

# Springhill Hospice

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[www.springhill.org.uk](http://www.springhill.org.uk)

**Complaints** – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

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## Dementia Wellbeing & Carer Support Programme

 **Springhill  
Hospice**  
Making every moment count



## An 8 week Dementia Wellbeing Programme based at Springhill Hospice. Sessions run 9:30am – 12:30pm on Tuesdays.

We provide a programme to support both the person with dementia and their carers/loved ones, so we ask that you both attend to get the most from these sessions.

You will be assessed by one of our team prior to starting to identify how you and your carer may benefit from the programme.

Our programme will also assist in signposting you to appropriate community services, to support you upon completion.

Sessions are facilitated by our team of Registered Nurses, Healthcare Assistants, Assistant Practitioners, Creative Therapist, Complementary Therapist and our brilliant team of volunteers.

We are also supported by our Dementia Specialist Nurse, Physiotherapist, Spiritual and Pastoral Care Co-ordinator and the Counselling Team.



## Our aim:

To provide a safe space for patients and carers to share experiences, ask questions and enjoy Wellbeing activities together.

There will be a theme/topic each week, some examples of which are:

Life Story Work, Continence, Nutrition, Staying Active and Prevention of Falls, Sleep, Fatigue and Planning for the Future.

Alongside other activities such as:

- Creative Therapy e.g painting, yarn craft, card making
- Complementary Therapy e.g Massage and reflexology
- Spiritual support, referrals to counselling available
- Quizzes and Games
- Relaxation and Meditation
- Virtual Reality Experience
- Exercise and Yoga
- Gardening and Walks
- Music
- 'Meet the Hospice Staff' sessions

A **referral is required** from your Healthcare Professional for this programme. Referral forms are available on our website at **[www.springhill.org.uk/referral](http://www.springhill.org.uk/referral)**.