

Interested?

The programme is open to anyone:

- who has a diagnosis of a life-limiting illness
- lives in Inverclyde
- is over 18
- can travel to the venue independently

If you want to find out more, or want to apply to join a programme near where you live, just give us a call on 01475 305401, and ask to speak to one of the Wellbeing Support Team

Referrals can also be made by GPs, Specialist Nurses, or other Health Care Professionals.

Email ggc.ardhosp@nhs.scot

Please confirm you have consent from the patient to make the referral.



We always welcome feedback-good or bad- about our services, as we want them to be of the highest standard.

We also know that despite our best efforts, we occasionally get things wrong, and would love the opportunity to put them right for the future.

If you have any comments, suggestions or complaints, please go to our website and complete our feedback form.

www.ardgowanhospice.org.uk

Ardgowan Hospice
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Registered Company No. SC075515



Moving Forward

Making the most of life



At Ardgowan Hospice we appreciate that living with a life limiting illness can be very difficult.

Moving Forward with Ardgowan Hospice is a free interactive programme for anyone living in the Inverclyde area who has a diagnosis of a life-limiting condition. The aim is to provide tailor made support and education sessions for both, people who are newly diagnosed, and another group for those who are more advanced in their illness, and are receiving treatment, or have completed their treatment.

Our aim is that by the end of the 8 week programme you will have received support and feel confident in preparing for your self management. However, if you have ongoing or unmet needs, we may be able to offer you further support through other aspects of the Hospice including Wellbeing Services or other appropriate agencies.

The Moving Forward programme could be regarded as a great way to connect with other people who are going through similar experiences.

What is included in the programme?

The sessions are informal and welcoming, putting everyone at ease.

Over the 8 weeks you can expect to have sessions on:

- Medical Matters from Hospice Doctor/s
- Physiotherapy
- Managing Emotions and Relaxation
- Managing Physical Symptoms (including pain, nausea and constipation)
- Nutrition
- Financial advice, including benefit entitlement
- Planning for the Future
- Improving Sleep and Reducing Anxiety