

# The Wellbeing Centre Portfolio

Our focus is on supporting people with life limiting conditions and palliative diagnoses to achieve the best quality of life possible.

*“Nothing in life is to be feared,  
It is only to be understood.  
Now is the time to understand more,  
So that we may fear less”*

Marie Curie

# Introduction

Welcome to Marie Curie Newcastle Wellbeing Centre. This leaflet provides you with an overview of the range of services and support we can offer, and the professionals involved in their delivery.

We are continually developing and reviewing our services to ensure they meet the needs of our service users.

Referrals to our service can be made by health professionals, including GP's, District Nurses, community based Palliative Care Nurses, Hospital Teams, Specialist Nurses, and Social Prescribers.

Our referral form is attached, should you wish to have an electronic version we could email this directly.

Once a referral has been received it will be triaged by our Wellbeing Centre nurses. Initial contact will be made by phone and service users will have the opportunity to take part in a virtual / telephone consultation and work collaboratively to decide which service(s) would be best and offer the most support.

Here at The Wellbeing Centre, we have the following:

- Gym
- Therapy Room
- Treatment Room
- Relaxation Room,
- Main area – suitable for group work
- Fully functioning Kitchen
- Garden Room

We would like everyone to make the most of the facilities on offer to ensure they achieve the best service, including whatever is right for them. The groups listed below are not exhaustive of what we have on offer, and we would be delighted for feedback and any ideas you may have; this will help us better identify need and to enable us to continually adapt our offer to patients and carers.

# The Wellbeing Centre Team

Gillian Raine	<b>Head of Nursing and Quality, North East</b>
Angie Jackson	<b>The Wellbeing Centre Manager</b>
Joanne Cowling	<b>Patient Services Clerk</b>
Alison Harper	<b>Registered Nurse</b>
Sue Windsor	<b>Health Care Assistant</b>
Isobel Bowe	<b>Lead Oncology / Palliative Care Dietician</b>
Glynis Berry	<b>Allied Health Professional Lead, (Palliative Care Social Worker)</b>
Carolyn Wright	<b>Specialist Palliative Care Occupational Therapist</b>
Linda Luli	<b>Specialist Palliative Care Physiotherapist</b>
Leanne Casey	<b>Specialist Palliative Care Social Worker</b>
Katy Francis	<b>Chaplain / Spiritual Care Lead</b>
Jacquie Leaman	<b>Bereavement Co-ordinator &amp; CBT Therapist</b>
Louise Bowen	<b>Bereavement Co-ordinator &amp; Counsellor</b>
Darren Gallagher	<b>Children's Bereavement Counsellor</b>
Rebecca Maggs	<b>Art Psychotherapist</b>

# Our Volunteers

Val Burn – Complementary Therapist

Liane Ging – Textile Crafter

John Windsor – Driver

Jim Amos – Driver

Richard Donnison – Driver

# One to One Sessions

## Managing Breathlessness

This programme is designed to offer support and advice to adults who have symptoms of breathless due to an underlying medical condition. The aim of the programme is to look at ways of reducing symptoms and the anxiety they may cause and help them to regain a sense of control. The programme is delivered by a Registered Nurse, a Physiotherapist and Occupational Therapist.

### **Session to include:**

- Breathing control and recovery
- Positioning
- Fatigue management (pacing techniques etc)
- What to do to keep active
- Mobility aids
- Provision of information booklet/ direction to online resources to support.

### **Delivery:**

- 3-week programme
  - 1:1 with clinicians
  - face to face
- .....

## **Cognitive Behavioural Therapies - CBT Therapist**

Cognitive Behavioural Therapy (CBT) is available to patients and carers. CBT is recognised as an effective treatment for anxiety and depression. Being diagnosed with a life-threatening illness can affect people in different ways, with some experiencing ongoing feelings of anxiety, low mood, anger, or panic. Treatment provides an opportunity for individuals to recognise the impact of their thoughts and behaviours on how they feel and bring about change to improve their quality of life.

Weekly sessions are provided face to face, by telephone and video consultation.

.....

## **Bereavement Support – Bereavement Co-ordinator & Counsellor**

A Bereavement Service for Adults (18+)

Following a bereavement, we accept self-referrals or referrals from supporting professionals. Monthly Bereavement Support telephone calls are available from trained volunteers, counselling is also available, typically on a weekly basis, should a more intensive intervention be required, as is Cognitive Behavioural Therapy. Pre-Bereavement Support is available also. Previous contact with the hospice is not necessary to access support. Sessions may be delivered face to face, by telephone or online and are free at the point of delivery.

.....

## **Children's Bereavement support – Children's Bereavement Counsellor**

A bereavement counselling service for children from the age of 5-18. It covers pre-bereavement and bereavement. It is available to families already being supported by Marie Curie, but also to any child or young person who needs support preparing for or following a bereavement.

This will be a safe therapeutic space for child to express their emotion and raise questions about what is happening. They will go on to have a better experience of bereavement, to emotionally regulate and express their feelings.

.....

## **Spiritual Care / Breathworks Mindfulness Teacher– Chaplain / Spiritual Care Lead.**

.....

## **Art Psychotherapy – Art Therapist**

Art therapy is a form of psychotherapy in which art materials are used to encourage creativity and self-expression. Participants do not need to be “good” at art to enjoy using the art materials. Art therapy values the process of creation and feelings you experience during the session as opposed to a specific desired result.

Art therapy is available for outpatients on a weekly or fortnightly basis in the art therapy room in the Wellbeing centre.

.....

# Complementary Therapies

Complementary Therapy is mainly hands on treatment aiming to help reduce tension, provide comfort and relief from symptoms such as pain, anxiety, and breathlessness.

It can enhance wellbeing and quality of life and can be used alongside conventional treatments.

It works on physical, psychological, and emotional levels.

## What we have to offer

### Reiki

Reiki is an energy therapy developed by Dr Mikao Usui in the early 20<sup>th</sup> century. Reiki pronounced ray-key, is Japanese for universal energy and work on all levels of the body – not just the physical but also mental, emotional, and spiritual.

Every living thing has an energy field surrounding it and reiki works on this energy, stimulating an uninterrupted flow around the body. This helps create harmony and balance and reinforces the body's ability to heal itself.

Reiki is used to promote deep relaxation. Deep relaxation in turn can help you to cope with stress and pain – physical, mental, or emotional.

Some people find reiki soothing and comforting and just enjoy being still for a while.

### Hand & Foot Massage

### Reflexology

### Acupuncture

Complementary therapies help with insomnia, breathlessness, pain, panic attacks, fatigue, and relaxation.

Therapies are available for patients and carers.

Delivered by:  
Complementary Therapist  
Physiotherapist  
Volunteers

The Group: [Art Psychotherapy](#)

Sessions: 12

People per Group: 6/8

Group Art Therapy – Art therapy is a form of psychotherapy that uses the creative process of making art for expression and communication.

Art therapy is for individuals willing to use art materials as a means of exploring and resolving issues.

The group will take place every **2 weeks**.

You do not need to be good at art or have any previous experience, it is about the process not the art product.

The relationship between the therapist and client is based on trust. In practice this means the images you make, and things discussed will be treated as confidential.



The Group: [The Good Life Project](#)

Sessions: TBC

People per Group: 6/8

This is an outreach programme delivered by Elswick Gardening Group.

They offer planting activities, botanical printing, windowsill, meadow, or herb garden, hanging baskets, flower pressing, planting for pollinators, bug hotels and sustainable decorations.

The activities delivered in this group are coordinated from the interest of the participants and activities can be adjusted in order to suit needs.

## The Group: Moving, Motivation & Inspiration

These groups are aimed at supporting, encouraging, and motivating people with neurological conditions, to engage, educate and empower. To maintain and or improve both cognition and mobility.

### Falls prevention

Delivered by: Physiotherapist, Registered Nurse, Healthcare Assistant, Volunteer

Sessions: 8 – 12 weeks

Duration 2 Hours

People per Group: 6/8

Introduction 15 mins

Exercises – 30 minutes, Break 30 minutes, Education – 30 minutes

Suitable for: Mixed Group, age, and ability

### Mobility & Exercise

Delivered by: Physiotherapist, Therapy Assistant, Registered Nurse, Healthcare Assistant, Volunteer

Sessions: 8 weeks

Duration 2 Hours 30 minutes

People per Group: 6/8

#### Session 1

Introduction, Correct footwear, Medication, Fear of falling.

Importance/benefits of exercise, how to get up from a fall, Pendants.

Session 2,3,4,5,6,7 Exercise circuit, break, relaxation.

Exercises – at back of chair

Walking up/down

Squats

Marching on spot

Ankle weights

Free weights, Chair exercise & wind down

Session 8 Implementation plans for home exercise.

The Group: [Regain, Revitalise & Recharge](#)

Delivered by: Dietician and Therapy assistant / Physiotherapy.

Sessions: Quarterly, Tuesday – time to be confirmed.

Duration 2 Hours

People per Group: 8

One off session – 2 hours

Dietician - weight gain/loss

Therapy assistant / Physiotherapist– How to be active again.

#### The Aims of RRR group

The Nutrition session will include topics including information regarding a balanced diet – including ways to gain weight, eating for strength, and managing fatigue, as well as dispelling myths around diet and nutrition.

The Physiotherapy session will include the benefits of being active and the different types of activity and support available.

A presentation will take place during the session.

There will be time available for questions and answers.

This is a mixed session and Partners / Carer are very welcome to attend.

The Group: [Young and Bereaved group for Sons, Daughters, and Siblings \(18+\)](#)

Sessions: Monthly, Tuesdays 6pm – 7pm date to be confirmed

Bereavement Support Group  
Talking group

Delivered by Bereavement Co-ordinator and Volunteer

This group provides an opportunity for sons, daughters and siblings who have been bereaved to share their experiences in a therapeutic and confidential environment. The group has developed from recognising the unique experience and need of those who have been bereaved when younger than many of their peers.

Previous contact with Marie Curie is not required. For further information, please contact [jacquie.leman@mariecurie.org.uk](mailto:jacquie.leman@mariecurie.org.uk) or the Wellbeing staff team.

The Group: [Mindfulness Meditation](#)

Sessions: Weekly drop in or 8-week courses

Duration 1-2 hours depending on course or drop in.

(Courses – Breathworks Mindfulness for Stress; Breathworks Mindfulness for Health- these will be advertised -date and time to be confirmed)

Suitable for Patients & Carers

Introduction to mindfulness meditation including what mindfulness is and how it can be used to reduce stress and improve your quality of life. Sessions cover what mindfulness is; a guide to meditation and some of the following meditations - mindfulness of breath; mindful movement; body scans; breathing anchor meditation; compassionate acceptance meditation.

Drop-in sessions are for beginners and experienced meditators alike.

The Group: **Everything in place**

Sessions: 9 sessions

Duration 2 hours

### **Overview -**

The course is as it says about putting 'Everything in Place' and includes things you may have already thought about and maybe some you have not yet considered. Information will be relevant to many aspects of your life particularly with regard to making plans for your future; the information provided can help you to have important conversations with family and friends.

### **Session 1. Why you need a will**

The importance of having a will, how to choose an Executor, understanding Probate and an explanation of some of the laws on inheritance.

### **Session 2. Understanding Mental Capacity**

Understanding Mental Capacity, and who can make decisions on your behalf if capacity is lost. Lasting Powers of Attorney and the types of decision that can be made, who would you choose?

### **Session 3. Power of Attorney**

The process requirements for completing Lasting Power of Attorney documents. How it works, the roles and responsibilities and registration of the completed forms.

### **Session 4. Understanding Care and making Advance Care Plans**

Understanding and anticipating future care needs. Where to find information regarding care plans and refusing treatment. The documents you can prepare in advance of need.

### **Session 5. Funeral Planning**

Funeral planning and the importance of making your wishes known, funeral poverty and how to know your funeral pre-payments plan is safe. Important things you might want to think about.

## **Session 6.** Understanding Euthanasia

Euthanasia and assisted suicide, are they the same thing? Understanding the laws that were proposed in the UK, looking at the legalities in other countries and discussing the evidence.

## **Session 7.** Your Heart and Soul

Understanding the laws on organ donation or donating your body to medical science?  
also

How to keep/share your memories with friends/family.

## **Session 8.** Digital legacy and difficult conversations

Social Media accounts and keeping your digital information safe. Challenging conversations and how we can support each other at difficult times.

## **Session 9.** Drop in to cover anything you've missed or to ask questions.

You can revisit sessions via the rolling programme if you have missed anything. In addition, further support maybe available from the 'everything in place' social platform.

*Everything in Place licence held by Marie Curie NE. Owner – Licence Owner and author Louise Johnson St Cuthberts Hospice Durham*

The Group: [Life pages](#)

Sessions: 6 x Monthly sessions

Duration 2 hours

### [Life Pages](#)

Come and join 'Life Pages' a friendly and informal therapeutic writing group for bereaved people, because it can be hard finding the right words on your own to help ease what is on your mind and in your heart.

Grief can feel like a lonely road and our group is for anyone who would like to find out more about how a few quiet minutes writing together can refresh, restore so we feel more heard and supported with loss.

Using different creative prompts and techniques we will create and share a safe space for new understandings.

No previous experience writing necessary. Just bring yourself, a pen, and some paper.



The Group: [Life Cafe](#)

Sessions: Quarterly

Duration 2 hours

### [Life Café](#)

Sometimes life is so busy we can end up missing chances to really talk and have a catch up both with ourselves and each other.

So, join us at our Life Café to have a chat – about life, the meaning of it, the end of it – all the things that really matter,

We have specially developed Life Café kit, about the size of a board game, to help get the conversations going, about what we worry about, what we hope for the future. Take care for an example; whether this is the care we have seen or the care we hope for the future. Take care for an example; whether this is the care we have seen or the care we hope to have for ourselves or someone else, especially near the end of life.

We will have some poignant and light-hearted talk – this is a Life Café, along with a cuppa and a slice of cake.

The Group: [Cognitive stimulation therapy](#)

Sessions: 14

Duration 1hr 30mins

Group of 6 in Relaxation Room

Covering: -

CST for dementia is unique. It is the only well-established psychological therapy for people with dementia with clear evidence to cognition and quality of life. It is stimulating, enjoyable and inexpensive, it helps people improve their memory and thinking skills to enable them to cope better with memory loss.

Sessions include: -

- Physical games
- Sounds
- Childhood
- Food
- Current affairs
- Faces/Sciences
- Word association
- Being creative
- Categorising objectives
- Orientation
- Using money
- Number games
- Word games
- Quiz

The sessions are intended for people with mild to moderate dementia. They are designed to be relaxed, fun and to create opportunities for people to learn, express their views and work with others in a sociable setting.

The Group: [Baking Therapies](#)

Sessions: 6

Duration Tuesday, Fortnightly – 10.00a.m – 12 Noon

Group of 4 in the wellbeing kitchen, these sessions are open to patients and their carers.

Covering: -

"Baking can be considered a mindful activity, meaning it focuses us on the here and now, which helps reduce stress.

The repetitive motions involved in kneading, mixing, measuring, and cake decorating can be soothing and stress-reducing and help with coordination and hand dexterity.

Touch, smell, sight, and (of course) taste are all engaged by baking. "The multi-sensory aspect of baking can be very therapeutic for some people, particularly if they have strong positive memories associated with baking those items.

Baking gets us out of our heads and allow our heads and hearts to focus on something else besides the current situation.

Baking has a set start and end point that helps people feel a sense of control and purpose.

*The end result is sweet, keep in mind that the results are  
best enjoyed in moderation and... shared!*

The Group: **'Shapes of Support'**

Sessions: Quarterly

Duration 2 hours

When someone close to you dies, the feelings you experience may be like a rollercoaster of strong emotions. At Marie Curie, we want to offer children and young people a safe space to come together and think about what support they might need and what people, places or things are helping them now.

This activity session will reflect through painting shapes who, what and where supports the children with their big feelings of grief.

It is delivered jointly by our Children and Young People's Counsellor and our Art therapist and is a gentle introduction to on-going support.

## Drop in Sessions

The Group: [Walk and Talk](#)

Sessions: Monthly,

The walks take place on the last Friday of each month and meet at 1.15pm for a prompt 1.30pm start.

Duration 2 Hours 30 minutes

Sometimes people who have been bereaved find it more difficult to socialise and talk to other about their experiences.

At times like this it can be helpful to be with likeminded people who understand, and can offer each other support, rather than accessing formal services.

The walking group provides a time to walk and talk at a relaxed pace and with others who share similar experiences.

It is an opportunity to enjoy companionship, talk about your feelings and make new friends whilst benefiting from some fresh air and exercise.

Joining in on the walk are trained supportive volunteers and staff who provide a listening ear. Each walk includes a stop for refreshments in The Oak and Iron Heritage Centre in Derwenthaugh Country Park.

The Group: **Motor Neurone Disease (MND) Support Group**

Sessions: Monthly (the first Tuesday)

Duration 2 hours

Motor Neurone Disease (MND) is a rare condition that progressively damages parts of the nervous system.

MND happens when specialist nerve cells in the brain and spinal cord, called motor neurones, stop working properly and die prematurely. This is known as neurodegeneration.

Motor neurones control muscle activity like:

- gripping
- walking
- speaking
- swallowing
- breathing

The aim of this group is to have open discussion around areas of care and support people are struggling with, to share experience and gain peer support.

Issues discussed in this group are led by the group and guest speakers are coordinated in order to discuss chosen topics in accordance with the needs highlighted.

This group is to offer support to patients, their families and carer givers.

The Group: **Family and Care Giver support group**

Sessions: Monthly

Duration 2 hours

**Do you support someone with a life limiting illness or a palliative diagnosis?**

**Our Drop-In service can help!**

We are very aware that caregivers can often feel cut off from the outside world, and undertaking a caring role can be extremely isolating.

Taking care of a loved one and being responsible for their health and wellbeing can be very stressful and both physically, emotionally, and financially difficult.

Our Drop-In service provides carers with:

- information and signposting
- a chance to meet other carers and share common experiences.
- a safe space to talk.
- informal support at your own pace

The Group: **Bereavement support group**

Sessions: Monthly

Duration 2 hours

### **When someone dies.**

Losing someone close affects everyone differently. Through our work with family and friends of those living with terminal illness, we have gathered a range of resources to help you cope emotionally as well as handle the practical side of losing someone close to you.

Our Drop-In service provides support with:

- information and signposting
- a chance to meet other people and share common experiences.
- a safe space to talk an opportunity to listen to others.
- informal support at your own pace



The Group: **Palliative Care Support Group**

Sessions: Monthly

Duration 2 hours

### Coping with a palliative diagnosis

Everyone responds in their own way when they're told they have a palliative illness. There is no right or wrong way to feel or react.

Our Drop-In service aims to support you with some of the emotions you might experience, ways to cope and where to get support.

We can offer support with

- information and signposting
- a chance to meet other people going through similar experiences.
- a safe space to talk.
- informal support at your own pace

The Group: **Music Cafe**

Sessions: Monthly

Duration 1.5 hours

If you have a palliative diagnosis or a life limiting condition, you may find listening to music welcoming.

Listening to music can have multiple benefits, including:

- Improving mood, improving mental alertness
- Improving attention, improving memory
- Improving spatial-temporal learning
- Reducing anxiety
- Reducing blood pressure
- Reducing pain
- Improving sleep quality
- Elevating mood

This group supports individuals, their families and care givers, all are welcome.



Thank you for taking the time to look at what services we have here at the Wellbeing Centre, please note, these services are not exhaustive, and our delivery will be amended and updated as we progress, if you feel there are any areas that would be specifically beneficial to patients with life limiting conditions or palliative diagnosis that we have not addressed, we would be delighted to hear your ideas.

Please drop and email to the Wellbeing centre Manager,  
[Angela.jackson@mariecurie.org.uk](mailto:Angela.jackson@mariecurie.org.uk)

Marie Curie Hospice  
Marie Curie Drive  
Newcastle upon Tyne  
NE4 6SS

Telephone No: 0191 2191000