provide opportunity for patients to have input with all members of the multi-disciplinary team. This helps patients to better understand their symptoms, empowering their use of resources and information to their advantage. Visual prompts include the use of an A1 flip chart and handouts to increase inclusion and underpin learning. The sessions provide peer support through informal discussions and can reassure patients that they are not alone; that they can talk openly, relate to each other and share experiences in a safe and reassuring environment.

Education Programme Evaluation The sessions support patients to reinforce existing coping strategies, learn new ones. They aim to empower patients to alleviate and increase well-being. Importantly, the sessions prompt effective self-management of common symptoms experienced by palliative patients.

Conclusions The programme has helped to raise awareness of symptom control and has provided a holistic ‘tool box’ of self-help techniques to support patients in a personal sense of wellbeing and fulfilment; thus maximising enjoyment and quality of life.

Results The DVDs may help patients to review and recap skills and coping strategies learnt within wellbeing services. They reinforce self-management of symptoms to support and empower patients with their own well-being thus maximising quality of life.

Benefits The DVDs:
- continue to provide reassurance and support at home following discharge
- may increase time between referrals back to service
- continue to empower and guide patients with their self-care
- may help carers to provide additional support to their loved ones’ care, by increasing their knowledge and raising their awareness of strategies that patients can use to self-manage their symptoms
- provide a very good visual aid - especially to those that are hard of hearing. It may also be especially helpfully for patients that have short-term memory or impaired cognition.

Conclusions The DVDs provide on-going support post discharge for both the patient and their carers through the application of the techniques learnt at day hospice whilst in the comfort of their own home.