



# live & learn

*for anyone affected by a  
life limiting condition*

## **WELCOME TO LIVE & LEARN**

## **OUR WEEKLY DROP IN SERVICE**

At 10:00 every Thursday our doors open for Live & Learn in the King Centre lounge, which provides the social hub for people to come and go as they please.

The day begins with a welcome and a cuppa followed by a relaxation session with our Therapist Michelle at 10:30 for you to enjoy if you wish.

Between 11:00 & 12:00, you can join our 'Live, Learn & Share' hour, where we cover a wide range of topics and activities.

During the afternoon there may be an extra support session or activity to enjoy and you are welcome to join us for arts, crafts and games until 15:00.

## **OUR PROGRAMME FOR THE NEXT SEVEN WEEKS IS AS FOLLOWS.**

### **15 NOVEMBER**

#### **11:00: MY SUPPORT NETWORK**

This session offers you the chance to sit down and have a cup of tea with a Social Worker and a member of the Social Security team. Come along and find out what the role of a Social Worker is and how they can help you. Ensure that you are accessing the benefits that you are entitled to or maybe entitled to in the future.

#### **13:00: BREATHLESSNESS SUPPORT GROUP**

This is an opportunity for those that struggle with breathlessness, due to their condition, to be together in a safe and informal environment. The discussion is facilitated by your community respiratory and cardiac nurses.

### **22 NOVEMBER**

#### **11:00: MAXIMISING MY NUTRITIONAL WELLBEING**

We are delighted to be joined once again by Jill Fa, a Dietician who will be able to answer any question surrounding the subject of nutrition and its importance. She can also help with the challenges that you may be facing with your diet and appetite due to illness.

### **29 NOVEMBER**

#### **11:00: LIVE, LEARN & SHARE**

Today you are invited to join our Book Club, which is supported by Judith Baker from the Library. Let's share our thoughts and feelings about the most recent read and enjoy spending time together to enjoy some poetry or a short story.

We are also delighted to welcome back Pain Support Jersey to Live & Learn, Angela is popping up to meet with anyone who wishes to have a cuppa and a chat, to find out how the charity can help and support those living with chronic pain.

### **6 DECEMBER**

#### **11:00: UNDERSTANDING MY MEDICAL CONDITION & HOW DO I MANAGE IT**

This relaxed and informal discussion allows those present to learn about the importance of maintaining control over your care and how to manage your healthcare professionals. We are also joined by Hospice's Pharmacist Adam, who is an endless font of knowledge when it comes to all things pharmaceutical.

## **12:30: LIVE & LEARN DOES 'LAUGHTER YOGA'!**

This seated form of yoga is ideal for people of any physical ability. Come and experience something new; we guarantee you'll have a giggle!

## **13 DECEMBER**

### **11:00: MAKING MY WISHES KNOWN, HOW CAN MY FAMILY BE SUPPORTED AND HOW CAN I HELP MY FAMILY UNDERSTAND?**

A member of the Emotional Support Team and our Live & Learn Nurse will be on hand to facilitate a discussion around people's wishes for the future; what are **your** choices? Where would you like to be cared for? What does Do Not Resuscitate really mean? What is Advanced Care Planning? How can you involve and support your family?

## **20 DECEMBER**

It's party time! Join us for some fun, frolics and festivities.

Oh, and a buffet lunch.

# **HO HO HO!**

## **27 DECEMBER**

The King Centre lounge will be open for anyone who wishes to join us from 10:00 to 15:00.

If you would like to spend time one to one with a member of the Live & Learn team to further discuss any of the topics covered or for advice, then please ask.



## WHERE AND WHEN TO FIND US

Staff and volunteers are available to meet you every Thursday, between 10.00 and 15.00.

Plenty of free parking is available.

King Centre, Jersey Hospice Care, Mont Cochon, St Helier JE2 3JB

To contact Jersey Hospice Care, please call 876555 or email [administration@jerseyhospicecare.com](mailto:administration@jerseyhospicecare.com)



[www.jerseyhospicecare.com](http://www.jerseyhospicecare.com)

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