



**NETLEY DAY
THERAPY
SERVICES
NEWSLETTER**

Dear Colleagues,

The Netley Day Therapies staff thought that you might like an up-date on our new services:

Health and Wellbeing Group

Our Health and Wellbeing Group has proved to be really successful, with the programme working well for people with a range of conditions such as heart disease, COPD, renal failure etc. as well as cancer..... clients have attended our 12 week courses and the evaluations have been overwhelmingly positive. **Typical comments included:**

“ Having just come out of hospital I used and found the breathing of great help to me.”

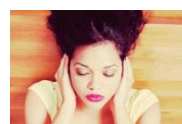
“As a result of this programme I obtained a visit from the pharmacist who went over all the drugs I am taking at present and I found this to be of benefit to me. I feel that all those on the programme should know to take advantage of this excellent service.”

“I now listen to relaxing music and can have a good night’s sleep. I really enjoyed the group and the facilitators were excellent, really knowledgeable and approachable.”

“Enjoyed all the topics there wasn’t anything I didn’t like. It made me aware not to overdo it when I have the energy so that I am not exhausted the next day.”

“I have learned something from each topic discussed. Some I am using at present and the others I will use should I need to in the future. The information on dealing with pain and especially on how to breathe made a big difference. Nothing I did not like.”

Many of the clients wished to continue to attend in some capacity and so we started a “Feel Good Group” to carry on the health and wellbeing theme and a number enrolled onto our Creative Group Sessions.



Full Netley Day Therapy Service

The Netley Day Therapy Service is open on Tuesdays, Wednesdays, and Fridays each week. This enables referred individuals to attend on a regular basis for valuable social contact and interaction, and also to participate in the various therapeutic activities on offer. Our current programme includes access to creative activities such as arts and crafts (with scope for individual and group projects as appropriate), group discussions around current affairs and other relevant subjects, cooking sessions, trips out to local places and events, sessions delivered in-house by external speakers or groups (for example, Music in Hospitals), and regular gentle exercise and relaxation slots. In addition, we have support from our Chaplain, who offers services in-house on a weekly basis, and group attendees have access (if requested) to our Complementary Therapists. We also have regular visits from local Beauty Therapists and a Hairdresser. Our whole therapeutic programme remains under regular review to ensure that we continue to offer people a varied and outcome-based range of activities and again evaluations are very positive.



Additional Services

Our Complimentary Therapists are providing a thriving individual service and we also have a number of clients working on story telling work.

Thank you for supporting our service and we continue to welcome referrals from you so that your patients can be encouraged to maintain their optimum in health and wellbeing from our committed staff.

With kind regards from everyone in the Highland Hospice Netley Day Therapy Services Team.