

WELLBEING HUB AT ARDGOWAN

Ardgowan Hospice is a compassionate place of care for people living in Inverclyde who have been diagnosed with a life-limiting illness, such as cancer, heart failure, lung disease, kidney failure or neurological conditions.

Who are the wellbeing team?

The wellbeing team are a mix of counsellors and wellbeing workers, as well as children and young people support practitioners. We work in and from Ardgowan Hospice and cover the whole of Inverclyde. We offer therapeutic interventions for patients, carers and families that have experienced a life-limiting condition.

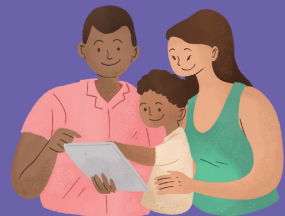


Who do you support?

We support many people in the community. Including those who have been diagnosed with a life-limiting condition and anyone living with, caring for or supporting someone with a life-limiting condition. You may also have children or grandchildren that you have concerns about, or be a health or social care worker who comes into contact with patients and families. We are here for you!

How do I access your service?

As well as contacting us directly, we accept self-referrals from patients, families and carers. Alternatively, you can ask your nurse, doctor or social care team if you would like them to make a referral on your behalf. We can also offer our CYP bereavement sessions, a project that offers support and information to children and young people, school staff and parents. Please feel free to contact us if you are unsure.



01475 305401



wellbeing@ardgowanhospice.org

What services do the Ardgowan Hospice wellbeing team offer?

- Outpatient appointments in our access building to assess your and your family's well-being needs
- Home visits where appropriate to assess your and your family's well-being needs
- 1-2-1 counselling sessions for patients, carers, and families experiencing a life-limiting condition
- 1-2-1 pre and post-bereavement counselling/wellbeing support, to anyone in Inverclyde
- 1-2-1 pre and post-bereavement support for children and young people
- Weekly group sessions for those living with life-limiting illnesses
- A wellbeing telephone advice service for patients, families, carers, schools and the wider community
- Compassionate emotional support to help get you through a difficult time
- Practical and social support to enable you to remain as independent as possible
- 1-2-1 and group relaxation sessions
- Referral and signposting to other services in Inverclyde
- Complementary therapies such as reflexology, aromatherapy, reiki, guided imagery and massage
- Information/advice and support for parents/carers concerned about a pre or post-bereaved child or young person
- Childhood bereavement awareness sessions for School staff, community groups; and anyone working with children and young people

