

HOSPICES

What is a Hospice?

The word 'Hospice' conjures up many different ideas and not all feel positive or life affirming. Those of us who actually take the step of finding out a little more are often pleasantly surprised. Modern Hospice care is about helping people to live well throughout their illness and no longer just about care in the last days of life. In an age when choice is all important Hospice care seeks to give back some of the choices which illness may seem to have taken away.

Hospices are concerned for the whole person, their families and carers, aiming to meet physical, emotional, social and spiritual needs. Staff and volunteers work in multidisciplinary teams to provide a range of services based on the individual. These may include; symptom relief, specialist nursing and medical care, counselling, complementary and creative therapies, spiritual care, physiotherapy and occupational therapy.

Although patients may be faced with a potentially life limiting illness Hospice care is an approach that seeks to improve quality of life. The emphasis is on living with illness and living to the full. This is applicable at every stage of treatment and can take place in conjunction with other therapies such as chemo or radiotherapy. Care is provided on an in or outpatient basis according to facilities and need.

Hospices are charitable organizations. They work closely with other health professionals in the NHS but are independent and receive only a small percentage of funding from government sources. All services provided are entirely free of charge but donations are always welcome to support ongoing care provision. Many organize fundraising events and use shop outlets to generate much needed income.

Details of the hospices in the 3 Counties Cancer Network (including all of Worcestershire County) can be found on the following pages.

Cotswold Care Hospice

Burleigh Lane, Minchinhampton, Glos. GL5 2PQ

Tel: 01453 886868 Fax. 01453 885282

E-mail. info@cotswoldcare.org.uk www.cotswoldcare.org.uk

Our Mission and Purpose

“Cotswold Care Hospice cares for and supports people in Gloucestershire living with cancer and other life-limiting illnesses. The Hospice provides a flexible range of clinical services directed at meeting the palliative care needs of patients and their families from diagnosis throughout illness and into bereavement”

Our Services

- Day Hospice : Wed – Fri providing range of activities and therapies
- Life Affirming Therapies: Complementary and Creative Therapy
- Counselling and Bereavement Support Services
- MS Self Support Groups
- Hospice at Home: Caring for patients in their own homes
- Lymphoedema Clinics
- Education

These services are open to anyone registered with a Gloucestershire GP. Anyone can make a referral to the Hospice. When a referral is made the patient's GP will be contacted for further information.

Great Oaks - Dean Forest Hospice

The Gorse, Coleford, Glos GL16 8QE
Telephone 01594 811910 Fax 01594 836307
E-mail clerical@great-oaks.org.uk www.great-oaks.org.uk

Our Mission and Purpose

To provide palliative care on a daytime basis for adults in the community whose quality of life is affected by any life limiting condition. Family and friends are included in this care. To provide this care in a welcoming, relaxing, friendly and informal atmosphere.

Our Services

- ◆ Supportive Care Services for those recently diagnosed, living with a life shortening condition, carers and bereaved carers
- ◆ One to one discussions with experienced staff
- ◆ Complementary Therapy
- ◆ Pamper days
- ◆ Care Programmes
- ◆ Full Day Care
- ◆ Outpatients
- ◆ Lymphoedema clinic (referral via Gloucestershire Lymphoedema Service: Tel 01452 371252)
- ◆ Host to:
 - Cancer User Group meetings
 - Community Specialist Palliative Care Nurse Clinic
 - Heart Failure Clinic
 - Parkinson Disease Support Group

Referral can be made by any health or social care professional, or directly by the person concerned.

After referral, the person concerned will be contacted by an appropriate member of the clinical team to arrange a visit either at the hospice or at home. This is to discuss which, if any, of the services is most suitable and to make practical arrangements.

CARE PROGRAMMES

Once accepted onto one of the care programmes, you will:

- ◆ Be given information about the aims and criteria for your care programme
- ◆ Discuss your individual care plan with your key worker

Full Day Care (Monday, Tuesday or Friday, 10 am – 3.30 pm)

A high level of care for those with troublesome palliative care problems, specific care needs or to support carers. The clinical team of specially trained nurses, complementary therapists, diversional therapist and social worker will work with you to plan care that best suits your needs. An informal atmosphere, with recreational and social activities.

Outpatients (Thursday, by appointment only)

A low level of care for those needing a period of active support without coming to a designated group. This usually takes the form of planned visits, following assessment, to a member of the clinical team such as complementary therapist or social worker for some specific support. Nursing staff are also available.

SUPPORT SERVICES

Friendship Group (last Thursday of month, 2 – 4 pm). A self help support group for those who have or are using hospice services. Members register in the first instance, then come to meetings as desired.

Carers Support. For those living with someone with a serious illness. An assessment will be made of your own specific needs and how the hospice might offer useful and appropriate support. Regular “pamper days” are held at the hospice – an opportunity to be with others coping with similar circumstances; relax, enjoy a special lunch, try some complementary therapy, listen to an invited speaker.

Family Support. A more specific type of support for families of those living with serious illness. This may be to:

- ◆ Help everyone understand what is happening
- ◆ Explore ways of coping
- ◆ Look at other services that may be available
- ◆ Offer time for children in the family to share their feelings and concerns

Bereavement Support

All those known to the hospice will be contacted a few weeks after their bereavement, unless they would prefer otherwise. Support on a one to one basis continues over the following few weeks/months. In time, use of the support group is offered. This is designed to help individuals move on from the service, when the time is right.

Hospice at Home

A nursing service coordinated by Great Oaks Hospice, working alongside Marie Curie and Gloucestershire Care Services. Generally, we aim to offer nursing care and support for periods of time, in your own home, if you are experiencing an acute episode of your illness or if you are very ill and wish to stay at home to die. Occasional nights to give respite for carers may also be available. Referral for this service should be via your District Nurse.

Outreach

A non-nursing service offering a wide range of support to people in their own homes. This service, supported by Macmillan, aims to enable people living with cancer, and other serious illnesses, to adapt to their condition and to be as independent as possible for as long as possible.

DISCHARGE

To be able to adapt to the changes brought on by illness and to no longer need regular care from Great Oaks is a very positive step.

Our support continues even if you no longer need to visit us. If circumstances change, or you need a chat, JUST CALL. We're not far away.

Kemp Hospice

41 Mason Road, Kidderminster, DY11 6AG

Telephone 01562 861217

E-mail info@kemphospice.org.uk www.kemphospice.org.uk/

Our Mission and Purpose

KEMP Hospice offers palliative care and support for those living with cancer and all other life threatening illnesses, adding quality to life wherever we can.

Over the last 25 years KEMP Hospice has been helping local patients and their families and carers at a time when they need it most, and today we are proud to be supporting a great number of patients and their families.

Our Services

Kemp Hospice provides the following services:

- Day Care
- Clinical Care
- Home Care
- Physiotherapy & Occupational Therapy
- Complementary Therapy
- Diversional Therapy
- Chaplaincy
- Dietary Advice
- Lymphoedema Service
- Bereavement Support

Mary Stevens Hospice

221 Hagley Road, Oldswinford, Stourbridge, West Midlands,
DY8 2JR

Telephone 01384 443010, Fax: 01384 373731

E-mail info@marystevenshospice.co.uk

www.marystevenshospice.co.uk/

About the Hospice

Mary Stevens Hospice provides specialist palliative care to all members of the community of the Dudley Borough and surrounding areas including parts of South Staffordshire, Wyre Forest, Hereford & Worcester and Sandwell.

The hospice offers specialist palliative care for adults aged 17 years onwards who have a non-curative illness such as cancer, multiple sclerosis, motor neurone disease, Parkinson's disease, end stage renal or cardiac disease, HIV / AIDS.

Our Philosophy

We believe and respect that everyone is unique with individual cultural, spiritual, social economical backgrounds, beliefs and values. At the hospice we help and encourage everyone to embrace their full potential to promote meaningful activity in health and life threatening illness.

Primrose Hospice

St Godwalds Road, Bromsgrove, Worcestershire B60 3BW

Telephone 01527 875444 Fax 01527 578317

E-mail info@primrosehospice.org www.primrosehospice.org/

Our Mission and Purpose

Primrose Hospice and Cancer Help Centre is an independent charity, offering advice and support to cancer patients and their families in the North Worcestershire area.

In 2008, Primrose Hospice celebrates 21 years of providing care and support to our local community.

We support patients in Bromsgrove, Redditch, Rubery, Studley, Wythall and the surrounding areas and also contribute to palliative care for in-patients at the Princess of Wales Community Hospital in Bromsgrove – (known as 'Primrose at the Princess'), in partnership with Worcestershire Primary Care Trust.

Our Services

Primrose Hospice offers a range of help and support services for patients with cancer and other life limiting illness. Patients are referred to the Day Hospice for specialist palliative care via their GP or other health care professional, but if you wish to talk directly to a member of the clinical team here at Primrose please call 01527 875444.

Primrose also runs 'Drop-in' Facility. Open 9.00am to 5.00pm Monday to Friday, providing an 'open door' for patients and their families requiring emotional support and information. Confidentiality is assured and the facility provides signposting and referral to other support organisations as appropriate.

Prospect Hospice

Moormead Road, Wroughton, Swindon, SN4 9BY

Telephone 01793 813355 Fax 01793 815432

E-mail info@prospect-hospice.net www.prospect-hospice.net

Through work by the League of Friends, Prospect Hospice now serves the Lechlade and Fairford practices to provide a full range of palliative care services, including in-patient beds. Patients can be referred from GPs in the two practices.

St Michael's Hospice

Bartestree, Herefordshire, HR1 4HA

Telephone 01432 851000 Fax 01432 851022

E-mail info@st-michaels-hospice.org.uk

www.st-michaels-hospice.org.uk

Our Mission and Purpose

St. Michael's Hospice is committed to providing specialist Palliative care for people who have active and progressive incurable diseases, and support for their families and friends. St Michael's Hospice undertakes to share with others the benefits of its knowledge, skills and experience. St Michael's Hospice researches into ways of improving the quality of life of those living with life limiting illnesses.

Our Services

- 16 Inpatient Beds and a Day Hospice
- Supporting Children and Young People
- Emotional, psychological and spiritual support
- Spiritual Care
- Friendship Group
- Outpatients
- Lymphoedema Clinic
- Equipment Loaning Service
- Respite Care
- End of Life Care

Individuals are referred to the Hospice either by their General Practitioner, community Macmillan nurses, district nurses, hospital doctors or Oncologists. It can be a frightening time and initially some people are unwilling to attend. Before making a decision, the individual and family members are welcome to come and look around St Michael's and meet the staff.

St Michael's cannot accept referrals from individuals or their families and would advise people to discuss the appropriateness of referral with their General Practitioner.

St Richard's Hospice

Wildwood Drive, Worcestershire, WR5 2QT

Telephone 01905 763963 Fax 01905 351911

E-mail

enquiries@strichards.org.uk

www.strichardshospice.org.uk

Our Mission and Purpose

- To enable patients to stay at home with specialist nursing care in the end stage of their illness – if that is their wish.
- To provide auxiliary nurses to facilitate the work of the District Nurses and the Primary Health Care Team.
- To support the patient, family and carers in order to prevent possible admission to hospital for nursing care.
- To provide a volunteer supportive non-nursing service to enhance the quality of life for the patient, family and carers with practical help, shopping, listening ear or just a chat.

Our Services

- Day Hospice
- Hospice at Home
- Counselling and Bereavement Service
- Citizens Advice Bureau Adviser
- Spiritual Care and Chaplaincy
- 24 hour on call support
- Complementary Therapies
- Physiotherapy
- Occupational Therapy advice
- Massage and aromatherapy
- Hairdressing
- Diversional Therapy with art and creative activities
- Lymphoedema Service
- Snowdrop Group for younger women

Patients who would like support from St Richard's can be referred by their general practitioner, consultant at the hospital, district nurse, relative or friend. They can also refer themselves.

Sue Ryder Care – Leckhampton Court Hospice

Leckhampton Court, Church Road, Leckhampton, Cheltenham
GL53 0QJ

Telephone 01242 230199 Fax 01242 224776
www.suerydercare.org

Our Mission and Purpose

We aim to meet the needs of the whole person, their family and carers, with the support and expertise of our multi-professional specialist palliative care team.

We will work in partnership with the primary health care team to support patients to be cared for in their own homes and offer a range of specialist palliative care services.

Our Hospice at Home Service is a flexible and responsive service aiming to compliment existing health and social care services and support patients to remain in their own homes for as long as possible.

Our Services

- Hospice at Home Service
- Day Therapy includes multi-professional assessment; rehabilitation, day treatments and access to a range of complementary therapies – reflexology, massage, acupuncture and aromatherapy
- 16 Bedded Inpatient Unit
- Family Support Service, including a Bereavement Programme

Referrals – Our care is available free of charge to all, regardless of religion, culture or social background. Most of our patients come from Cheltenham, Tewkesbury and areas within Gloucestershire although some patients may come from out of the county following discussion with the primary healthcare team.

Wheatstone

2 North Upton Lane, Barnwood, Gloucester GL4 3TA

Telephone 01452 371252 Fax 01452 612007

Wheatstone is the base for the Gloucestershire Community Specialist Palliative Care Team (Macmillan) and Lymphoedema Team.

Our Services

- Nurse Led Clinics
- Consultant Clinics
- Carers' Support Group
- Spiritual Healing
- Reiki
- Indian Head Massage

Referrals – patients and carers can self refer for therapies and support groups.

Day Care Centre

The Bracken Trust

Cefnlllys Lane, Llandrindod Wells, Powys, LD1 5LJ

Tel: 01597 823646 Fax: 01597 824995

E-mail: bracken.trust@btopenworld.com or
cic.bracken.trust@btopenworld.com www.brackentrust.org.uk

"Courage, Gaiety and a Quiet Mind"

A day centre supporting people affected by cancer and other long term illness.

Trust Mission

The aim of the Bracken Trust is to support people with Cancer (and other long-term illness) and also their families and the bereaved. The vision is of a holistic approach to Cancer, uniting orthodox medical care and complementary therapies with self-help techniques and generally making cancer less scary.

Trust Profile

A diagnosis of Cancer can be devastating but The Bracken Trust really can help and make a difference. The Relaxation methods offered help the Healing process and the general support helps raise morale combining to give patients a better quality of life.

The Trust is here for everyone who might benefit and no charge is made for Therapies however, donations to offset costs are gratefully received. We are able to do this because patients donate generously. We have a wonderful band of fundraisers and enjoy a great deal of support from the local community.

The Cancer Information Co-ordinator - Moray Bradbury - is also available at the Bracken Trust.

Everyone affected by cancer deserves high quality, accessible, appropriate information, the information service shall seek to raise awareness and change attitudes towards cancer by ensuring that

Version 5 June 2010

quality information is provided to better inform those using the service either within the Bracken Trust or at future outreach sessions around Powys. Moray is able to provide information and advice on a wide range of cancer materials for support. The information hub includes resources of particular cancers, dietary materials, general Wellbeing & Health issues of patients needs including local/out of county screening programmes, cancer treatments, care and awareness campaigns.

Moray will also be available to provide support by offering time to talk in a confidential and relaxing environment. We provide free information booklets and free PC access to cancer information websites. The Centre also has a Lending Library of resources - including DVDs, CDs and audiotapes.

We offer practical and emotional support and can signpost visitors to other services, such as support groups, Welfare Rights, Social Services and Powys Carers groups.

The Trust is now open 5 days per week Monday, Tuesday, Wednesday, Thursday and Friday from 9.30 am to 5 pm.

Notes
.....
.....
.....
.....
.....
.....
.....
.....

Day Care Centre

The Breast Care Haven

37 Owen Street, Hereford, HR1 2JB

Tel: 01432 361061 E-mail: info@breastcarehaven.org.uk
www.breastcancerhaven.org.uk/index.php

“We provide support, information and complementary therapies to help anyone affected by breast cancer cope with the psychological impact of diagnosis as well as to help relieve the uncomfortable side effects of some medical treatments such as chemotherapy and radiotherapy.

Our services are free of charge to anyone affected by breast cancer”.

Lymphoedema services at The Haven

The following services are offered:

- ◆ A weekly exercise class for management and prevention of Lymphoedema (Healthy Steps – the Lebed method)
- ◆ Regular lymphoedema awareness workshops
- ◆ Ongoing advice and information at reviews and consultations with the breast care nurse
- ◆ Drop-in clinic with the breast care nurse – lymphoedema advice and information available

The Breast Care Haven has introduced a new service – the Breast Care Haven at Home multi-media programme. This is for people who are unable to travel to the Haven but would like to benefit from care in their own home. There is a 7 minute trailer of the outreach programme from the website www.breastcancerhaven.org.uk.

A DVD is available, free of charge, which includes the following:-

- A support group with a counsellor discussing common emotional concerns
- Questions and answers about breast cancer with clinical experts
- Emotional Freedom Technique – self help for emotional and physical symptoms
- Simple tai chi and yoga exercises

Version 5 June 2010

- Top tips for looking good
- A healthy eating section including juicing, smoothie making and sprouting
- Tips for creating a healthier environment

To order a copy of the DVD please telephone the Breast Care Haven in Hereford on 01432 361061, order through the website or e-mail havenathome@breastcancerhaven.org.uk

The programme also includes:

- An audio CD with simple exercises on meditation, breathing, relaxation and visualisation
- Web based information which signposts readers to other resources

Usk Day House Hospice

Bridge Street, Llanfaes, Brecon LD3 8AH

Telephone 01874 610337

Monday – Friday 9 am – 5 pm

For people with cancer and their families. Offers information, complementary therapies, bereavement support and professional counselling.

Penny Brohn Cancer Care Bristol

“We are here to support men and women affected by cancer at any stage of their illness. We are also here for families and supporters of those living with cancer”.

Penny Brohn Cancer Care
Chapel Pill Lane
Pill
Bristol
BS20 0HH
Telephone 01275 370100
E-mail info@pennybrohn.org
www.pennybrohncancercare.org/

Penny Brohn's Story

In 1979 Penny Brohn was diagnosed with breast cancer. In the midst of her own crisis, she recognised the thousands of others diagnosed were also experiencing profound feelings of isolation, fear and uncertainty. With her friend Pat Pilkington, Penny worked tirelessly alongside teams of doctors, nurses and complementary therapists to develop a holistic programme for people with cancer and their loved ones. Now known worldwide as the Bristol Approach to cancer care, this respected programme offers support for mind, body and spirit, as a natural partner to medical treatment.

Penny defied her prognosis for nearly twenty years and inspired thousands who used the services of the groundbreaking charity she founded – now known as Penny Brohn Cancer Care.

Penny Brohn Cancer Care

You may have been diagnosed with cancer yourself or be supporting someone who has. Being diagnosed with cancer or being told your cancer has returned can be a traumatic and life-changing event. People often describe feeling shocked, disorientated, angry, frustrated, scared, isolated, in need of support and often unsure what to do for the best. We can help you change the way you live with cancer.

Medical investigations and treatments can be intensive, stressful and draining. You will often be offered a wide range of information often from various sources which can become confusing and overwhelming. At this time we can provide information, psychological and emotional support and practical lifestyle advice.

Support for you and those supporting you

We are aware that a diagnosis of cancer does not just affect the person diagnosed, but impacts on the family or those close to that person. It is for this reason that we extend our services to a family member or carer supporting a person living with cancer.

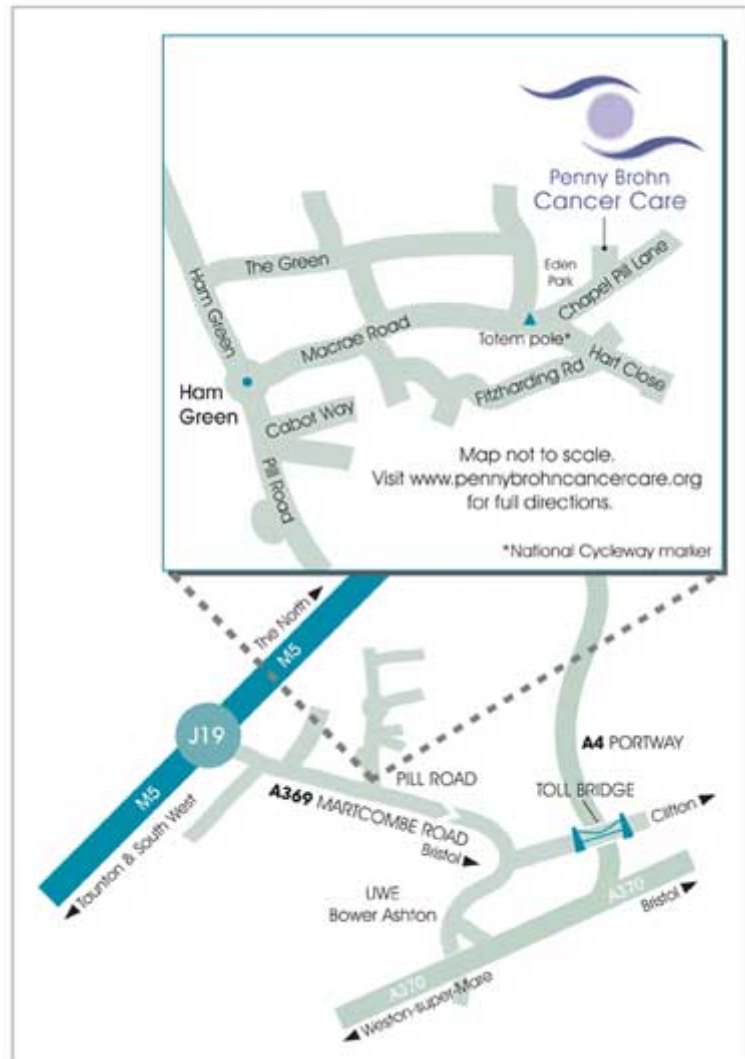
We are complementary, offering support alongside your medical treatment

Our support is complementary, this means it can be used alongside the medical treatment you may already have had or be receiving. Your medical team will focus on treating the disease; our specialists have more time to focus on the whole person. Our services are also suitable for those who have chosen not to have medical treatment, or for those where medical treatment is limited or not appropriate as well as to supporters of people living with cancer.

Penny Brohn Cancer Care has a large team of professionals working together to support you from a range of disciplines including nurses, doctors and registered therapists. The team, some with over 25 years' experience of working with people with cancer, all work within the guidelines of their professional associations and those of our organisation.

Please see the following page for a map.

Penny Brohn Cancer Care
Chapel Pill Lane, Pill, Bristol, BS20 0HH



Version 5 June 2010