associated with eating
and digestion and how to manage them.

Planning For Your Future

Aims to help you understand...

Take control of your future.

Communicate with your medical team and your family. Express your views, preferences and wishes about your future care. Look at your values and what is important to you. We can provide information regarding advance care planning.



Self-Management Supportive Programme

Springhill Hospice (Rochdale)
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Registered Charity No. 701798

