

Day Hospice (Dove Lounge)

- 'For me it was an entirely unique and special experience. With its calm and gentle atmosphere one can feel relaxed and happy knowing we are being viewed and assisted by caring staff.'
- 'I feel I can be honest about how I'm feeling.'
- 'I feel safe.'

What happens after the placement ends?

We understand that the mention of discharge creates anxiety for some people. But we will be there for you in the future if circumstances change and you need our support again. For further information, ask for a copy of our 'Life after Day Hospice' leaflet.

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, please ask a member of staff, or visit our website.

Thank you.

if you still have any questions or wish to arrange to come for an informal visit, please call:

Maria Aziz

Day Hospice Secretary
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**Large print version
available on request.**

Phyllis Tuckwell Hospice Care

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The Beacon Centre,
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Surrey GU2 7WW
Tel: 01252 913053 - Clinical team
01252 913033 - Administration

Phyllis Tuckwell Memorial Hospice Ltd.
Registered Number 1063033. Registered Charity Number 264501.

Email: mail@pth.org.uk
www.pth.org.uk



Karen - Day Hospice

February 2020



What can Day Hospice offer me?

Being told that your illness cannot be cured naturally produces fears about the future. Our aim is to support people emotionally as they adjust to this bad news.

People sometimes find that meeting with others in a similar situation can be comforting and relieve a sense of isolation. Talking to someone can help you prioritise attention on things that you feel are important, shifting focus onto quality time.

Providing support to family by permitting them time off to 'recharge batteries' will relieve the stress of overseeing care 24/7.

so what support is available?

Day Hospice is like a 'one stop shop' where you can access the expertise of all professionals working within Phyllis Tuckwell.

Our Physiotherapists and Occupational Therapists offer advice on coping strategies that will help you manage symptoms like breathlessness, anxiety or to maximise depleted energy levels.

Complementary Therapies are popular and our volunteers offer a range of different therapies which help relieve stress and enhance relaxation.

We can introduce you to our social worker if you have concerns about financial issues or help with care at home.

A chat with the Chaplain can sometimes help if you are struggling to make sense of questions like 'why me?' and 'what does it all mean?'

If pain or nausea becomes problematic we can book you in to see our Clinical Nurse Specialist. She can recommend alternative medication that might suit you better.

when is Day Hospice open?

We are open on **Tuesday, Wednesday and Friday** between **10am and 3pm**. Some people elect to come for the whole day, others prefer the flexibility of coming for a shorter session.

Our volunteers are here to make you feel welcome and provide refreshments. This includes a glass of wine or sherry before lunch. Great for stimulating the appetite!

In the afternoon there are varied opportunities for informal group discussion, musical diversion and relaxation or reminiscence.

However there is no pressure to participate in any activity.

A walk in our beautiful garden may be simply enough to raise your spirit.

what is the usual length of stay?

Most people come once a week and are offered a placement of up to 12 weeks. This period will be extended if we can see you are becoming less well.

can you help with transport?

Yes, most of the time. However if you are immobile or require wheelchair assistance, we need to know you have easy access to your front door.

Some of our volunteer drivers are not licensed to carry oxygen, so we may need to consider alternatives. We do have limited capacity in our two wheelchair adapted vehicles.

what difference will coming to Day Hospice make to someone in my situation?

Our hope is that you will enjoy the positive and relaxed ambience, where you feel acknowledged and accepted as a person not simply as a patient. This is some feedback we've had:

- *'Coming to Day Hospice has **completely** turned around my outlook on life...I know that I'm not on my own. I'm one of many on this journey.'*
- *'It dispelled my fear of hospice. Now I'm able to put new people at ease.'*