



Friday
10am-1pm

Cancer support group


Weekly cancer support drop in group sessions.


- Access to nurse led advice and support.
- Complementary therapy.
- Engagement in yoga and exercises.
- Time with others in similar situations.

KEECH HOSPICE

Making the difference when it matters most.

If you would like this information in
another language, please visit
[keech.org.uk/translate](https://www.keech.org.uk/translate)

 01234 352015

 If you have any questions or would
like to find out more about getting
involved, email us at:
info@keech.org.uk

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

 KeechHospice

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Living Well Centre Our services in Bedford



How to access our services

We've made things simple - there are several ways:

- just drop in to our **Living Well Centre**, Gladys Ibbett House, 3 Linden Road. Bedford, MK40 2DD.
- **self refer** via our website [keech.org.uk/refer](https://www.keech.org.uk/refer)
- speak to a member of your care team or your health professional
- contact **Bedfordshire Palliative Coordination Service** call **111** press **option 4**

KEECH HOSPICE

Living Well Centre

Our aim is to help you stay at home, live well and be independent for as long as possible.

We provide:

- face to face nursing and medical assessments
- individualised goal setting to help you achieve what is important to you
- individual specialised symptom control programme
- support with future planning, including completing your Personalised Care and Support Plan
- access to complementary therapy
- opportunity to meet others in similar situations to you.

Tuesday and Wednesday
10am-3pm

Health and wellbeing sessions

- Access to a 12-week nurse led health promotion and wellbeing programme.
- On site access to symptom control clinics.
- Opportunity to learn new skills with a variety of arts and crafts tailored to your abilities.
- Time with others in similar situations.
- Engagement in chair-based exercises.
- Relaxation and mindfulness sessions.

Thursday
2-4pm

Life celebrations and memory making

Individualised sessions to help you to celebrate your life.

- Stories for Life workshop where you can capture your memories on a voice recording to share with your loved ones.
- Opportunity to make hand moulds.
- Support with making memory boxes and a variety of other memory making resources.
- Access to nurse led advice and support.



Thursday
10am-1pm

Men's space

A drop-in support group for men who are bereaved, caring for someone with a life-limiting condition, or are living with a life-limiting condition themselves.

- Learn new skills.
- Be involved in creating new projects.
- Chat with others in similar circumstances over a cuppa and cake.
- Carry out a variety of practical activities in a social environment