



The Prince & Princess
of Wales Hospice

Chi gung



Chi gung

Chi gung is the ancient Chinese practice of aligning breath and movement, with mental and spiritual awareness

It is a very relaxed form of light exercise which is suitable for all ages and for people with varied medical conditions.

It does not require any special equipment or clothing and can be done either sitting or standing, depending on ability.

It focuses on breathing and slow, controlled movements. It is a good form of exercise for people who are unable to attend a traditional exercise group.

People can also access it if they are attending other exercise groups, as a form of relaxation.

We are offering sessions within the hospice for anyone who wishes to attend. Carers, family members and friends are also welcome.

Chi gung has been found to:

- Increase focus and a more peaceful mind
- Improve breathing
- Improve muscular tone
- Improve balance and co-ordination.

Classes will run from noon to 2pm every Friday in the day services lounge, except during holiday periods. If attending, come to the hospice reception. Trained staff and volunteers will be available throughout the sessions and light refreshments are provided.

This is a drop-in service and referrals are not required.

Comments, suggestions and complaints

Our team at The Prince & Princess of Wales Hospice is committed to providing a quality service. Your views on our care and support are very important to us and help us achieve continuous improvement and development.

If you or your family and friends have any suggestions about how the hospice services can be improved, please complete our comments, suggestions and complaints form which is available at the hospice.

Any complaints will be handled with the utmost confidentiality and will be acknowledged in writing within two working days. Options include discussing any concerns with the director of clinical services or writing directly to the chief executive.

If the complaint has not been resolved satisfactorily, you may contact Healthcare Improvement Scotland for advice, www.healthcareimprovementscotland.org.

All details are on the comments, suggestions and complaints form which can be picked up in the hospice or is on our website.

Our values

We have worked closely with our patients, families, staff and volunteers to define what is most important to all of us, the values that we hold dear and underpin all of the work we do here at the hospice.

We believe in:

- Care and compassion for our patients and families
- Everyone feeling valued as part of the hospice team
- Fairness and integrity
- Dignity and respect
- Striving for excellence

