



Wellbeing Hub
at The Woodlands

Information for visitors



Welcome to the Woodlands!

The Wellbeing Hub at the Woodlands brings together various organisations with a shared aim of supporting the wellbeing of people living with long term conditions or progressive illness and their carers.

Living with a serious illness can bring a number of challenges and changes and there are many different ways to manage these. Some people find staying active through exercise or other activity helps. For others, talking to people with similar problems and learning together how to manage will be of benefit. Equally, doing something creative, learning a new skill or simply having fun can improve your sense of wellbeing.

Many people have told us how these activities positively influence their health and improve their overall wellbeing.

It's all about enjoying life – understanding yourself better, getting the good information and support you need and feeling the benefit of connecting with others.

Everyone is an individual so we invite you to choose which type of support may suit you and help you to achieve your goals. If you're unsure where to start, we can work with you to find a plan of support that's right for your needs, whether this is from the Wellbeing Hub at the Woodlands or by connecting you with other community groups and services.

**Find the Wellbeing Hub at
The Wellbeing Hub at the Woodlands
91 Woodland Road, Darlington,
DL3 7UA**

A Welcoming Space

The Wellbeing Hub at the Woodlands is a welcoming space for everyone.

The building is fully accessible to wheelchair users or anyone with limited mobility. We also endeavour to make our environment and facilities as dementia friendly as we possibly can.

There are four car parking spaces for blue badge holders outside the Wellbeing Hub at The Woodlands, with additional parking in our grounds.

The groups are led by experienced wellbeing practitioners. Whilst we make every effort to accommodate individuals'

needs, as a wellbeing service we are unable to help with the personal care or extra support some people might need. If you think this might affect you please talk to us so that we can help you access the additional support you need to use our services.

The Wellbeing Hub at the Woodlands is situated in the grounds of St Teresa's Hospice, opposite Darlington Memorial Hospital on Woodland Road.

We are easily accessible by car and are on a main bus route.

Please get in touch for further directions.



The Bistro

Whilst at the Wellbeing Hub at the Woodlands you are welcome to visit our small and friendly Bistro, which offers a selection of delicious snacks, refreshments and light meals.

Every day our kitchen prepares fresh homemade food using good quality fresh ingredients, sourced locally where possible. In addition to our standard menu our Head Chef creates a regular Specials board. Special dietary needs can be catered for, please just let us know.



Our Sessions

St Teresa's Hospice is a registered charity dependent on the generosity of the local community.

We do not charge for any of our core services, however, should you wish to make a contribution towards our work, we suggest a £4 donation for each session, class or group. Please speak to a member of staff or visit our website www.darlingtonhospice.org.uk/donate for more information.





Darlington Carers Support offers a variety of different services to local carers.

Based at the Wellbeing Hub at the Woodlands, we can help you find the information you need to care for someone and can inform you about other services to help you look after yourself.

Darlington Carers Support can provide:

- Information and Advice
- Carer Breaks
- Carer Support Groups
- Counselling
- Training
- A chance to have your say

The project is part of Durham County Carers Support and is funded by Darlington Borough Council and Darlington Clinical Commissioning Group.



Visit the Durham County Carers Support website for the full information on what they have to offer at www.dccarers.org



What's On...

Bereavement Support Group

This group is a friendly and informal place to meet other people who are recently bereaved, alongside support and advice from St Teresa's Hospice Bereavement Care Team. It offers a safe space to share feelings and issues raised by the death of a loved one.

Who Is It For?

This group is for bereaved adults, known to the Hospice, who would benefit from support within the first two years of their loss.

Creative Café

This informal group meets for two hours each week and includes a craft activity or game, time to chat and a friendly space to meet with other people.

Who Is It For?

This is a social group for people living with a long term condition or progressive illness.

Supported By:



MS Support Groups

The MS Support Groups, support people to navigate their way through a range of information to identify changes that are achievable and beneficial to their wellbeing. Each session includes a bespoke exercise programme, delivered by an experienced exercise therapist, to help with strength, balance and coordination.

Who Is It For?

We have two groups. One for people with an established diagnosis and also an eight-week programme for people who are recently diagnosed.

Supported By:



Tai Chi Class

Tai Chi combines deep breathing and relaxation with flowing movements. Originally developed in 13th-century China, Tai Chi is now practised around the world as a health and wellbeing promoting exercise.

Who Is It For?

Anyone living with a long term condition or progressive illness is welcome to join this group.

Carers Support Group

This friendly group brings together carers who look after a family member or friend who is affected by a life-limiting illness or condition, whether or not that person is known to the Hospice. We offer mutual support and space to discuss the things that matter to you, from the trivial to more serious topics. The meetings include information sharing and relaxation activities.

Who Is It For?

This group is suitable for adult carers looking after a family member or friend with a life-limiting or progressive condition.

Supported By:



Focus and Breathe - Respiratory Support Group

Led by a specialist exercise therapist, this group offers gentle fitness and education sessions. These aim to help you get your motivation and confidence back, improve your lung capacity and use breathing techniques to manage any anxiety. This is a friendly space to meet others with a similar condition.

Who Is It For?

This programme is suitable for people with long-term or progressive lung or respiratory conditions, who wish to improve their overall wellbeing.

Stay Active Sessions

These popular sessions focus on helping people to maintain or improve their movement, strength, balance, confidence and stamina through exercise. The group also offers people the opportunity to socialise and have fun.

Our physical therapist assesses each person's needs and works with them to set and achieve their personal goals.

Who Is It For?

This class is designed to benefit people living with a long term condition or progressive illness.



To join the groups on these two pages, contact St Teresa's Hospice on 01325 254321 or email hello@darlingtonhospice.org.uk

Singing for the Brain

This group brings together people affected by dementia to sing a variety of songs they know and love, in a fun and friendly environment. The session also includes vocal exercises that help improve brain activity and wellbeing.

Who Is It For?

For people with dementia and their carers.

How To Join:

Contact the Alzheimer's Society on **01904 929444** or email: darlingtonteesvalley@alzheimers.org.uk

Supported By:



Social Prescribing Clinic

Social Prescribers give people time to focus on 'what matters to me' and they take a holistic approach to people's health and wellbeing. They connect people to local resources such as community groups and statutory services for practical and emotional support.

Who Is It For?

These assessments are for anyone who has, or is affected by, a long term condition or progressive illness and has a GP in Darlington.

How To Join:

Call them on **01325 952577** choose option 2 and leave a message, or email: livingwell.darlington@nhs.net

Supported By:



To join any of the groups offered by our partners, please use the individual information on each session

Look Good; Feel Better

Boost your confidence - come along and enjoy a complementary skincare and make-up session. Learn new skills and techniques designed to help manage the visible side effects of cancer treatment in friendly and supportive group sessions.

Who Is It For?

For people currently going through cancer treatments.

How To Join:

Contact your local cancer centre at Darlington Memorial Hospital via phone **01325 743 008** or visit their website at:

lookgoodfeelbetter.co.uk

Supported By:



look good feel better
FACING CANCER WITH CONFIDENCE

HOPE – Helping Overcome Problems Effectively

This is a six week course developed by Macmillan Cancer Support and Coventry University. It offers a safe space for all to express their thoughts and feelings around their experiences and concerns for the future.

Who Is It For?

For people who are in remission or nearing the end of treatment but may need additional support in moving on with life after cancer.

How To Join:

Contact Macmillan Information Centre either on

01388 455231 or email

Cdda-tr.macmillanccddft@nhs.net

Supported By:

**MACMILLAN
CANCER SUPPORT**



Living Well and Managing Your Emotions Groups

As part of the community mental health services in Darlington, these six week courses aim to help people better understand their wellbeing needs and feelings and put into practice ideas and skills to improve their overall mental health. Topics include understanding your thoughts, building self-compassion and sleep hygiene.

Who Is It For?

Anyone who wishes to address their anxiety and improve their wellbeing

How To Join:

Either contact the St Teresa's Family Support Team, or speak to your GP.

Supported By:



**Tees, Esk and Wear Valleys
NHS Foundation Trust**

Courses

In addition to regular groups and classes, the Wellbeing Hub at the Woodlands offers a range of workshops and courses throughout the year. For details and to see the latest timetable please visit www.darlingtonhospice.org.uk/woodlandswellbeing.

Introduction to Mindfulness

Mindfulness is about learning to live in the present moment, bringing more awareness to our experiences, so we can positively change the way we see ourselves and our lives.

It is accessible to anyone - all we need is time, willingness and an inquisitive mind that is gentle and compassionate.

In this six-week course, led by an experienced practitioner, you will discover the basic principles of mindfulness and learn simple techniques to use in everyday life.



Capacitar Wellbeing Course

Capacitar means to awaken, to encourage, to bring each other to life.

Body-based exercises and techniques which, with regular use in daily life, can help alleviate stress and equip us to live well in the here and now.

On this six-week course, we will share a series of easy-to-learn, easy-to-use, holistic self-care practices that use movement and meditation to help you improve your overall wellbeing.



For further information or to join these courses contact St Teresa's Hospice on 01325 254321 or email hello@darlingtonhospice.org.uk

Individual Therapies

Complementary Therapies

St Teresa's Hospice offers Complementary Therapies to people diagnosed with a long term condition or progressive illness and those who care for them.

Complementary Therapies, such as acupuncture and massage, are given alongside conventional treatments.

They can be beneficial for alleviating physical symptoms such as pain or nausea and for promoting relaxation and wellbeing, which is particularly important.

The main criteria for the choice of therapy are simply what you feel comfortable with.

Counselling

If you have been diagnosed with a life-limiting, progressive illness or are a carer for someone in this situation, you may find it helpful to talk to one of our specialist counsellors.

Counselling is an opportunity for you to express and explore any thoughts and feelings that you may be struggling with. We offer a safe, confidential and supportive space for you to be honest and open about your concerns, helping you to understand and manage your emotional wellbeing.

We also have specialist support available for children and young people.



For further information or to join these groups contact St Teresa's Hospice on 01325 254321 or email hello@darlingtonhospice.org.uk





*Wellbeing Hub
at The Woodlands*

**The Wellbeing Hub at the
Woodlands**

91 Woodlands Road,
Darlington, DL3 7UA

01325 254321

hello@darlingtonhospice.org.uk

www.darlingtonhospice.org.uk

Special thanks to all of our partners
and funders who make these
sessions possible.

**If you require this information in a
different format, such as large print,
please ask a member of staff.**

The Woodlands Wellbeing Hub is part of St Teresa's Hospice, Darlington. St Teresa's Hospice is a Registered Charity (No: 518394) trading under the name 'Darlington & District Hospice Movement'. It is a Limited Company (No: 02080756) registered in England at The Woodlands, 91 Woodland Road, Darlington, DL3 7UA.



Registered with
**FUNDRAISING
REGULATOR**