

Working in partnership to deliver

# Breathe Better

Feel good, do more



You are invited to attend five fortnightly sessions of focussed advice, information and support to help you and your carer to better manage your chronic lung condition.

## Sessions will include:

- Introduction and goal setting
- You and your medicines
- Coping strategies and planning for the future
- Living with fatigue
- Concluding week and next steps

Question time, exercise and relaxation techniques will form part of the course.

Refreshments will also be provided.

To book on to the course or for more information, please contact Sister Elaine Gill at Kirkwood Hospice.

Telephone:

**01484 557900**

### Kirkwood Hospice

21 Albany Road, Dalton,  
Huddersfield, HD5 9UY

**Tel:** 01484 557900

**Fax:** 01484 557916

**Email:** [info@kirkwoodhospice.co.uk](mailto:info@kirkwoodhospice.co.uk)

**Web:** [www.kirkwoodhospice.co.uk](http://www.kirkwoodhospice.co.uk)



**Kirkwood**  
The Hospice for Kirklees



## What else is on offer at Kirkwood Hospice?

- We have a Drop-In Day designed to help those living with life-threatening illnesses or with the effects or treatments for those illnesses. It may also help to maintain a sense of wellbeing and a positive approach to living with such an illness.
- Relatives and carers are also welcome to attend Drop-In Days
- Drop-In Day is just that - you may visit the centre without an appointment at first
- Specialist nursing advice
- Access to information about your illness and local help
- Complementary therapy, assessment and up to six treatment sessions by appointment
- Counselling by appointment
- Access to our social worker by appointment
- Express yourself - art and creative writing
- Spiritual support
- Advice and support for carers

## When and where is it held?

We hold Drop-In Days every Wednesday and Friday\* between 9.00am and 5.30pm in the Support & Therapy Centre at Kirkwood Hospice, Dalton, Huddersfield.

For people living in North Kirklees, the Rosewood Centre provides a Drop-In Day each Monday from 10am - 4pm.\*

Please visit our website: [www.kirkwoodhospice.co.uk](http://www.kirkwoodhospice.co.uk) or contact us on: **01484 557900** for more information

\*except Bank Holidays

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