

WELLBEING SESSIONS TIMETABLE DECEMBER 25



**Monday 1st
December**

Umbrella Yoga

13.00 - 14.00 | The Rosewood Centre, Dewsbury

Accessible Chair Yoga sessions suitable for anyone with a life limiting illness and anyone supporting them. These sessions are suitable for people with dementia or cognitive impairment, and older adults. Expect a relaxing session that safely encourages mobility and strength.

Please call us for details and to book on: 01484 557 910.

**Tuesday 2nd
December**

Creating Headspace - Reducing Stress and Anxiety

10.30 - 11.30 | The Rosewood Centre, Dewsbury

Come along and meet Jo, a fully qualified Clinical and Solution Focused Hypnotherapist and Mindfulness Coach. Jo will help you understand how Stress and Anxiety can be managed and controlled, and provide a range of practical tools and techniques that you will be able to use daily to help you create headspace.

Each session is one hour long and will end with a 20 minute hypnotherapy relaxation session.

Please call us for details and to book on to this visit on: 01484 557 910.

Newly Bereaved Group

10.00 - 11.00 | Seminar Room 1 at The Kirkwood

If you are struggling to cope with the intense feelings brought about by a recent bereavement and have been bereaved between 2 and 12 months, our Newly Bereaved Group may help you navigate through some of the powerful emotions you are experiencing. This is a closed time-limited group of 6 sessions held every fortnight at The Kirkwood. A maximum of 10 people attending, you will start the first session together and continue in the same group throughout the sessions. These sessions are a structured programme that will provide a deeper understanding of grief and loss.

Please call us for details and to book on to this visit on: 01484 557 910.

**Thursday 4th
December**

Introduction to The Kirkwood's Services

11.00 - 12.00 | The Rosewood Centre, Dewsbury

Come along and join The Kirkwood team to discover more about our services and the range of different ways we can support you in your community. This session will outline our services and give you an opportunity to meet our team and other people accessing our services.

Please call us for details and to book on to this visit on: 01484 557 910.

**Monday 8th
December**

Umbrella Yoga

13.00 - 14.00 | The Rosewood Centre, Dewsbury

Accessible Chair Yoga sessions suitable for anyone with a life limiting illness and anyone supporting them. These sessions are suitable for people with dementia or cognitive impairment, and older adults. Expect a relaxing session that safely encourages mobility and strength.

Please call us for details and to book on: 01484 557 910.

**Tuesday 9th
December**

Creating Headspace - Reducing Stress and Anxiety

10.30 - 11.30 | The Rosewood Centre, Dewsbury

Come along and meet Jo, a fully qualified Clinical and Solution Focused Hypnotherapist and Mindfulness Coach. Jo will help you understand how Stress and Anxiety can be managed and controlled, and provide a range of practical tools and techniques that you will be able to use daily to help you create headspace.

Each session is one hour long and will end with a 20 minute hypnotherapy relaxation session.

Please call us for details and to book on to this visit on: 01484 557 910.

Bereavement Support Group

10.00 – 12.00 | Seminar Room 1 at The Kirkwood

Come along to our Bereavement Support Group to explore issues arising through bereavement and grief. This is a peer support group facilitated by experienced Bereavement support workers and counsellors. This group more informal than our Newly Bereaved group; however, there is still a focus on grief and loss, where you can feel comfortable talking about the loss of your loved one in a safe space. You will meet people in similar circumstances to you where you are able to share your experiences of grief and see how other attempt to re-build their lives.

No booking required. This session is open to all.

Don't Leave Them Guessing **14.00 - 15.00 | The Rosewood Centre, Dewsbury**

Advanced Care Planning is for everyone. This session will provide information on how you can start to think about 'planning ahead'. We will introduce you to the 'my future wishes' document which is a way of recording your wishes, capturing what's important to you and a way for you and your family to plan health care decisions if you were not able to make them. Family members or a friend / carer are welcome to attend with you.

Please call us for details and to book on to this visit on: 01484 557 910.

Breathlessness Management **14.00 - 15.00 | The Kirkwood**

Lots of different conditions can cause the feeling of being breathless. This session will provide you with advice and a toolkit on how you can help and manage your breathlessness.

Please call us for details and to book on to this visit on: 01484 557 910.

Monday 15th December

Umbrella Yoga **13.00 - 14.00 | The Rosewood Centre, Dewsbury**

Accessible Chair Yoga sessions suitable for anyone with a life limiting illness and anyone supporting them. These sessions are suitable for people with dementia or cognitive impairment, and older adults. Expect a relaxing session that safely encourages mobility and strength.

Please call us for details and to book on: 01484 557 910.

Tuesday 16th December

Newly Bereaved Group **10.00 - 11.00 | Seminar Room 1 at The Kirkwood**

If you are struggling to cope with the intense feelings brought about by a recent bereavement and have been bereaved between 2 and 12 months, our Newly Bereaved Group may help you navigate through some of the powerful emotions you are experiencing. This is a closed time-limited group of 6 sessions held every fortnight at The Kirkwood. A maximum of 10 people attending, you will start the first session together and continue in the same group throughout the sessions. These sessions are a structured programme that will provide a deeper understanding of grief and loss.

Please call us for details and to book on to this visit on: 01484 557 910.

Fatigue Management
11.00 - 12.00 | The Kirkwood

Spend an hour with our team learning about fatigue, enhancing your understanding of why you may be fatigued and discovering practical tips and advice to help you manage this yourself. This session is suitable for anybody who thinks they may be experiencing fatigue and extreme tiredness.

Please call us for details and to book on to this visit on: 01484 557 910

**Saturday 20th
December**

Craft Club
10.00 – 12.00 | The Meeting Space at The Kirkwood

A craft group for supporters of The Kirkwood! This monthly drop in session is open to everyone. Come along and join in with crafty fundraising, share ideas, learn about creative events and get involved in projects with our creative community.

No booking required. This Craft Club is open to everyone.

**Monday 22nd
December**

Umbrella Yoga
13.00 - 14.00 | The Rosewood Centre, Dewsbury

Accessible Chair Yoga sessions suitable for anyone with a life limiting illness and anyone supporting them. These sessions are suitable for people with dementia or cognitive impairment, and older adults. Expect a relaxing session that safely encourages mobility and strength.

Please call us for details and to book on: 01484 557 910.

**Tuesday 23rd
December**

Bereavement Support Group
10.00 – 12.00 | Seminar Room 1 at The Kirkwood

Come along to our Bereavement Support Group to explore issues arising through bereavement and grief. This is a peer support group facilitated by experienced Bereavement support workers and counsellors. This group more informal than our Newly Bereaved group; however, there is still a focus on grief and loss, where you can feel comfortable talking about the loss of your loved one in a safe space. You will meet people in similar circumstances to you where you are able to share your experiences of grief and see how other attempt to re-build their lives.

No booking required. This session is open to all.

**Monday 29th
December**

Umbrella Yoga
13.00 - 14.00 | The Rosewood Centre, Dewsbury

Accessible Chair Yoga sessions suitable for anyone with a life limiting illness and anyone supporting them. These sessions are suitable for people with dementia or cognitive impairment, and older adults. Expect a relaxing session that safely encourages mobility and strength.

Please call us for details and to book on: 01484 557 910.