

# Rugby Myton Support Hub Sessions

## **TAB (Take A Breath)**

**12 week programme every Monday 1pm – 3pm run by Compassionate Communities in partnership with The Myton Hospices, South Warwickshire Foundation Trust and Rugby's Connect WELL.**

Support group for people living with Chronic Obstructive Pulmonary Disease (COPD) and other long term respiratory conditions. We have developed a group setting programme where a 'safe space' is provided for members to attend and where they can talk and share their experiences of what it's like to live with this long- term health condition. Participants are encouraged to learn together how to live well with this diagnosis, improving self-management of their condition and is specifically aimed at increasing wellbeing and reducing social isolation.

Our group members have the opportunity to participate in conversation, therapeutic art, games, quizzes, gentle exercise and relaxation, to make connections with local and national organisations and receive occasional input from local healthcare professionals, all with the aim of enhancing quality of life.

If you feel that this group would be beneficial please contact Sharon Crofts on 02476 967515.

## **Myton's "Time for me" Art and craft sessions Thursdays 10.30am – 12.30pm.**

These sessions are offered either in groups or one to one and are designed to help you maintain interests or develop new skills and enhance your quality of life. Our programme of activities includes painting, craft work, creative writing, relaxation sessions and exercise classes.

## **The "Listening Ear" Carers Support Group 6 week programme Fridays 10am – 11.30am.**

A safe, friendly, supportive and confidential space to share experiences and advice with other people in similar situations. This is a patient led group that is facilitated by trained volunteers – a provision of a safe space that's outside your normal circle of family and friends where you can speak honestly.

We meet, support each other, share life experiences laugh, cry and no subject is off limits and there is no agenda.

## **PACE (Practical Advice on Caring Every day for Yourself) 12 week programme every Friday 12.30pm – 2.30pm run by Compassionate Communities.**

This support group was launched in December 2021, in partnership with The Myton Hospices and NHS Foundation Trust, to support people living in the Rugby area, who suffer with heart failure.

One of the aims of the group is to increase the wellbeing of the participants and to help reduce their social isolation. Our participants are comfortable knowing that they can talk

01788 550085

[www.mytonhospice.org](http://www.mytonhospice.org)

   @MytonHospices



with each other in a 'safe space' about their long-term health condition, and to share their experiences of what they have or haven't found beneficial in managing their symptoms.

It is still early days but to date, our group have had plenty of opportunity to participate in conversation and getting to know one another by sharing their stories. We have held quizzes, therapeutic art sessions, games and gentle exercise – which a member of the cardiac rehabilitation team facilitate. As the group progresses, the intention is to make connections with local and national organisations, offer signposting to services the group may find beneficial and receive occasional input from local healthcare professionals, all with the aim of enhancing quality of life.

If you feel that this group would be beneficial please contact Parmjit Kaur on 02476 967515.

### **Coffee Connexion**

If you do not wish to attend one of these groups but would benefit from advice and support please don't hesitate to just pop in. It would be great to see you at one of our drop-in sessions on Tuesdays 3.30pm – 5pm and Thursdays 1.30pm – 3pm.

### **“Making memories”**

**Every Monday 10am – 12pm**

“Legacy work” is the process of transforming thoughts into action. It's the act of sitting down and taking time to purposefully create something for the people you love and care about. Legacy work isn't about death and dying, it's about life and living. It's about making connections and sharing precious moments with the special people in your life.

The wonderful thing about leaving your legacy is that it's yours to leave. It takes whatever form you give it and it carries whatever meaning you instil in it. No matter what form your legacy takes, you can be assured that it will become a timeless extension of yourself that your loved ones will cherish forever. It's a reminder of who you were, what you loved, what was important to you.

### **Bereavement Help Point**

**6 week programme every Monday 3.30pm – 5pm.**

Group sessions run in conjunction with Compassionate Communities where all people who are bereaved are welcome. It's a safe space to meet and talk with others who may be experiencing similar thoughts and feelings in an informal supportive setting where everyone can feel listened to and feel valued.

### **Enrolment to the Sessions**

Please note, that it is not a clinical service and you will continue to receive the clinical support you need from your GP or Medical Team.

To book an appointment to join any of the activities please contact Rugby Myton Support Hub on 01788 550085 between 9.30am and 4pm Monday to Friday (excluding Bank Holidays) to confirm availability, unless otherwise stated. If you have any questions please contact us and speak to Tracey Evans, Rugby Myton Support Hub Manager or one of the team.

01788 550085

[www.mytonhospice.org](http://www.mytonhospice.org)

   @MytonHospices

