

Community Team

Living Well



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



Hospice
Care,
everywhere!

It's not about end of life – it's about *rest of life.*

Our Living Well service is designed to help patients living with an advanced or terminal illness, and those closest to them, to manage the impact of their illness, cope with changes, improve wellbeing and remain as independent as possible.



Our clinical nurse specialists and doctors may be the first point of contact that you have with us, which may be by phone, video or face-to-face visit.

The Living Well team is made up of specialist palliative care professionals including doctors, nurses and health care assistants, physiotherapists, occupational therapists, complementary therapists, psychologists, counsellors, patient & family advisors, dietitians and our Pastoral Care team, who together provide a range of medical and therapeutic services to promote physical, emotional and spiritual wellbeing.

We support patients in their own homes, through phone calls and home visits, and at the Hospice and Beacon Centre, where we offer individual sessions and support groups. These relaxed and friendly groups run over several weeks and cover a range of topics. We will monitor progress with each patient and, once the therapeutic outcomes have been achieved, they may be discharged from the Living Well service. However, if things change, we are here for them to turn to again.

Our Living Well services are all offered free of charge to you and your family and carers. Some car parking is available at both the Hospice in Farnham and the Beacon Centre in Guildford.

How Living Well services can help

Support is tailored to each individual's needs, following an holistic assessment and jointly agreed goals, and can help with:

- Monitoring and managing unstable symptoms.
- Guidance on coping with stress and anxiety.
- Advice on issues such as strength, balance, mobility and tiredness.
- Tips on diet, taste changes, weight gain/loss.
- Guidance on advance care planning.
- Providing a place where you can meet others and make supportive friendships.
- Teaching relaxation techniques.
- Providing meditation, complementary therapies and emotional health therapies.
- Helping you to explore your creative side and nurture your talents.
- Providing information, advice and support for you, and your family and carers.



So we can provide safe, seamless and co-ordinated care, your clinical information is shared between relevant health and social care professionals involved in your care, on a need-to-know basis. All information is kept securely, and treated confidentially and respectfully. You are entitled to state if you do not wish your information to be shared, but this may affect the care you receive. The privacy policy on our website contains further details on how your information is shared.

"It's not about end of life, it's about rest of life."

Steve, PT patient.

For further information about our care services:

Speak to your GP, District Nursing or Practice Nursing team, who can refer you to our Advice & Referral Team.



Visit our website
www.pth.org.uk



Email us
info@pth.org.uk



**General information about our
Living Well service**
01252 913040

Advice or to enquire about a referral
01252 729440 (Advice & Referral Team)

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 usually only receive about 20% of our funding from the NHS/Government and therefore we have to raise over £25,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or visit our website.

Thank you.

November 2021

**Large print version
available on request.**

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Well