

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

"The Sunflower Living Well 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"

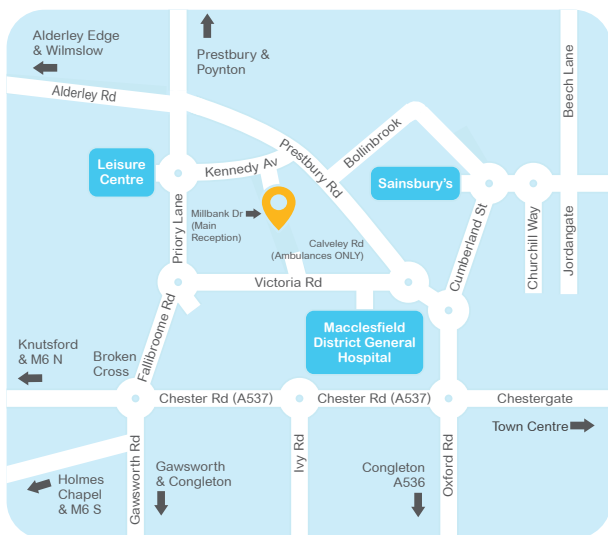
"I found that sharing my problems with other people helped me survive through the difficult times."

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



East Cheshire Hospice

Where people come to live



East Cheshire Hospice
Millbank Drive
Macclesfield
Cheshire SK10 3DR

Sunflower Living Well Centre: 01625 665685
Main Reception: 01625 610364

www.eastcheshirehospice.org.uk

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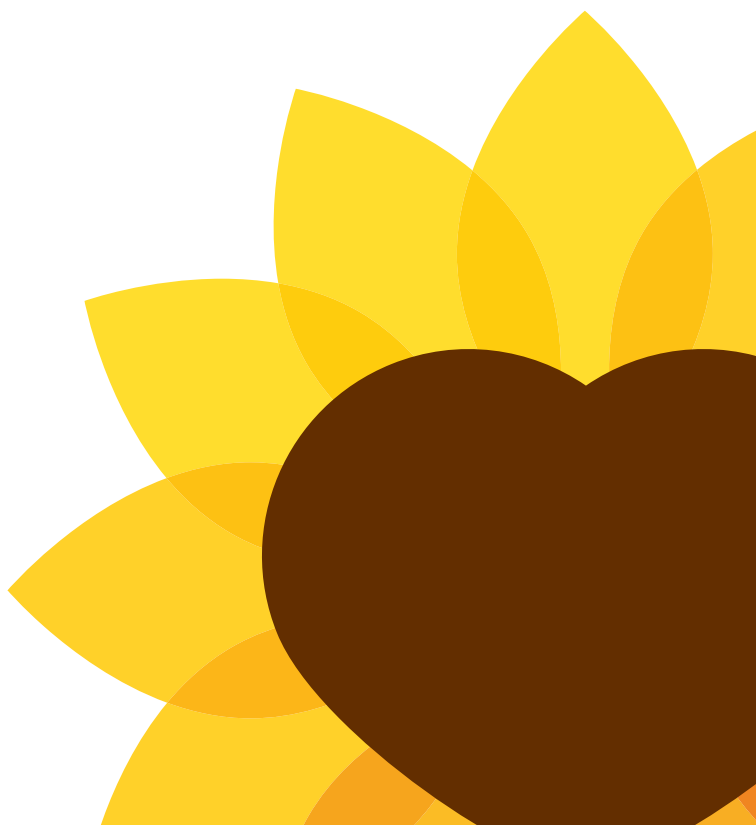


**East Cheshire
Hospice**

Where people come to live

Sunflower Living Well Centre

Information For Patients



Welcome

The Sunflower Living Well 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, families and carers.

You may feel fearful, anxious and isolated, but at the Sunflower Centre we provide a range of services that support you and your family, helping to give you the tools you need to cope.

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.

Following this we will work with you to develop your own personal care plan, referring you on to appropriate services within the hospice.

A nurse will co-ordinate and implement your care plan, by meeting regularly with you to identify and address your needs.

The Sunflower Living Well Centre is open four days a week 10am-3pm

The Sunflower Living Well Centre services include:

- Advanced Care Planning
- Art Therapy
- Befriending
- Breathlessness management
- Complementary therapies
- Chaplaincy/ spiritual support
- Carers' support group
- Counselling
- Family support
- Fatigue and Anxiety management
- Live Well, Feel Well
- Lymphoedema Services
- Occupational Therapy
- Physiotherapy Services
- Tai Chi/Gentle Exercises

Our services are provided either in groups or on an individual basis, for which appointments are required.

All services are provided free of charge and we have free parking onsite. If you have issues with transport to the Sunflower Living Well Centre then please let us know.

Refreshments are available throughout the day, including a buffet style lunch 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.

