



# Information Booklet Day Hospice



# What is a Day Hospice?

**The Day Hospice at Michael Sobell Hospice gives people with a life-limiting condition the opportunity to spend an enjoyable day with others in a similar situation, in a friendly and caring environment.**

We will tailor your day to meet your individual needs, focusing on how you are feeling and helping to ease some of the physical and emotional difficulties you may be experiencing as a result of your illness. We are there to help you to make new friendships, manage your condition and maintain your independence.

## Who can attend?

The Day Hospice is for anyone aged over 18 years with a life-limiting condition, living in Hillingdon and the surrounding boroughs.

You can be referred to Day Hospice for a number of reasons, including:

- Pain management
- Psychological support
- Social support
- Symptom control
- Carer respite

Most of our patients are referred to us by their GP, District Nurse, Community Palliative Care Nurse or hospital consultant. If you feel you would benefit from attending the Day Hospice, please talk to your healthcare provider.

## What happens once I've been referred?

On your first visit to the Day Hospice, we'll sit down with you to discuss your illness and your care needs. We'll plan a programme to suit you, taking account of your goals and personal interests. We'll also recommend the services we think you would most benefit from.

People are often nervous about coming to the Day Hospice for the first time and this is completely normal. After a few visits you will have made new friends and met with the staff and volunteers who work there.

As a Day Hospice patient, you will have regular access to a full range of Hospice services to help with your physical, emotional, spiritual and social needs.

Below you can see some of the services that we provide:

- Symptom advice
- Emotional and social support
- Arts and crafts
- Social work or benefits advice from the hospital team
- Complementary therapies (e.g. aromatherapy and acupuncture)
- Counselling from the hospital team
- Physiotherapy
- Spiritual support from the hospital chaplains

We also have lots of social activities to help you get to know with your fellow Day Hospice group. You'll meet other people in a similar situation which can boost your sense of well-being and support.

## General information

1. We're open Monday to Friday from 9.30am to 3.30pm.
2. Patients can come into the Day Hospice one day per week for 12 weeks and are then reviewed. This is usually on the same day each week giving you the chance to get to know the volunteers and other people attending that day.
3. All the services and activities, including refreshments and lunch, are provided by Michael Sobell Hospice Charity and are free to you.
4. Patients must bring any medication they might need during the day.
5. There are wheelchair accessible toilets in the Hospice.
6. We may contact members of your family, your GP, District Nurse or hospital team to discuss your condition and care. We may also discuss your care during our daily meetings to ensure we are meeting your needs. Please tell us if there is anyone with whom you would not like us to discuss your care.

## Arranging transport

- Most patients arrange their own transport to Day Hospice. If this is not possible the volunteer car service may be able to collect you from your home.

## If you feel unwell

- If you're planning to come to the Day Hospice but are feeling unwell, please stay at home and contact your GP who remains your primary care provider.
- If you feel unwell while you are at the Day Hospice, please tell a member of staff immediately.

## How to Contact us

Reception: **020 3826 2379**

**Healthcare professionals** - If you would like to make a referral to this service, please call our **Referral line: Monday – Friday, 8.00 – 16.00 on 07900 228036.**

You can support our work and donate via our website - **[www.michaelsobellhospice.co.uk](http://www.michaelsobellhospice.co.uk)**

**The Michael Sobell Hospice Charity fully funds all of the Day Hospice, its staff and services so that the care you receive is free of charge.**

**Michael Sobell Day Hospice  
Gate 3 (rear of the site), Mount Vernon Hospital  
Northwood, Middlesex  
HA6 2RN (for sat nav use WD3 1PZ)**

**[www.michaelsobellhospice.co.uk](http://www.michaelsobellhospice.co.uk)**



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