

How do I get referred?

You can be referred by any of the healthcare professionals already working with you such as GPs, Clinical Nurse Specialists, or District Nurses.

Alternatively, if you have received a life-limiting diagnosis or you are caring for someone with a life-limiting illness, and you think we might be able to help you, get in touch.



the
vitality
centre

Where is the Vitality Centre?

We are located in a purpose-built facility not far from Warrington Hospital, which includes:

- ♥ Craft/therapeutic room
- ♥ Relaxation area
- ♥ Consulting rooms for physiotherapy and complementary therapies
- ♥ Counselling rooms

The Vitality Centre

St. Rocco's Hospice
Lockton Lane, Bewsey,
Warrington WA5 0BW

T. **01925 575780** or **0333 366 1066**

E. enquiries@stroccos.org.uk

www.stroccos.org.uk



HOSPICE

Registered Charity No. 511592



If you would like this leaflet in other formats, please contact us.



Care Quality Commission

Northwest Citygate, Gallowgate
Newcastle upon Tyne. NE1 4PA

Email: enquiries.northwest@cpc.org.uk

Healthcare Ombudsman

www.ombudsman.org.uk/make-a-complaint

Tel: 0344 015 4033

Data Protection - The sharing of sensitive, personal information is strictly controlled by law (Data Protection Act 2018) which the Hospice complies with. This may include providing patient data to the Care Quality Commission if requested to do so.

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@StRoccas  

What is Physiotherapy and Occupational Therapy?

At St. Rocco's we use Physiotherapy and Occupational therapy to address physical and psychological symptoms which can result from a life-limiting illness. We aim to support you to optimise your quality of life through supporting you to stay as well and independent as possible.



Breathlessness Management

This is a six week group session which takes place in the Vitality Centre once a week. The aim of the course is to reduce the impact of breathlessness on daily life. The sessions are individualised with person centred goals, according to the needs of those attending. The sessions include learning about diaphragmatic breathing, lifestyle and anxiety management and relaxation.

Fatigue Management

This aims to support you to manage fatigue levels, a common symptom arising from living with a life-limiting illness. Fatigue management looks at areas including exercise, diet and nutrition, lifestyle management and relaxation so that you can get as much value as you can from everyday life.

Acupuncture

Our physiotherapist can provide Western medicine acupuncture which helps with controlling symptoms. This can help with relieving pain and anxiety.

