

We welcome your comments

Please contact the Day Therapy Staff if you have any comments or suggestions to make about the information contained within this Leaflet or you would like this leaflet in another format or language.

To make a complaint

We hope that you will not have any reason to make a complaint about the Hospice but if you do, please speak to a Nurse on duty at the time or ask to speak to the Manager.

For a copy of our Complaints Procedure, please ask a member of staff.

If you would like to discuss your concerns with someone please contact a member of the Family Support Team 01706 253633.

Alternatively, if you would prefer to put your complaint in writing, please address it to:

**The CEO
Rossendale Hospice
New Cribden House
Rossendale PHCC
161 Bacup Road
Rawtenstall
BB4 7PL**

If your complaint is not resolved to your satisfaction, please contact the Care Quality Commission <http://www.cqc.org.uk/> or telephone 03000 61 61 61

Registered Charity No. 1008228

Your personal information

The information you give us may be recorded on both computer and paper record.

Rossendale Hospice is committed to data protection and we will take great care to ensure your data is properly looked after. We aim to comply with current legislation, NHS codes of practice and professional codes of conduct. If you have any concerns regarding the use of your medical or personal information please speak to a member of the Hospice team.

Referral procedure

Referrals can be self made or made by any healthcare professional.

To book an appointment

please contact us on:

Telephone: 01706 253637

Fax number: 01706 222712

Monday to Friday 08.30am - 4.30pm
or leave a message on the answer machine.

Cost

There is no charge for these services although donations can be made if you wish.

As a BACP Accredited Counselling and Psychotherapy Service we are bound by the Ethical Framework for the Counselling Professions.



mindfulness skills

at Rossendale Hospice



BACP Accredited Counselling/
Psychotherapy Service

The mind's natural tendency is to wander to the past or the future - either dwelling on past painful experiences or predicting the future, often in a very negative way.

The constant chattering of the mind and the thoughts, worries and stories it creates about our lives can leave us feeling exhausted mentally, emotionally and physically.

Being mindful is being able to slow down your thoughts and feelings, keep the helpful ones, gently discard those that were harmful and know that you can, at any time, choose to feel steady and peaceful.

The skills of mindfulness are being used increasingly in clinical settings to help people suffering from anxiety and depression— it's a proven method of helping you cope with difficult situations.

Mindfulness is not...

- a 'quick fix' solution — the skills need to be practised regularly;
- a relaxation technique

Mindfulness is...

- a self-management tool that can help you cope better with the physical and psychological effects of health problems;
- a way of learning how to calm negative inner dialogue.

How can mindfulness help?

In learning the skill of mindfulness, through simple techniques we are enabled to manage our thoughts so that negative ones — such as those relating to anxiety, anger or obsession — recede into the background rather than overwhelm us.

Letting go of habitual ways of thinking can bring you to a different way of approaching situations that can be helpful and freeing.

With practice, mindfulness can help us develop the skills to face stressful situations with more calmness and clarity.

In becoming more mindful, your life could be gentler, calmer and more enjoyable.

Mindfulness is about taking control of your mind rather than allowing your mind to be in control of you.



When and where are the sessions held?

Mindfulness skills are taught in a small group setting here in the Hospice.

There are five sessions lasting up to one and a half hours each.

Once you have made the decision to attend, we ask that you 'stick with' the programme for all of the sessions. If you have any concerns about any aspect of the programme, you can discuss these at any time with the group facilitator.

The emphasis is on providing information and skills practice in a relaxed, informal atmosphere.

Who is eligible to enrol for mindfulness skills classes?

These sessions are available to patients and carers of patients known to Rossendale Hospice and for patients/carers of others within the community who have cancer or another life limiting illness.

