

# Katharine House Hospice

## Living Well Timetable Summer 2026

Places must be booked in advance for most sessions. 'The Place to Be' sessions are offered as a 12-week placement. Some sessions are open to carers and family members. Please get in touch with the Katharine House team to find out more. Telephone us on 01295 228500 or email [pallcarelivingwell@ouh.nhs.uk](mailto:pallcarelivingwell@ouh.nhs.uk)

### Monday

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#### **The Place to Be**

10:00am to 2:00pm

Friendly, relaxed, social session with opportunities to enjoy activities and seek support.

#### **Options include:**

- Tripudio flow - gentle seated movement which helps with lymphatic drainage
- Art or craft opportunities in a dedicated space.
- Photography
- Talking / reflecting session
- Pets as Therapy visits
- Visit from local pianist
- Visits from Oxfordshire Museums – get hands on and learn about a variety of artefacts
- Multifaith chaplaincy support / services available

### Tuesday

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#### **Family & Friends Support Group**

10:00am to 12:00pm, first Tuesday of each month

Drop-in sessions in a relaxed, friendly atmosphere. Socialise, connect, ask for advice.

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#### **Lunch with Friends**

11:00am to 1:00pm, third Tuesday of each month.

Chat and enjoy a drink or meal with friends old and new.

### Wednesday

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#### **Tai Chi**

12:30pm to 1:15pm

Seating and standing adaptations for beginners. Learn the techniques for a Tai Chi routine to help improve strength and balance

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#### **5 Week Course: Living Well with Breathlessness**

10:00am to 12:00pm

Includes techniques on managing breathlessness, light exercise and mindfulness / relaxation

Start date: Sept 2026

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#### **Living Well with Fatigue Education Session**

10:00am to 12:00pm

Gain a better understanding of your fatigue and explore strategies for managing your energy levels.

Start date: TBC

### Thursday

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#### **The Place to Be**

10:00am to 2:30pm

Friendly, relaxed, social session with opportunities to enjoy activities and seek support.

#### **Options include:**

- Guided relaxation / Mindfulness
- Art or craft opportunities in a dedicated space
- Complementary therapy – enjoy a hand massage with our specialist volunteer
- Visits from Oxfordshire Museums – get hands on and learn about a variety of artefacts
- Multifaith chaplaincy support / services available

**Note:** Please bring a packed lunch for all day sessions, food also available at our onsite café