# Day Hospice





These sessions are tailored to the needs and concerns of the individual, and give patients increased confidence and improved emotional wellbeing.

For more information about Day Hospice, please contact rachel.copes@pth.org.uk or 01252 729411.

For information about Living Well, call 01252 913040





## what are these groups?

This 12-week programme of sessions is available to patients who are living with an advanced or terminal illness and who are able to attend outpatient sessions.

#### what are the benefits?

Through these welcoming and friendly sessions, which are tailored to the needs and concerns of the individual, you will find increased confidence and improved emotional wellbeing.

### what happens in these sessions?

The sessions provide clinical monitoring of your conditions, help with Advance Care Planning, and symptom management and relief through complementary therapies, improving quality of life for both you and your families and carers. Our staff and volunteers help you to find a sense of purpose through creative activity and reminiscence.

### is transport to the venue available?

There is public transport to both sites as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

# do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit.

# when are the groups held?

Groups are held weekly, on Tuesdays, Wednesdays or Friday, from 10am – 3pm in the Dove Lounge at the Hospice in Farnham.

### do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, they can ask a member of staff, or visit our website.