

Our Groups

Breathtaking Group - To educate and enable people to manage their breathlessness effectively in a relaxed and fun environment.

Exercise Group - For patients to exercise in a safe environment, make friends and have fun!

Doctor OPA - Out patient appointments to see our specialist Doctor(s) to discuss medical concerns or when needing a medical review.

Spiritual Discussion and Sharing Group - Helping you to find the inner strength to cope.

SCCS CNS OPA's - Clinical nurse specialists offering Outpatient appointments for holistic assessment and symptom management.

HOPE - Help Overcoming Problems Effectively. Focusing on and rediscovering your inner strength and resilience.

Creative Therapy - Creative therapy projects to make lasting mementoes and help ease worries and concerns through therapeutic creativity and friendship.

Joint Heart Failure and Palliative Care Clinic - Havering and Barking/Dagenham Community Cardiac services in conjunction with Saint Francis Hospice: a joint clinic to support people living with advanced heart failure.

Creative Families -Bringing generations of a family together from the very young to the slightly older, creating memories.

Complementary Therapy - Can help you unwind and ease a number of your symptoms.

Social Work Group - a chance to discuss any housing or finance issues that you may be experiencing.

Link Group - Our social gathering. Bringing people together to socialise and support one and other in a relaxed atmosphere.

This is your Life - 15 mins of fame! A chance to tell others in a small group setting, your life story.

Music Group - Evoking memories and discussion through the power of music

Reflective Time - A chance to escape the hustle and bustle during Link Group and spend half an hour reflecting quietly in our calming and tranquil Chapel-Quiet Space.

Young Adults Group -A fun and friendly social environment to make friends, and have fun. For those aged 16-40.

Bereavement Support -Coming together to offer support in a group setting to those who have suffered bereavement.

Writing Group - A writing and talking group. Using poetry and stories about life events in the past, present or future.

Mother and Others - Celebrating life by creating an album through the use of photos and words to create a lasting tribute.

Friendly Faces - Our social friendship group for bereaved family members.

Meditation for a Calm and Peaceful Mind - A meditation group to gain skills to promote calmness and the ability to therefore better cope with life's daily up's and down's.

Our groups and clinics are held by experts who are dedicated to your care. Please speak to the Pemberton Place Co-Ordinator if you would like to meet with any of these teams and they will arrange an appointment for you on **01708 771428**.



Welcome to Pemberton Place Your timetable to our groups

Supporting independence and
choice for our community.



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living with dignity

Please note: this information is intended as a guide to the services available in Pemberton Place and is therefore subject to change.

Monday

 Breathtaking Group	10.30 - 12.00	Weekly
 Spiritual Discussion and Sharing Group	15.00 - 16.00	Varies







Tuesday

 SCCS CNS OPA's	10.00 - 17.00	Weekly
 HOPE	10.00 - 15.30	Varies
 Creative Therapy	10.30 - 12.30	Weekly
 Joint Heart Failure and Palliative Care Clinic*	13.30 - 15.30	Monthly
 Creative Families	14.00 - 15.30	Holidays







Wednesday

 OPA appointments	10.00 - 15.00	Varies
 Complementary Therapy 1:1	10.00 - 13.30	Weekly
 Social Work Surgery	10.30 - 11.30	Weekly
 Link Group	10.30 - 13.00	Weekly
 This is your Life	11.00 - 12.00	Varies
 Music Group	11.00 - 12.00	Varies
 Reflective Time	11.30 - 12.00	Weekly
 Creative Therapy	13.30 - 14.00	Weekly
 Young Adults Group**	16.00 - 19.00	Monthly
 Bereavement Support Group	19.30 - 21.30	Monthly

Thursday

 SCCS CNS OPA's	10.00 - 17.00	Weekly
 Creative Therapy	10.30 - 12.30	Weekly
 Breathtaking Group	13.00 - 14.30	Weekly
 Writing Group	14.00 - 15.30	Varies
 Mother and Others	14.00 - 16.00	Varies
 Creative Families	14.00 - 15.30	Varies

Friday

 Link Group	10.30 - 12.30	Weekly
 Exercise group one (seated)	10.30 - 11.30	Weekly
 This is Your Life	11.00 - 12.00	Weekly
 Exercise group two	12.00 - 13.00	Weekly
 Meditation for a Calm and Peaceful Mind	13.30 - 15.00	Varies
 Creative Therapy 1:1	13.00 - 15.00	Weekly

Saturday

 Friendly Faces	12.30 - 16.00	Monthly
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There are no groups taking place on Sunday at Pemberton Place. All activities listed below are number restricted and as such places need to be booked prior to attendance. For information on each group please see the back page of this leaflet or speak to the Pemberton Place Co-Ordinator about any of our groups and clinics.

Departments

 Medical	 OrangeLine
 Pastoral Care	 Complementary Therapy
 Occupational Therapy	 Physiotherapy
 Family Support	 Community Services
 Specialist Community and Crisis Support Service	

* In conjunction with local community cardiac services.
 ** Facilitated by various Saint Francis Hospice staff, in conjunction with local children's hospices.