

Living Well Programme

What is the Living Well Programme?

Living with a life limiting illness can turn your world upside down and prevent you doing the things that are important to you. The Living Well Programme is aimed at enabling people to identify their most significant concerns and priorities, providing a range of support to help manage the changes in their life and to enable them to focus on the things that are meaningful to them.

Our outpatient based service aims to support people that are earlier on in their illness and would not wish to attend our Therapeutic days.

What happens next?

If you are referred by a health or social care professional we will contact you to arrange an initial appointment. If you are self-referring, once you have made contact and we have discussed the criteria together, an initial appointment will be booked.

The initial appointment will be for an hour with the Living Well Nurse, to talk about what has been happening for you, your main concerns and priorities. Following this, approximately six outpatient appointments will be planned with members of our specialist team, to work towards exploring and managing your priorities.

Examples of the types of support and interventions people have found beneficial are experiencing and learning relaxation techniques, managing anxiety and fatigue, building confidence with physical activities, strengthening emotional coping strategies, learning about the care services and how to access them including the Hospice, and planning for the future.

The team is made up of a number of different professionals who are all experienced in responding to the needs and concerns of people living with life limiting illness including, Palliative Care Nurses, Complementary Therapists, Physiotherapists, Occupational Therapists, an Art Facilitator and Counselling Services.

After the course of planned appointments, there will be a review meeting with your nurse to discuss what happens next. Possible outcomes of this meeting may be discharge or linking to other services in the community.

In much the same way as you would for a hospital appointment, the expectation is that you will make your own way to our Day Unit for your Living Well appointments. Unfortunately we are unable to offer any assistance with transport.

This programme provides you with access to all of our Myton based services which are free of charge to our patients and their families/ carers.



If you would like to self-refer or find out more please contact the Lead Living Well Nurse on 02476 841917.

