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Isabel Hospice to launch new Waltham Cross Living Well service to support people with life limiting conditions

By Charlotte Page

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Jade, 25, looks forward to visiting Isabel Hospice each week

Isabel Hospice is launching a new Living Well service in Waltham Cross that will support people with long term and life limiting conditions.

The service is made up of a variety of groups, sessions and courses designed to support people who are living with a condition of some sort.

These include an exercise group, relaxation, fatigue and breathlessness course, coping well course, singing, a creative café, tai chi, complementary therapy and pamper sessions.

One person set to benefit from sessions is 25-year-old Jade Clark who suffers from a rare condition called erythromelalgia, or what is referred to as hot feet.

The condition primarily affects the feet, and although less commonly the hands, is characterised by intense, burning pain of affected extremities, severe redness and raised temperature.

The sessions will enable Jade to take her mind off the hereditary condition.

She said: “I love coming to Isabel Hospice and it gives me something to look forward to each week.

“I had a brain tumour as a child and both me and my brother have this hot feet condition so coming to the Hospice’s creative café means I’m not at home feeling depressed.

“At the creative café you can do all sorts of things from puzzle books to painting.

“I always loved singing as a little girl, and now I get to do it once a week at the Feel Good Singing sessions.

“I don’t know if I’m any good at it, but I love it.

“We even did a few gigs out last summer which was really fun.

“I’m a dementia friend and I’ve recently become a hospice compassionate neighbour so that keeps me busy.

“At Living Well I speak to the nurses, and I also have physio which is good as they don’t push me too far, they know what I can do.

“I also enjoy the tai chi and the relaxation sessions. There is so much to do.”

Jade said she would feel completely lost without the services Isabel Hospice offer.

“If it wasn’t for Isabel Hospice I’d be depressed and in doors all day,” she added.

“I’d feel totally lost without Isabel Hospice.”

The new Living Well sessions will launch on Wednesday, February 6, at St Joseph’s Parish Centre, Eleanor Road, Waltham Cross, from noon until 2pm.

People can then drop in any Wednesday between 11am and 3pm.

For more information visit isabelhospice.org.uk/patients-carers/living-well.