

Dorothy House Trowbridge

Wellbeing Workshops

From Monday 10 September 2012 Dorothy House will offer a rolling programme of individual workshops for patients diagnosed with a life-threatening condition.

Providing information and strategies, these workshops will enable patients to better manage common symptoms.

The workshops will be held every Monday between 11am – 12.30pm.

My get-up-and-go has got-up-and-gone

Fatigue and energy management

Choose one of these dates

10 Sept 8 Oct 5 Nov 3 Dec

How to pause and catch your breath

Breathlessness and anxiety management

Choose one of these dates

17 Sept 15 Oct 12 Nov 10 Dec

I Can't Sleep

Sleep Management

Choose one of these dates

24 Sept 22 Oct 19 Nov 17 Dec

What can I do myself to relieve this pain?

Pain Management

Choose one of these dates

1 Oct 29 Oct 26 Nov

Patients (and their carers) can be invited to join the wellbeing workshops by Dorothy House staff, MDTAs, GPs and social and healthcare professionals.

For more information, contact Sheelagh Coghlan, outreach coordinator on **01225 721380** or email: sheelagh.coghlan@dorothyhouse-hospice.org.uk

Dorothy House Trowbridge

Trinity House, Bryer Ash Business Park, Trowbridge BA14 8HE
(Next to Trowbridge Railway Station)



Caring when it counts

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