

## Living Well with Isabel

Our Living Well services offer a variety of options to support you and those close to you when living with serious, long term or life limiting conditions. We run a variety of groups, sessions and courses designed to advise and support you to best cope with the consequences of living with your condition.

### **Tuesday Day Service**

**Weekly, Tuesdays 10am-3pm, Living Well Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH or**

### **Thursday Day Service**

**Weekly, Thursdays 10am-3pm, St. Barnabas Centre, Thorley, Bishop's Stortford, CM23 4BE**

Support for patients living with a life limiting condition. These day sessions offer the chance to access a range of services in a relaxed social environment. You can take part in a seated exercise and relaxation session, creative activities, talk to a member of the professional team, have a complementary therapy treatment, and develop friendships with others experiencing the same challenges. During the 12 weeks you will be encouraged to work towards a personal goal whilst our team of professionals help you with practical advice to manage your condition and maintain independence.

### **Neurological Support Group**

**Weekly, Thursdays 1.30 – 3pm, Living Well Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH**

A support group for patients with rare and rapidly progressing neurodegenerative conditions, their families and carers.

### **FAB Course (Fatigue and Breathlessness)**

**6 week course, Monday/Wednesdays 10.30am – 12.30pm, Living Well Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH**

A course aimed at equipping those attending with the tools and understanding to best manage these troubling symptoms. Each group session consists of gentle exercise, relaxation and education. Family and carers welcome.

### **Coping Well Course**

**6 week course, Wednesdays 11am – 1pm**

A course for patients. Offering emotional support and practical strategies for managing the psychological challenges of living with a life limiting condition.

### **Falls Prevention Session**

**Single session, Living Well Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH or St. Barnabas Centre, Thorley, Bishops Stortford, CM23 4BE**

This Session helps to equip anyone at risk of/ or concerned about falling with the understanding and tools to manage balance issues and help prevent falls. Contact Living Well Services to book onto the next session.

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Registered Company No. (England & Wales) 3056823

Registered Charity No. 1046826

## Feel Good Friday/Monday

**Weekly group sessions;**

**Mondays 1.30-3pm, Living Well Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH**

**Fridays 10-11.30am, Nigel Copping Community Building, Sanville Gardens, Stansted Abbots, SG12 8GA**

Exercise and or relaxation sessions for people with long term conditions, supervised by a physiotherapist. Pre assessment required. Contact Living Well Services to book onto a session.

## Pamper Session

**Monthly session, 1st Friday 11am - 1pm, Nigel Copping Community Building, Sanville Gardens, Stansted Abbots, SG12 8GA**

A session to try taster treatments from our complementary therapy team. Contact Living Well Services to book onto a session.

## Feel Good Singing

**Weekly group session, Wednesday 2pm - 3.30pm, Living Well Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH**

Singing is known to offer many benefits to those living with long term conditions, this fun informal group requires no previous musical experience just a willingness to take part.

## Tai Chi/ Qi Gong

**Weekly group session, Thursday 10.30am - 11.30am, Living Well Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH**

A chance to practice this gentle form of exercise and experience its many physical and psychological benefits with a group of similarly minded individuals.

## Craft Café

**1st and 3rd Thursdays 10am - 12pm Living Well Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH**

A chance to try your hand at a variety of creative activities, over a cup of tea or coffee, enjoying the support offered by our team of experienced volunteers.

## Social Drop In

**1st and 3rd Thursdays 10am - 12pm, Living Well Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH or**

**1st Thursday 1-3pm, St. Barnabas Centre, Thorley, Bishop's Stortford, CM23 4BE**

A friendly supportive social group for those wanting to maintain their contact with our services or just find out what we offer.

**This list may be subject to change please contact Living Well services on 01707 382500 or email [livingwell@isabelhospice.org.uk](mailto:livingwell@isabelhospice.org.uk). For up to date information alternatively see our website. All our services are free of charge.**

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