



A Guide to Pilgrims Therapy Centres



A warm welcome to Pilgrims Therapy Centres

Explore our website to find out more about how we could help you, or call our wellbeing advice line
01233 504 127

Pilgrims Therapy Centres are an important part of the care and support we provide to our patients and their families. Our new wellbeing menu offers a range of therapeutic, creative, social and educational groups and activities designed to support you to live well in both mind and body for as long as possible.

Our experienced team will work closely with you, and those who are important to you, to help you identify which programmes can help you now and in the future. We will also work alongside your GP and other professionals involved in your care.

Our wellbeing menu offers flexibility to allow you access to the right support at the time you need it most. This may be a therapeutic programme to help you manage your symptoms, a creative activity programme to enhance your wellbeing, a social group giving you the chance to connect with other people and share experiences, or one of our educational programmes to help you in planning and preparing for your future care and treatment.

For more information about Pilgrims Therapy Centres Wellbeing Menu please contact us at wellbeing@pilgrimshospices.org, or call **01233 504 127**, to talk to a member of our care team.

Referral information for GPs and other healthcare professionals

Some of Pilgrims Wellbeing services can be accessed by patients who do not require full hospice care and support but who would benefit from attending our groups and programmes, if they are living with a life limiting or deteriorating health condition.

For further details about referring a patient to any of our wellbeing programmes and to access our electronic referral form, please visit www.pilgrimshospices.org/refer

Jan's sunflower legacy by her daughter, Claire

When I was told that Mum's artwork had been chosen for the Pilgrims' Therapy Centre booklet, it brought very happy tears to my eyes!

I was touched to think that the bright, cheerful sunflowers Mum painted whilst eating a choc ice and 'having a go' at painting during a patient and family wellbeing session would help to invite and inform others in the future.

Mum and I enjoyed trying out new creative activities and meeting others in a social setting during her final year.

During these gatherings, we were supported by the wellbeing staff and volunteers. As a daughter and carer, I felt I could also relax for a while as we experienced the warm welcome and hospitality each week.

Mum's painting hangs up at home as a reminder of our special times at Pilgrims and now her sunflowers invite others to 'taste and see' what is on offer on the wellbeing menu!



Pilgrims Wellbeing Menu

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“I look forward to each week when I can join with like-minded people; we share stories and talk about what we’re going through, it feels so good to talk about it.”

Carer attending Pilgrims Therapy Centres

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“A beautiful place where illness can be forgotten.”

Patient attending Pilgrims Therapy Centres



Appetisers

Our appetisers are relaxed and informal group sessions designed to introduce patients and their carers to the benefits of Pilgrims Wellbeing services, providing the opportunity to learn more about how our services can support you to live as well as you can for as long as possible, including taking those important first steps towards more formal advance care planning, giving you choice and control over your future care wishes.

Wellbeing Café

An informal drop-in session where you can come along and learn more about Pilgrims Services, meet our wellbeing practitioner team, and identify which of our wellbeing programmes can support you and your family. We can also help you to identify other groups and services available in your local community that can offer support.

i Who is it for? Patients, carers and family members. Ideal for those who are new to Pilgrims services or who would benefit from a full assessment of wellbeing needs. Referral from external healthcare professionals accepted.

“Thank you for such a fabulous welcome and introduction into what the hospice offers. Really wonderful support”

Wellbeing Cafe

Planning for Your Future

This light touch educational session encourages you and your family to think about your wishes and preferences for your future care and treatment. As a first step towards more formal advance care planning, this sessions explores such things as advance statements, Lasting Power of Attorney, Advance Decisions and DNACPR forms, providing you with information to help you make informed choices and decisions about your future care and treatment.

i Who is it for? Patients, carers and family members. Referral from external healthcare professionals accepted.

“Really helpful, it gave us permission to discuss difficult issues.”

Planning for Your Future



Main Courses

Our main courses are psycho-educational programmes designed to teach patients and their carers different therapeutic strategies and techniques to help you manage a range of common symptoms when you have a deteriorating health conditions.

Breathlessness Management

If you find you are short of breath and this is affecting how you manage your day to day activities, this 3-session programme uses medication free methods of breathlessness management including controlled breathing techniques to help you and your carer practice ways to relax and reduce anxiety, improving symptoms and quality of life.

i Who is it for? Patients and their carers can attend together. Referral from external healthcare professionals accepted.

Living with Fatigue

If you are experiencing overwhelming tiredness that is affecting your concentration and ability to take part in everyday activities, this 3-session programme can help you and your carer understand symptoms of tiredness and fatigue, introducing a range of strategies to help you feel more in control and improve your quality of life.

i Who is it for? Patients and their carers can attend together. Referral from external healthcare professionals accepted.

“The group was friendly and informative and gave me and my wife the confidence to manage any further breathlessness.”

Patient attending Breathlessness Management



Relax & Restore

If you are finding that worry and stress is stopping you from doing things that matter to you or affecting your sleep then this group can help you. It runs for three weeks, in it our occupational therapists and counsellors will teach you a little bit about how worry can affect our mind and body and give you a chance to explore a variety of relaxation techniques to find the ones that are right for you.

i Who is it for? Patients and their carers can attend together. Referral from external healthcare professionals accepted.

“This was altogether one of the most positive experiences I have had so far on my cancer journey.”

Living with Fatigue

“Very beneficial – has helped me greatly.”

Relax & Restore

Side Dishes

Our side dishes are gentle exercise programmes designed to help increase and support both physical and mental wellbeing.

Exercise can help reduce inflammation and blood glucose levels and improve the symptoms of depression, increasing immune response and strengthening your heart, muscles and bones.

Sit Down, Get Fit Exercise Group

The aim of this seated exercise programme is to strengthen your muscles and help you to maintain movement and function so that you can continue with every day activities. The group is held in our therapy gym and will use a range of exercise equipment. You can also learn exercises to continue at home after you complete the programme.

i Who is it for? Patients only. Referral from external healthcare professionals accepted.

Energise Exercise Group

This group, held in the Therapy Centre Gym, can help you to improve your quality of life and stay active through exercise. Using gentle circuit training exercises, held in our therapy gym, and full body workouts to strengthen your cardiovascular fitness and your stamina. The programme is adapted to your individual needs and capability.

i Who is it for? Patients only. Referral from external healthcare professionals accepted.

“Excellent class – well organised.”

Energise Exercise Group

Strengthen and Balance Class

This class is designed to improve your balance and strengthen your muscles, this will reduce your risk of falling and enable you to continue with daily activities and to therefore maintain your independence

i Who is it for? Patients only, Referral from external healthcare professionals accepted

Gym Maintenance Programme

If you have already completed one of our exercise programmes and would like to continue with supervised exercise in our therapy gym, our physiotherapy team can design a programme tailored to your individual needs and will be on hand to give you guidance and advice.

i Who is it for? Patients only.

“I have loved coming here, it has done so much to help my motivation.”

Sit Down, Get Fit Exercise Group

Sharing Platters

When you are living with a deteriorating condition or are approaching the later stages of your life there may be times when you feel worried, anxious or frustrated as things begin to change for you, and sometimes the feelings and thoughts you experience during this time can be unfamiliar and overwhelming. It can often be helpful to share your experiences with others who are in similar situations and our sharing platters are designed to bring people together in a relaxed and informal group providing the opportunity to connect with others, to gain peer support and to promote wellbeing through different interactions and activities.

Living Well Group

This patient support group offers a structured programme of social, creative and educational activities for you to enjoy in the company of others who also have a deteriorating health condition. Our Wellbeing Practitioners will work with you to identify your individual goals and support you to achieve them so that you can live as well as possible in both body and mind.

i Who is it for? Patients only.

Time to Create

This relaxing but stimulating creative group gives patients and families an opportunity to develop new skills creating artworks and objects that reflect their unique experiences and interests that can be given as a lasting memory.

Suitable for artists of all abilities. No previous experience necessary as our Wellbeing Practitioners are experts at helping you discover your inner artist!

i Who is it for? Patients, carers and family members.

Specials

Here at Pilgrims we recognise the special role family members and friends have in supporting our patients. Whilst caring for someone with a deteriorating health condition can be a positive and rewarding experience, there are also lots of reasons why caring can leave you needing extra support yourself.

Carers Café

This informal drop-in support group offers the opportunity to meet others who are caring for a relative or friend with a deteriorating health condition, to share experiences of caring and to develop peer support networks.

i Who is it for? Carers of Pilgrims patients

Carers Walk & Talk



Meeting regularly at Pegwell Country Park Nature Reserve (Thanet), Conningbrook Lakes (Ashford) and Toddler's Cove (Canterbury), this relaxed and easy paced walking group offers the opportunity for carers to connect, share and learn from others who have similar experiences to your own, helping to ease feelings of loneliness and isolation.

Walking in nature can be transformative, improving psychological wellbeing, enhancing mood and self-esteem and reducing the emotional and physical experience of stress.

i Who is it for? Carers of Pilgrims patients

“Good to meet others in the same situation. Answered so many questions and made me feel at ease”

Carers Café

“Thank you for boosting my confidence, the group gives my week a purpose.”

Time to Create

Explore our website to find out more about how we could help you, or call our wellbeing advice line
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Sweet Treats

Complementary therapies play a big part in the holistic care offered to patients and their families here at Pilgrims, helping to promote relaxation and wellbeing, improve self-confidence and ease anxiety, physical pain and spiritual distress. We can offer a wide range of individual therapies and treatments such as aromatherapy massage, reflexology, reiki, hand and foot massage, which are available to both patients and family members. Complementary therapy is offered as part of:

- Living Well Group
- Wellbeing Café
- Carers Café

Please speak to a member of our team if you wish to be referred for complementary therapy offered outside of these groups.

“Very satisfied with my treatments”

Carer receiving aromatherapy massage

“After 3 sessions I am completely converted, it is definitely doing something to me and helping with my pain”

Patient receiving reiki treatment

Seasonal Menu

We also offer a variety of additional Wellbeing groups, programmes and one off events at different times throughout the year, such as Reading for Wellbeing, Writing for Wellbeing and Therapeutic Gardening sessions and special events for patients and carers.

Keep an eye on our website, or speak to a member of our Wellbeing Team to find out what seasonal events are happening at your local hospice site.

For more information about Pilgrims Therapy Centres Wellbeing Menu or if you would like to attend any of our groups and programmes, please contact us at wellbeing@pilgrimshospices.org, call 01233 504 127, or talk to a member of our care team.

“A really friendly service. Nice to be in the fresh air and is a real comfort to me”

Carers Walk and Talk

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Find out more about
our work and other ways
you can support us.

Call: 01233 504 127

Email: wellbeing@pilgrimshospices.org

Visit: www.pilgrimshospices.org  [pilgrimshospices](https://www.facebook.com/pilgrimshospices)  [@PilgrimsHospice](https://twitter.com/PilgrimsHospice)

Our hospices:

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Kent CT2 8JA

Hythe Road, Willesborough,
Ashford, Kent TN24 0NE

Ramsgate Road, Margate,
Kent CT9 4AD