

# The Haven

## Wellbeing Support Services

The Haven provides emotional and practical support to individuals, their families, children, young people and carers who are affected by life limiting illness, including those in the Covid-19 shielding and high risk categories due to underlying health conditions.

Haven Wellbeing Support Services provide emotional and practical support and information to clients via telephone support calls and online video support sessions. We aim to help people build resilience, improve mental and emotional wellbeing and empower individuals to live life positively and with hope.

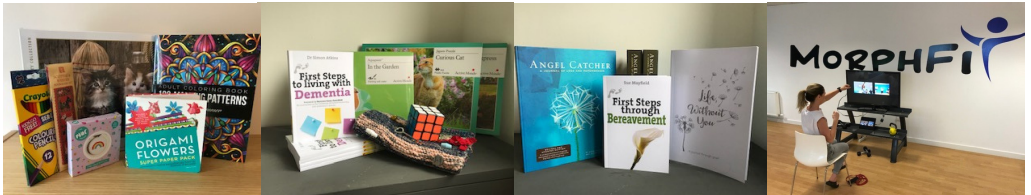
***"The support has been very beneficial to me through this difficult time in my life and to know that you are just a phone call away for support makes me feel more secure and have a more positive attitude"***

Haven Wellbeing Support Services include tailored programmes of one to one, small group and creative break activities, for the whole family at any stage of illness. Specialised emotional support is provided by the Haven Nurses and Children & Young People's Co-ordinator with self-management and resilience building at the heart of all of the sessions.

A range of Haven Wellbeing activities can also be provided to enhance Haven programmes of care that can support relaxation, reduction of stress and anxiety and help people to switch off for a while. Wellbeing toolkits, Lifting Your Spirits courses and health awareness sessions, along with relaxation, gentle movement, living through bereavement, and creative activities are all available.

***"I have set up a space in my bedroom for relaxation and listen to the CD every day now, it's a godsend."***

***"I am thoroughly enjoying the exercise classes, it's great....better than doing it on your own"***



**All Haven services are provided free of charge and without the need for medical referral.**

**For more information or to access Haven support, please contact:**

**The Haven - Tel: 01555 811846 (Monday to Friday, 10am - 4pm) or**

**Email: [info@thehavencentre.com](mailto:info@thehavencentre.com)**

**[www.thehavencentre.com](http://www.thehavencentre.com)**



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