

COME FOR THE DAY TO JOHN TAYLOR HOSPICE

Our Living Well Centre at the hospice offers a ‘Taylor-made’ 12-week therapeutic programme designed to help you address symptom control and support your physical, emotional, social and spiritual needs.

Joining us at our Living Well Centre also offers you the opportunity to meet professionals who can provide holistic support and expertise.

Working in partnership with your GP, district nurses and other members of the hospice’s specialist Multi-Disciplinary Team of pharmacists, occupational therapists and physiotherapists, the programme will enable you to focus on your individual requirements. Talks and activities include a range of areas including mobility and exercise, diet, breathlessness and breathing and medication.

The Living Well Centre also hosts a social day where people can meet and share experiences and activities.

The 12-week therapeutic programme is available on Tuesdays or Thursdays between 10am-3pm.



**WANT TO
KNOW
MORE?**

Contact 0121 465 2000 and ask for our Living Well Centre.

OUR SPECIALIST CLINICS

FATIGUE, ANXIETY AND BREATHLESSNESS - FAB

A nine-week course run in our Living Well Centre, FAB is designed for people who are experiencing extreme breathlessness. Using a range of techniques including gentle exercise and relaxation as well as information on sleep, diet and symptom control, FAB aims to put you back in control of your breathing and anxiety.

Health professionals can refer people with chronic obstructive pulmonary disease and with symptoms of moderate to severe breathlessness and anxiety.



**JENNY
SAYS**

“Everything I have learned at FAB has been very helpful. It’s been marvellous, my confidence has really upped.”

PARI PASSU PAIN CLINIC

Our pain clinic gives you direct access to the very best expertise in pain management. Named Pari Passu, which means ‘with equal step’, its expert staff specialise in enabling people to regain control of pain using effective treatments.

A collaboration between John Taylor Hospice and the consultant anaesthetists at Heart of England Foundation Trust, Pari Passu is available to people in Birmingham, Sandwell, Solihull and Walsall. Referral is through a health professional, hospital or you can make a direct referral.