

Adrienne was initially referred to Day Hospice for twelve weekly sessions, and only has two more left. She feels that the support we have offered her has helped her to feel more positive about the future. ***“You’ve helped, very much so. I’m less frightened about it all than I was. It’s been super, the twelve sessions. I’m only sorry I can’t carry straight on and do another twelve; it’d be lovely.”***

We are privileged to care for people like Adrienne, Mike and their family, at probably the most difficult time in their lives, but we can only do this with the generosity of our local community.

We have to raise over £20,000 every day in order to provide care, free of charge, to our patients and their relatives.

For further information about how to support Phyllis Tuckwell Hospice Care, contact our Fundraising team on:

01252 729446
support@pth.org.uk

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Our patients are inspiring...

***“I love the
companionship.”***



Adrienne and Mike's Story
Day Hospice, therapies.

August 2018

Phyllis Tuckwell[®]
Hospice Care 
...because every day is precious

Adrienne and Mike's Story



"I didn't know anything about the Hospice, and I was a little bit apprehensive at first, because you think of people dying don't you? But it isn't; it's wonderful."

Retired junior school teacher Adrienne has a neurological condition which means that she is at high risk of falling.

"I started falling over backwards about three years ago," she says. "My doctor diagnosed me last August. I've also had rheumatoid arthritis since I was fifteen. I've had a knee replacement and also a hip, and have had both shoulders done too. The shoulders are wonderful, and so is the hip."



Adrienne's GP referred her to Phyllis Tuckwell last year, and she started coming to Day Hospice in Farnham ten weeks ago. *"I love it," she says. "I love the companionship and the people. I've met somebody who's got the same thing as I have."*



"I've also seen a speech therapist and a physiotherapist – the physiotherapist came out to visit me at home, which was brilliant, and so did the occupational therapist. She was very good; she gave us advice on what sort of equipment would be suitable for me. She's been discussing a wet room with Mike and it's just about ready."

Mike is Adrienne's husband and full time carer. *"He does everything," she nods. "He showers me and everything. We have a daughter, Susie, who lives nearby. She helps a lot too. She always brings me here to Day Hospice on a Wednesday, and Mike picks me up. I have two granddaughters as well - Ellie who is 14 and Jessica who's 12. So Susie is very busy, but she still does what she can to help me."*

Adrienne has also been able to access complementary therapies at Day Hospice, and particularly enjoys the massages. ***"I've had arm***

and leg massages – they are lovely, particularly the leg massages. *I also go to hypnotherapy because my arms feel heavy, I feel like I can't lift*

them up, and my leg hurts too. The hypnotherapy has helped - it's been very good - and so has the relaxation. I go to the relaxation class in the afternoon - that's wonderful. The occupational therapist who runs it has a lovely, gentle voice, it makes you want to go to sleep; it's lovely. She gives you tips and advice to help you get off to sleep and stay asleep. I do take a while to get off to sleep, but I've started doing the breathing exercises she recommends and they're very good indeed. I often go the church service afterwards and I speak to the chaplain; she's very nice too."

