



ROOTS groups

Rejuvenating our
own true selves





Cover photo: Layton Thompson/Marie Curie; this page: Paul White/Marie Curie

Our Rejuvenating Our Own True Selves (ROOTS) service is made up of groups where you can meet with others – and learn new ways to feel stronger in yourself.

Anyone with a terminal illness is welcome to attend ROOTS. You do not have to be accessing Marie Curie Services.

Speak to a member of the day therapy or therapies staff if you'd like to come along to any these groups, or contact a member of our team .

Most of our sessions take place on a Tuesday. For more information please contact 0151 801 1400 and ask to speak to a member of our day therapy team.

Breathlessness Management

A short educational programme offering practical advice and support in managing your breathlessness.

Be Safe Falls Management

A short educational programme and exercise aimed at improving confidence and reducing your risk of having a fall.

Relaxation

Learn a variety of relaxation techniques in a group environment.

Yoga

A short programme of gentle yoga tailored to your own level of activity.

Life Stories

A social group in which you can share your life stories with others.

Exercise Programme

A gentle exercise programme in a group environment that's tailored to your needs.

Creative Wellbeing

A group providing a wide range of different crafting activities.

Tai Chi

Tai Chi is a self-paced system of gentle physical exercise and stretching.

Day Therapy 0151 801 1470

Therapies 0151 801 1463

Phone: 0151 801 1400



Marie Curie Hospice
Speke Road
Woolton
Liverpool
L25 8QA

Day services opening times:

Monday to Friday, 10am–3pm

For in-patients, visiting times are flexible. Please phone for details.

By car

As there's very limited parking in the hospice grounds, please use local car parks wherever possible.

We lock our entrance gates between 9.45pm and 6.30am, so please ask the nurse in charge if you need access during these hours.

By bus

From Paradise Street Bus Station, Liverpool City Centre: No. **74, 75** and **76** (no. **78** from Queens Square). No. **78, 76a, 75e** and **77** run on Sundays.

By train

From Moorfields and Liverpool Central stations: Trains go to **Hunts Cross** station on Speke Road. From there, you can continue your journey on bus no. **81, 81a** or **89** to Woolton Village. The hospice is a five-minute walk away.