

also been offered a great deal of practical support. "I get PIP," she explains, "which stands for Person Independence Payment, and I also have a blue disability badge, but they both ran out six months ago and it was hard to get them renewed. **I didn't need to worry though – I just passed the conversation over to the Patient & Family Support team at Phyllis Tuckwell and they dealt with it.** I'm sure they'd help me with other things too, should I not be able to cope. I'd just need to phone up and ask."

"My idea of what a hospice is has definitely changed since coming here," Angie nods. "It's more to do with support, not just for me but for the whole family, and not just with regard to my illness. It's about general wellbeing, about being well yourself, because I think if you're well, the disease becomes secondary."

"I know I've always got someone to talk to, who will be there for me, to look after me, and whatever I need to do they'll find someone to help me."

We are privileged to care for people like Angie and her 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

Phyllis Tuckwell Hospice Care

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November 2017

Our patients are inspiring...

"I've always got someone to talk to."



Angie's Story

Help from our Clinical Nurse Specialists, Patient & Family Services, Physiotherapists and Complementary Therapists.

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

Angie's Story



"I first had cancer in 1989," says Angie, who was referred to our care in 2013. "It was not long after I had given birth to my son, so he wasn't quite a year old when I had the first operation." Angie was

living in Slough at the time, and as she had the operation at St Bart's Hospital in London, she didn't have any local contact other than her GP.

The operation was followed by both chemotherapy and radiotherapy, but in 2000 doctors found another tumour. *"I had a mastectomy, and by choice had a second mastectomy a year later. Everything went ok really, until 2013 when they found the secondaries."* When they referred her to Phyllis Tuckwell, it was the first time Angie had heard the name.

"Like most people you think 'if I go to the Hospice I'm going to die', but that isn't the case," she says.

Lesley, one of our Clinical Nurse Specialists (CNS), contacted Angie and they made an appointment to meet at the Hospice. *"I've been relatively mobile all through my illness," Angie says. "I drive – and it's nice to be able to do things for myself and not have to rely on other people. I see Lesley when I need to. When I'm in a bad or not very happy state I tend to come once a week, but then I can go as long as three or four months without seeing her. Then when the cancer returns I find that I need to see her again, so I just ring her up and we make an appointment."*

Lesley, and all of the Nurses on the CNS team, are pivotal in assessing patients' needs and referring them to other teams within PTHC, where appropriate. Some patients may need help from our Physiotherapists or Occupational Therapists, or might benefit from our counselling or chaplaincy services. Others may need advice from our Social Work Advisors or may benefit from coming to our Day Hospice sessions. And some, like Angie, might need to see one of our Complementary Therapists.

On receiving Lesley's referral, Complementary Therapist Bridget contacted Angie, and they met to discuss which treatments she might find beneficial.

*"I had reflexology and massages, and I've had them regularly ever since," says Angie. "It takes away a bit of the stress and the worry. If I need to see a Complementary Therapist, I just ring them up and make an appointment. **The people at Phyllis Tuckwell are always there for you.**"*



For the last year, Angie has also been coming to our exercise classes, which are organised and run by our Physiotherapy team.

"It was Lesley who referred me to the exercise classes," she says. "I started them in December. My first goal is getting out of the bath without any assistance. I can do it, but I have to turn around in the bath and pull myself up with the taps. I want to be able to just stand up. I've had six months of

sessions now and I'm better already. I do gardening and I can now get up off the ground when I've been kneeling, without having to crawl to a chair to pull myself up. The classes are definitely helping."

"I've got two sisters who support me," continues Angie. "They take me to appointments and come with me to make sure I know what's been said. It can be hard to take it all in, so they help me to remember it all."



Both Angie and her husband John have also used our counselling services, and know that we are still here if either of them want to talk further. *"John finds it difficult to accept that I'm not well," Angie explains. "And I'm cheesed off. This will be the fifth time I've had to fight cancer. Why should it be me?"*



But it is, and you've just got to get on with it. I try to be as positive as possible and do things that make me happy. I've been on holiday twice: once with my sister, on a cruise to the Canary Islands, and once on my own on a cruise to Norway. I had a great time; both of them were exactly what I wanted to do."

As well as the nursing and therapeutic care which Angie has received from Phyllis Tuckwell, she has