

**Live well, your way**



**KEECH  
HOSPICE** 

# Our Living Well Hub

At **Keech Hospice's Living Well Hub**, we understand that living well for as long as you can is important. Our specialist care team is here to support you and your loved ones find healing, comfort, and peace with a variety of compassionate therapies. From expressing emotions through art and music therapy to relieving discomfort with gentle treatments like reflexology and Reiki, our goal is to support you in creating meaningful memories.

Our care is completely free, tailored to your unique needs, and open to everyone across Bedfordshire, Hertfordshire, and Milton Keynes.

## How can we help?

We're here to ensure you feel supported, confident, and cared for at every stage:

- **In-person nursing & medical assessments:** Personalised to meet your needs.
- **Goal Setting:** We work together to achieve what matters most to you.
- **Specialised symptom management:** Tailored programmes to help you feel your best.
- **Future planning support:** Including a Personalised Care and Support Plan.
- **Complementary therapies:** To promote wellbeing and relaxation.
- **Community connections:** Opportunities to meet others who understand your journey.

## How to access our services

We make it easy to get the support you need:

Self-refer: [www.keech.org.uk/refer](http://www.keech.org.uk/refer)

Speak to your care team or healthcare professional

Call My Care Co-ordination Team:  
**0808 180 7788**

Drop in: Feel free to come by during the times listed, or call ahead if you'd like to speak with us first.

## Health & Wellbeing sessions

**Tuesdays & Wednesdays | 10am - 3pm**

Join our 12-week, nurse-led programme focused on enhancing your health and happiness.

**What's on offer:**

- **Symptom control clinics:** Practical support to manage your symptoms.
- **Creative arts & crafts:** Activities tailored to your abilities.
- **Gentle chair-based exercises:** To keep you moving comfortably.
- **Relaxation & mindfulness:** Calming sessions to centre and ground you.
- **Peer support:** Time to share with others facing similar experiences.

\*Referral required

## Life Celebrations & Memory Making

**Thursday afternoons | 2pm - 4pm**

Create lasting memories and celebrate your unique story with Keech.

**Highlights include:**

- **Stories for Life:** Record special memories to share with loved ones.
- Hand mould keepsakes and support with creating memory boxes.
- Memory-Making resources and nurse-led guidance.

\*Referral required

## Live Well sessions

**Thursday mornings | 10:30am - 12pm**

For those with life-limiting conditions, their loved ones, and carers. Drop in for advice, support, and community.

**Topics include:**

- Nutrition & Eating Well
- Managing Breathlessness & Fatigue
- Financial & Benefits Guidance
- Carer Support & Future Planning
- Mindfulness & Managing Uncertainty
- Navigating Available Services

\*Just drop in

## Cancer Support Group

**Friday mornings | 10am - 1pm**

A welcoming space for those living with cancer to come together for support and connection.

**Here's what's available:**


- Nurse-Led Advice and personalised care.
- **Complementary Therapies:** Boost your spirits and energy.
- **Yoga & Gentle Exercises:** Relaxation and strength-building.
- **Peer Connections:** Meet others who share your experience.

\*Just drop in

for more information head over to [keech.org.uk](http://keech.org.uk)

# KEECH HOSPICE

## Making the difference when it matters most.

 01582 707940

 If you have any questions or would like to find out more about getting involved, email us at:  
[letmehelp@keech.org.uk](mailto:letmehelp@keech.org.uk)

 Visit our website  
[www.keech.org.uk](http://www.keech.org.uk)

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