

# Wellbeing Sessions Timetable

These sessions are suitable for anyone with a life limiting (palliative) illness and anyone supporting them. They are an opportunity for you to learn more about some of the symptoms you might be experiencing as well as some strategies for managing them. Each one is led by a member of our specialist Therapy Team (Dietitian, Physiotherapist or Occupational Therapist).

## Relaxation

A chance to learn more about why relaxation can help with symptom management, as well as an opportunity to experience a guided relaxation. No previous experience necessary.

## Breathlessness

A common symptom in palliative conditions, this is a chance for you to learn more about the causes of breathlessness and how to manage this in your everyday life.

## Fatigue

Improve your understanding of the causes of fatigue and how it affects you, as well as learning a range of strategies to help you manage it.

## Anxiety

An opportunity to learn more about what anxiety is and how it affects you. You will learn simple strategies to help manage your anxiety.

## Nutrition (Eating & Drinking)

A session focused on the challenges that can arise around food and drink in palliative illness and practical advice and tips to help manage these.

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CELEBRATING  
FIFTY YEARS

 Dorothy  
House

# Sessions Timetable

All sessions will be held online via Zoom.

Date (1.30-2.30pm)	Session
Thursday 13 April	Fatigue
Thursday 23 April	Breathlessness
Monday 27 April	Anxiety
Thursday 7 May	Relaxation
Monday 11 May	Dietetics and Nutrition
Thursday 21 May	Fatigue
Monday 1 June	Breathlessness
Thursday 11 June	Anxiety
Monday 15 June	Relaxation
Thursday 25 June	Dietetics and Nutrition

Please call us to book on: **0345 0130555**

