



Living Well Service

Our Living Well Service takes place at the Hospice in our purpose-built facilities with access to the gym, complementary therapy suites, gardens, and the Bistro. We provide specialist advice and support for adults who have a life-limiting illness as well as offering individually tailored programmes, usually once a week for up to eight weeks. If in-person sessions are not possible, sessions will take place online. We also offer carer support online.

For patients unable to attend group settings we offer individual appointments at the Hospice for certain aspects of the programme. Our specialist team, supported by administration staff, includes nurses, healthcare assistants and volunteers. We also have complementary therapists, a life celebration and creative activities coordinator, specialist physiotherapists and occupational therapists, and support from our chaplain and patient and family support team.

Our Living Well Service aims to:

- Support you to live well
- Empower you to take control
- Put you and your family at the centre of your care

- Encourage you to participate and enjoy new experiences

We will achieve this by:

- Listening to you
- Providing a relaxed, social environment where you can chat and feel supported
- Offering sessions on common issues and managing symptoms such as anxiety, fatigue and breathlessness
- Encouraging you to try exercise sessions
- Providing access to complementary therapies and creative activities
- Supporting you with your emotional and spiritual needs
- Helping you to plan for the future

How to Access our Living Well Service

Our Living Well Service is available to people living in Cambridgeshire and those in Huntingdonshire who are willing to travel. Referrals can be made by a healthcare professional, provided that you are aware and in agreement. We will also need to inform your GP.

Referrals should be made through our Central Referrals Office 01223 675800 or email nee.arthurrank@nhs.net

When you are first referred to our Living Well Service, we will offer you a comprehensive and holistic assessment, unless this has already been completed by the Hospice Team. We discuss with you, and your family where appropriate, what goals you would like to work towards and try to achieve with our support. Our team liaise directly with GPs and other community and hospital services to ensure continuity of care and referral to other services if required.

Contact us

For further information about the **Living Well Service**, please contact the Team by telephone **01223 675820** or email livingwell.service@arhc.org.uk or visit our website.

All information is correct at time of print and may be subject to change. Visit our website for the most up-to-date information. If you have any feedback or would like this information in a different format or language, please contact us.

Arthur Rank Hospice Charity, Cherry Hinton Road, Shelford Bottom, Cambridge CB22 3FB
Alan Hudson Day Treatment Centre, North Cambs Hospital, The Park, Wisbech PE13 3AB

01223 675777 reception@arhc.org.uk
01945 669620 nee.alanhudson@nhs.net