

# Living with a

# neurological condition

# course

	Week one	Week two	Week three	Week four	Week five
11am	<b>Welfare</b> A member of the Welfare Team will give a general presentation about welfare information that affect individuals and carers living with an illness.	<b>Managing difficult emotions</b> In this session our cognitive behavioural therapist (CBT) will explore where emotions come from and how to manage them.	<b>Question and answer session</b> You will be given the opportunity to have a Q&A session with an occupational therapist and our moving and handling specialist.	<b>Question and answer session</b> You will be given the opportunity to have a Q&A session with a dietitian and speech and language therapist.	<b>Death chat</b> This session will be facilitated by a member of our Spiritual Care Team. It will be a confidential space to discuss ideas, feelings and beliefs round death and dying.
12pm	Lunch				
1pm	<b>Art therapy session</b> In this session you will be working with clay. Whatever you create will then be fired and you can paint it in the last session.	<b>Mindfulness and 'doing what matters'</b> The CBT therapist will work on some mindfulness techniques and discuss doing what matters with you.	<b>Coping with changes</b> In this session, a member of our Social Work Team will explore with the group the changes in identity, roles and responsibilities for both patients and carers and coping mechanisms.	<b>Parallel planning</b> This session will explore planning for the future as conditions change as well as what can help you maximise what you can do now.	<b>Art therapy session</b> Continue with project from the session in the first week.
2pm	<b>Massage and carers session</b> Patients will be given the opportunity to have a massage with the Complementary Therapies Team. During this time, carers will be invited to go and have a tea or coffee with other carers.				

For more information, please contact the Wellbeing Team at [wellbeing@stchristophers.org.uk](mailto:wellbeing@stchristophers.org.uk).