

Many people associate the word 'hospice' with death and dying, and as a result can be very anxious about attending our Sunflower Centre.

Once they get here though, people realise that the hospice has much more to offer, as one recent patient said:

**“I come here to live”**

Here are just a few quotes from patients and carers about the Sunflower Centre:

“The Sunflower Centre staff are very supportive with emotional and practical needs for the individual. This has improved my confidence and helped me to maintain my independence”

“Many people are frightened of the word [hospice]. Fortunately, the positive experiences my brother received at a hospice encouraged me to attend. Something I have never regretted”

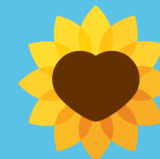
“I found that sharing my problems with other people helped me survive through the difficult times.”

“I would not have coped without the help and support from the Sunflower Centre. They helped me both physically and mentally.”



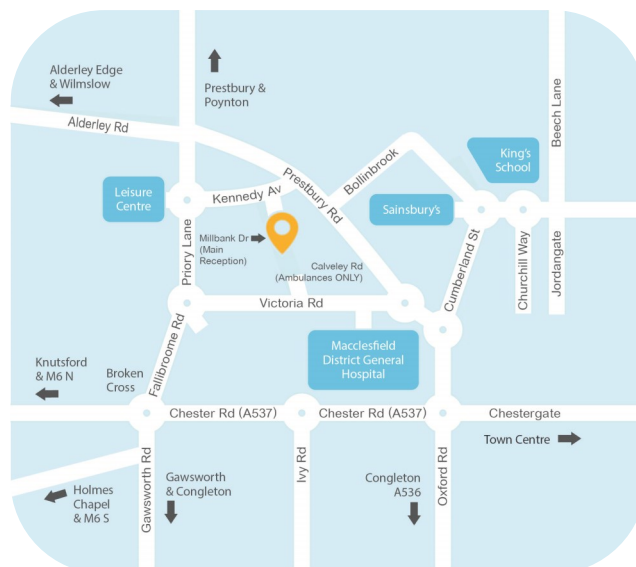
**East Cheshire Hospice**

Where people come to live



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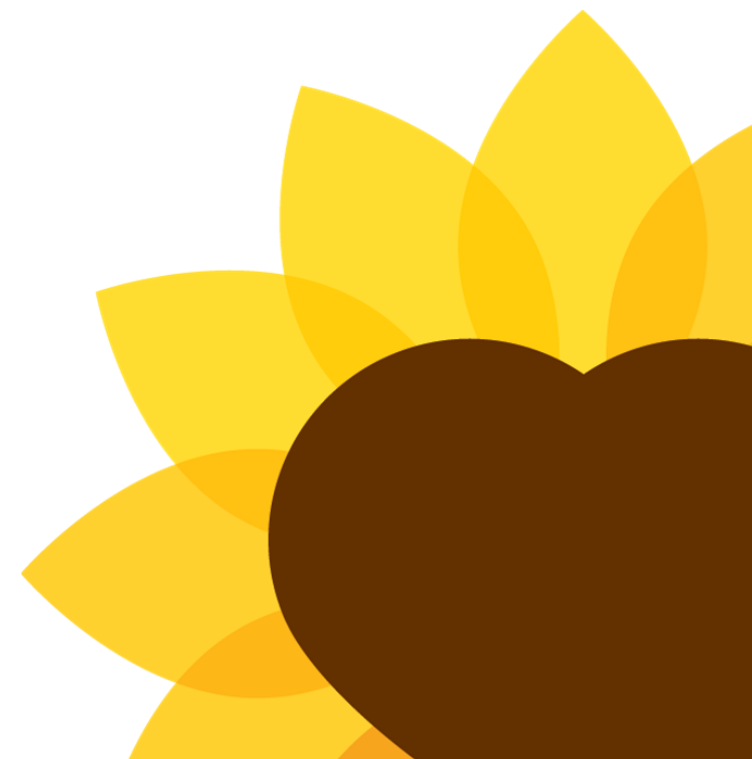
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# Living Well Service

## A Welcome Guide



The Sunflower Centre is here to help anyone whose life has been affected by the diagnosis of a life limiting illness.

Such a diagnosis can come as an enormous shock to patients, their families and carers.

You may feel fearful, anxious and isolated, but at the Sunflower Centre we can offer a range of services that support you and your family, enhancing your own coping strategies.

Our Living Well service is aimed at those living and coping with the effects of illness and its treatments. It is available to people at any stage of their illness from diagnosis, during treatment and onwards.

The Living Well service operates on Thursday and patients attend for the whole day, accessing both group and individual sessions.

Patients may self-refer or be referred by their GP or Healthcare professional involved in their care. On your initial visit you will have the opportunity to discuss your concerns and find out about what services may be beneficial to you.

The Living Well group meets between 10am and 3pm.

Each day starts with a 'meet and greet', followed a group session which includes information, advice and peer support.

The group aims to provide a safe, relaxed environment where you can share your problems, concerns or experiences with others in similar situations. The aim is to help you to develop your own coping strategies; enhancing your self esteem and confidence.

The group sessions are facilitated by a team of qualified and experience healthcare professionals.

A typical programme may include a range of topics such as:

- Coping with anxiety
- Fatigue management
- Managing your medicines
- Financial and benefit advice
- Relaxation techniques
- Coping with altered body image
- Spiritual support
- Dietary advice and help.

In the afternoon people can access a variety of sessions including:

- Art therapy
- Complementary therapies
- Counselling
- Family support
- Hairdressing
- Lymphoedema management
- Occupational therapy
- Physiotherapy
- Individual sessions with a nurse.

All services are provided free of charge and we have free parking onsite.

Refreshments are available throughout the day, and a buffet style lunch is served for a voluntary contribution of £2.50.

Donations are always welcome, and any money given will help us to maintain and develop our services so that more people can benefit from our specialised support and care.