



cares for. *“Two of my dear friends each passed away in a hospice,”* he says, *“and I was a regular visitor in the short time they were there - and that was the impression I had of a hospice. **I never realised that there was day treatment, and care, companionship – it’s out of this world.** If I just mention anything, be it a rash on my leg for example, if it’s not the nurse who can help, the nurse will go and bring the doctor, the doctor will then write to my GP, and the prescriptions are made out. I’m staggered about what they can do as against what I thought it was all about. I’m just amazed. To whoever is reading this, don’t be afraid, because these people are tremendous givers, they really are. I’m so grateful at having this sort of treatment. To be cared for in such a way. They are deserving of every amount of praise I can give them.”*

He smiles as he recalls a conversion he had recently. *“A new patient came along to Day Hospice last week,”* he says, *“and I thought ‘I know that lady’ and then realised that she lives in the flat below me! She said ‘I did want to say hello but you were asleep’, and I replied ‘I’m just relaxed - I’m so at home I just nod off!’ Relaxation sessions, therapy, and even the carol service at Christmas - these are tremendous little offerings that you want to get involved with. I am more confident. I’m confident at home; I build up confidence when I come here. Hospice Care is not something I was looking forward to, but actually it has given me a new lease of life.”*

We are privileged to care for people like Edward and his 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:

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support@pth.org.uk

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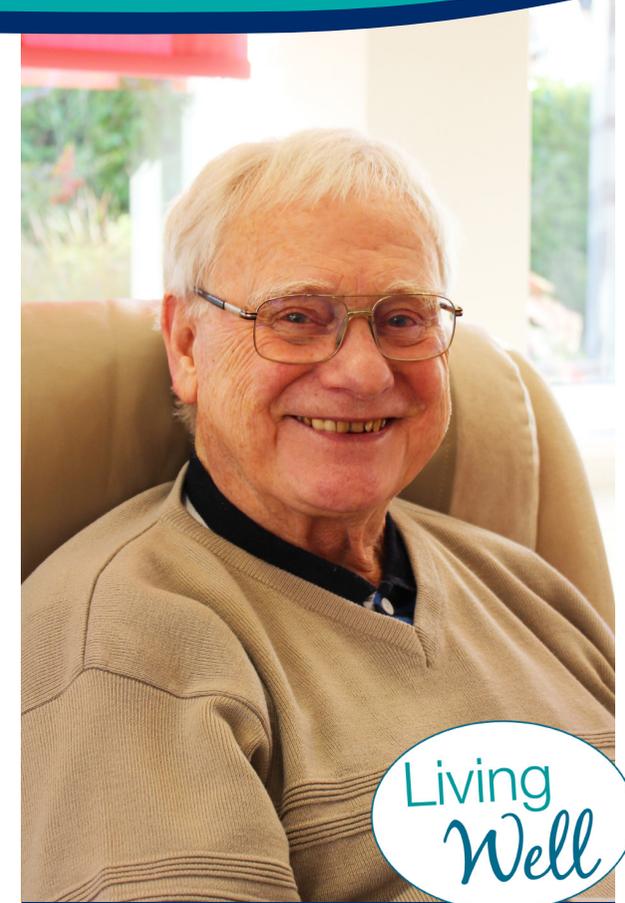
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Our patients are inspiring...

“It has given me a new lease of life.”



Living Well

Edward’s Story
Day Hospice, therapies.

February 2018

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

Edward's Story



“As a young man I was very sporty,” says Edward, one of our Day Hospice patients. “I played a lot of soccer and rugby, and until I was 74 I was a regular visitor to the gym, doing weight training. I’m 81 now, but I still don’t consider myself old.”

A few years ago, Edward was diagnosed with an abdominal aortic aneurysm and underwent an operation to have a stent inserted, to keep his artery open. He already had high blood pressure and, consequently, hardening of the arteries, and had had various heart operations in the past, including having a pacemaker fitted. Although the insertion of the stent was successful, all of these operations and procedures had taken their toll on Edward’s heart, and doctors confirmed that he was now in the last stage of heart failure.

“It was then that my GP suggested that for some TLC I could come to Phyllis Tuckwell,” he says. “When the GP mentioned the word ‘hospice’ to me, my immediate thought was that you go there to die, and I’m not afraid of death, but I thought – ‘oh is it coming on me that quickly?!’

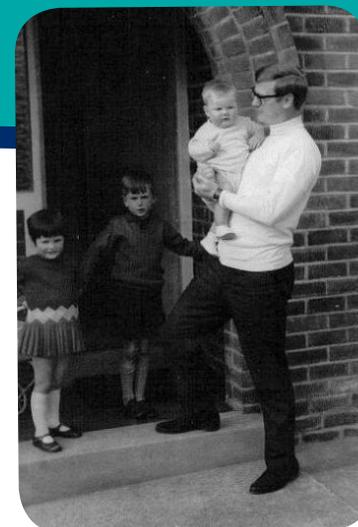


Edward started coming to one of our weekly Day Hospice sessions, which run on Tuesdays, Wednesdays and Fridays, from 10am-4pm. There, patients can talk to doctors and nurses as well as accessing all of our Living Well services, including physiotherapy exercise classes, art and creative writing groups, massage, counselling and chaplaincy support.

*“As soon as I walked in on the first day I thought ‘I’m not very happy with this’, but what a misapprehension! **I had no idea that there was this other aspect to Phyllis Tuckwell that would be so beneficial, and add more life to my outlook.** I was getting miserable, feeling sorry for myself. As soon as the word ‘hospice’ came up I thought ‘oh, this is a downward slope’, but it’s nothing like that at all.”*

*“When I first arrived, the Day Hospice staff took all my details,” he continues. “If I have any problems there’s a doctor who can see me – and the attention from physiotherapy! I’ve had a hospital bed put in at home, which means I can now sit up and breathe properly, because I also have a lung problem. They offer regular massages, companionship, and you get such attention from the carers and the helpers and staff - **it’s all quite unlike anything I’ve ever seen.**”*

*“I now come once a week and transport is arranged by volunteers - people giving their time. They come out in all weathers, getting soaking wet looking for a wheelchair to wheel me in. I just look in amazement. **It’s a gift, it really is.** And when I come in there’s always, always someone to greet me personally. At first I was apprehensive. I’m not a mixer. I’m outgoing but I don’t necessarily join in; I prefer my own company or limited company, company of my own choice. But here you see the same people each*



*week and it’s nice after a few visits to get to know them and they to get to know you, and **there’s a camaraderie that builds up.** I come here happily and leave here happily, and look forward to my next visit. I’ve been coming here for some time now, and the feeling is now that*

*I want to come here. I like the dialogue. **They make you feel at home, they really do.** I’ve never known this sort of attention. I’ll never ever go back to thinking what I thought a hospice was for. If anything untoward happens to me, I’d have no hesitation in saying “I don’t want to go to a hospital, can I go to a hospice?” It’s that good, it really is.”*

Although Edward has been diagnosed with last stage heart failure, and also has problems with his lungs and kidneys, he finds that the pain he experiences is actually caused by other conditions which he has, such as rheumatism. *“The less life-threatening things that happen to me are the more painful,” he explains. “I have no pain from my heart, kidneys or lungs – instead the pain is from rheumatism and other minor ailments. **I have massages here, on my feet or hands, and they’re amazing.** The tenderness and the care relieve most of the symptoms. Normally I’d be stuffing more drugs down, but a session here is great. I already take a number of drugs and this stops me adding to that load with painkillers.”*

Coming to Phyllis Tuckwell has completely changed Edward’s view of what a hospice is and who it