

# LIVING WELL PROGRAMME

## WHAT IS 'LIVING WELL'?

Many of our patients have hopes and wishes, things they want to do before they die. This may include getting married; living long enough to see the birth of a grandchild; or simply going shopping once in a while.

Living Well attempts to help you to meet these goals. After being assessed, we will do our best to guide you to one of our Living Well days to best meet your needs.

Some Living Well sessions focus on arts and crafts, others on gentle exercise, and we have sessions where you will be guided through relaxation and mindfulness to help you to worry less. We also have an afternoon dedicated to living with Dementia.

## WHO CAN BE REFERRED TO LIVING WELL?

Anybody with a life-limiting illness can be referred. This might include Motor Neurone Disease (MND), Multiple Sclerosis (MS) or Parkinson's, heart disease, COPD and Cancer. Whilst not an exhaustive list, our triage service will help you to decide whether a referral to ellenor's Living Well Service is right for you.

## LIVING WELL OFFERS:

- the opportunity to set goals and work towards them
- counselling
- complementary therapies
- a chance to socialise
- respite for those closest to you

- physio
- occupational therapy
- nurse-led outpatient clinics helping you to build a relationship with your GP
- exercise programmes
- help with anxieties and worries
- help with money and finances
- help with food, eating and nutrition
- planning for your future
- spiritual care
- a Wellbeing programme including arts, gardening and music groups
- in future, we hope to offer Chiropractic, a bathing service, a chance to pamper yourself with hair and beauty treatments.

## HOW LONG CAN I ATTEND?

You will be offered 12 sessions which most people use once weekly. Once these three months have ended, you will be invited to attend our Social Day on Fridays, or you might prefer to dip in and out of one of our Wellbeing groups and classes. Don't forget, once you complete your Living Well programme, you will still remain under ellenor and can access our other services.

If you feel you might benefit from further support, please speak to a member of staff or call **01474 320007** to speak with a member of our Living Well Team.

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

*Thank you*



ellenorcharity

[www.ellenor.org](http://www.ellenor.org)

ellenor is a charity registered in England and Wales (1121561), and a company limited by guarantee (6302132). Registered office at Coldharbour Road, Gravesend, Kent, DA11 7HQ.