

Welcome to our Living Well centres

Discover the confidence to live well, every day.



Nurse clinics

to chat through your symptoms and work out a plan of care



Medicine support clinic

a clinic offering support with managing medications and your symptoms



Opportunities to connect with nature

including gardening and wellbeing nature sessions



Creative therapy

to explore your emotions and connect through creativity



Support to plan ahead

to guide you through conversations that will help you plan ahead and think about your future care



Emotional support

to help you and your loved ones to cope with your diagnosis, including specialist support for children and young people



Specialist clinics

to help manage symptoms like breathlessness and fatigue



Complementary therapies

for relaxation and to manage treatment side effects, includes massage, reflexology, reiki and acupuncture



Support groups

for you and your loved ones, including a group for people with pulmonary fibrosis



Living Well Programme

an eight week course that aims to build your confidence and resilience



Movement classes

low to moderate exercise sessions to help build your strength and confidence, includes yoga



Carers support

including emotional support, courses and activities



Wellbeing sessions

including meditation and guided relaxation to ease stress



Companionship visits

from trained Compassionate Neighbours who provide company and emotional support



Cancer course (six week HOPE course)

designed to help you if you are living with cancer (curable and incurable), providing practical and emotional support



Benefits and money support

including help with completing forms and other practical support

It's free!

Our services are free thanks to the generosity of our local community who fund the vast majority of our care.

Who can attend?

Our Living Well centres are open to anyone with a progressive life-limiting illness, such as Parkinson's, progressive respiratory and neurological conditions, incurable cancer, curable cancer (HOPE course) and heart failure. Family members and carers are also welcome to take part in selected sessions.

Our Living Well centres are based at:

- **Grove House**, Lavender Crescent, St Albans AL3 5QX
- **Peace Hospice**, Peace Drive, Watford WD17 3PH

Get in touch

Call us on **01923 60 60 30** for a chat about your needs, or complete our **Confidential enquiry self-referral form** to register your interest online.