



The Tulip Centre

Are you living with, or caring for, someone with a life-limiting illness?

Would you like more information on living your life to the fullest?



We can help navigate uncertainty, chat through challenges and together find ways for you to get on with living your life.

It's not about end of life, it's about rest of life.

Breathlessness Management

Anxiety Management

Wellbeing with Nature

Living Life Creatively

Circuit Exercise

Make and Eat Lunch Group

Men's Woodwork Group

Fishing and more...



Scan the QR code to find out more or visit:

www.norfolkhospice.org.uk

Or, to discuss individual needs, contact us on: 01485 601 700

Therapies at The Tulip Centre

The Tulip Centre services are an important part of the care and support we provide to our patients and their families, providing a range of services designed to support you to live well in both mind and body for as long as possible.

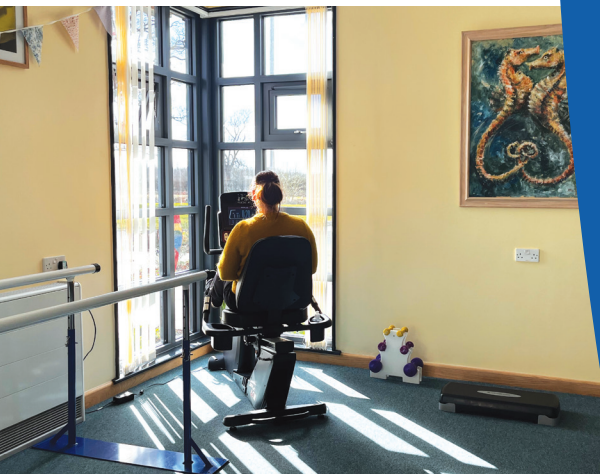
Our group sessions currently include:

Breathlessness Management:

3 sessions exploring the different ways that breathlessness can affect quality of life. We aim to teach medication-free strategies to control breathlessness and manage anxiety. We encourage a family member to attend also.

Active Thinking:

A 4 week programme exploring what anxiety is, how it can affect us and what can be done to improve things. The programme allows time to spend practicing the different coping strategies.



Wellbeing with Nature:

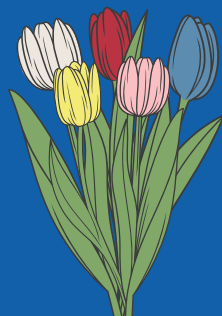
A 6 session programme providing varied activities all linking to nature. The potential benefits include improvements in mood, self-esteem, confidence, a reduction or distraction from anxiety, fatigue and pain and an increase in social interaction.

Circuit Exercise:

A programme that runs over a set number of weeks aiming to improve mobility, fitness and balance through supported exercises. The sessions can improve emotional and physical wellbeing. You will be encouraged to supplement the weekly programme at home to help your progress.

Make and Eat Lunch Group:

A small group which runs over a set number of weeks with an aim to plan and cook simple lunches and then enjoy eating together.



“Many people believe that hospice care is about dying, but at Tapping House we believe it’s also about living your life well.”

Living Life Creatively: A 6 week group providing a space to create a lasting and personal creative project. There are many benefits including developing new interests and skills, offering a distraction from anxiety, pain or fatigue, an opportunity to explore feelings of loss, confusion, anger or guilt, to increase motivation and to reduce social isolation.

Men’s Woodwork Group: A 6 week group giving men the opportunity to complete a woodwork project within the social context of a group. The support offers men the opportunity to talk to each other while working on their project.

Fishing: This group meets off site at LynnSport fishing lake, in partnership with the West Norfolk Disabled Angling Club. It runs for 6 weeks from Spring to Autumn and aims to find solutions to the barriers to fishing.



How To Refer

Referrals can be made by all healthcare professionals via our website: www.norfolkhospice.org.uk

We do accept self-referrals from patients or families by calling 01485 601700, Mon-Fri 9am-5pm. We will complete a referral form with you, and will contact any professionals involved for further information.

We aim to respond to referrals for The Tulip Centre within a week.



Therapies at The Tulip Centre

For anyone with a potentially life-limiting illness such as cancer, COPD or heart failure. We offer a short term service with a focus on rehabilitation and quality of life.

Depending on your individual needs and situation we can offer a range of groups and interventions. These are designed to enhance your quality of life, manage your symptoms and promote independence.

The Tulip Centre is located within The Norfolk Hospice Tapping House, Hillington, near King's Lynn (PE31 6BH). To find out more visit the website or get in touch.



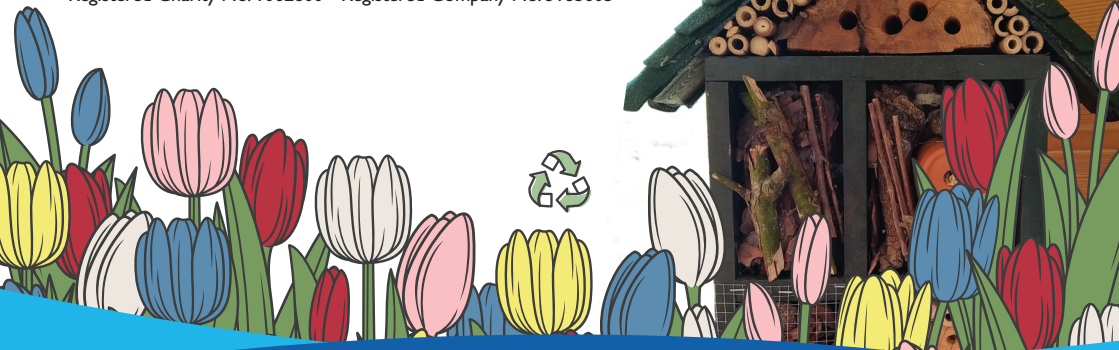
The Norfolk Hospice Tapping House
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Outstanding Care In Your Local Community