

Welcome to Nottinghamshire Hospice

Here at Nottinghamshire Hospice we believe that our day therapy services can benefit everyone, our aim being to 'add life to days'. These services happen in the beautiful hospice building and gardens on Woodborough Road and are designed for anyone with a life-limiting illness, not just cancer patients.

Patients are welcome to 'dip in and out' of services, choosing to attend those they find most beneficial, or to spend the day with us, enjoying getting to know other patients and relaxing in the tranquil environment. We can even put together a programme of events tailored to your individual needs. There are always nurses on hand to talk to and give advice, or it may be that you find a massage or a music session a good way to unwind.

Refreshments are provided throughout the day and all services are free of charge, the hospice may be able to help you with transport to and from sessions.

Lots of patients tell us how scary stepping through the hospice door for the first time is; staff and volunteers are here to welcome you and most patients go away saying they've had fun, which they never expected!

Please get in contact with us to let us know if we can support you or your carer in any way, or pop in and see what goes on here.



Jo Polkey
Director of Care, Nottinghamshire Hospice

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About Nottinghamshire Hospice

We aim to add life to days for people who have been told that their illness cannot be cured. We help people who are thought to be in the last year of their life to live as actively and well as possible with care that puts the highest value on dignity, choice and respect.

We provide holistic care to patients and their carers. We offer compassionate nursing care to help meet physical needs, social support to help tackle loneliness or isolation and counselling and chaplaincy to support spiritual needs.

Nottinghamshire Hospice is committed to equality, diversity, and inclusion, in all aspects of our work and practice. We will not accept discrimination in any form.

Contact us to find out how this programme can be tailored to meet your needs and to book a place.

Nottinghamshire Hospice
384 Woodborough Road
Nottingham NG3 4JF

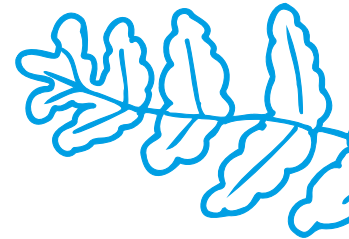
Tel: 0115 962 1222
www.nottshospice.org

We value your feedback and see comments or complaints as an opportunity to improve and put things right.

Nottinghamshire Hospice is a registered Charity (charity no. 509750)



adding life to days
Nottinghamshire
Hospice



Our Care Day Therapy

Live well. Together we're adding life to days.



The very best in palliative care

Registered Nurses and Clinical Nurse Specialist



Our qualified nurses offer patients physical and psychological support. They work closely with the patient and their care team to co-ordinate care, offer advice on symptom management and help patients to plan for their future. Nurses help to maintain a patient's independence and quality of life, and can signpost to other specialist services.

Occupational therapy



Our occupational therapist helps promote health and well-being and helps patients maintain their independence by learning new ways of doing things for themselves. Our occupational therapist also offers help with memory, cognitive ability and sleep management, as well as signposting to community services and providing specialist equipment to maintain patients' independence.

“It's a chance to get away, meet other people and be myself.”

Fatigue management



Our therapists can help patients have a better understanding of the causes of fatigue and how to manage it. We help our patients to understand the importance of rest, sleep and nutrition and teach them how to use relaxation techniques, all of which help them to manage their energy levels.

Physiotherapy



Our physiotherapist can help patients to maximise movement and function using exercise and advice which can also help pain relief, as well as exercise programmes to help with physical and mental wellbeing.



Breathlessness management



We are able to give patients advice and support to help with breathlessness, helping to alleviate the fears and anxieties associated with these symptoms and equip patients with techniques to self-manage.

Falls prevention, education and advice



Some patients are at increased risk of falling due to their illness. In order to reduce that risk, we can carry out an assessment then offer practical advice and exercise programmes that help patients stay safe and maintain their mobility and independence for as long as possible.

Emotional wellbeing

Counselling and emotional support



A team of trained counsellors and support service volunteers offer a private space at the hospice where patients can talk about their feelings and concerns whilst exploring ways of coping with all that may be happening to them following their diagnosis. This service is also available to carers, family and friends, providing valuable space and emotional support.

“I would come here every day if I could.”

Spiritual support



Spiritual support is an important part of palliative care. Patients can be supported to express and explore what is happening to them and work through their thoughts and feelings. Our support can also be extended to carers, family and friends who may be finding it difficult to come to terms with their loved one's diagnosis. Our inclusive spiritual support is offered to people of all religions and none.



Ready, steady, grow



Here at Nottinghamshire Hospice we are fortunate to have beautiful, landscaped grounds. Our patients have the opportunity to enjoy activities in the garden (as well as indoors with plants and flowers), brushing up old skills and learning new ones, while socialising in the most lovely of settings.

Memory making



A memory box – or keepsake box – is a place to store special items such as photographs, letters, jewellery and personal keepsakes that help us remember precious moments. Many of our patients find that making a memory or keepsake box helps them organise their most important and precious possessions, making it easier to find and share the contents in the future. Reminiscing groups can help people explore their stories and understand what makes them an individual.

Wellbeing activities



Our wide variety of activities include all manner of opportunities for fun and distraction. From our Burns Night celebrations (complete with piper, haggis and whisky) to arts and crafts, photography, knit and natter, music and quizzes, they offer opportunities to experience new activities or explore a new interest.

Mindfulness



Mindfulness is an integrated mind and body technique that helps patients better understand and manage their thoughts and feelings during difficult times. It is often described as a way of 'finding peace in a frantic world'. Mindfulness helps patients to think about things without being self-critical and to have compassion for themselves, something that can be very difficult for patients during their illness.

Complementary therapies

Massage



Our therapists can perform massage, perhaps the oldest and simplest of treatments, helping to ease pain and discomfort as well as being comforting and relaxing.

Acupressure massage



We use massage techniques alongside finger pressure on traditional acupuncture points in order to help with pain relief and the control of symptoms associated with individuals' illnesses.



Aromatherapy massage

Along with traditional massage techniques, our staff use essential oils (which are made from the pure fragrant essences of plants) to deliver a wonderfully relaxing therapy which benefits the body and the mind.



Relaxation

The relaxation techniques that we teach our patients combine breathing techniques with relaxing the muscles, helping to relieve the symptoms of stress. Relaxation can also improve concentration and mood, reduce fatigue and pain and help to manage anger and frustration.

Reflexology



Our therapists can provide reflexology which is gentle manipulation or pressing on parts of the feet or hands to produce a positive effect elsewhere in the body. Our patients enjoy this very gentle treatment which can aid circulation and relieve tension in the body.



Acupuncture

Acupuncture is a holistic health technique that stems from Traditional Chinese Medicine. Our trained practitioners stimulate specific points on the body by inserting very fine needles into the skin. Our patients choose acupuncture particularly to help with pain and stress-related symptoms.



Support for carers

Being a carer can be exhausting and lonely. We recognise the vital role that carers play in the lives of our patients and provide support for them so that they are able to care for themselves, as well as their loved one. We offer practical and emotional support as well as advice and signposting to other services such as legal and benefits advice.



If you or someone you know might benefit from care in our day therapy unit we can offer the day as a whole day, including lunch and transport options, or as a bespoke service where the patient can decide what to access. Please call our Care Co-ordinators on **0115 962 1222** who will be happy to answer your questions and take your referral. We are always here to help.