

Welcome to Nottinghamshire Hospice

Here at Nottinghamshire Hospice we believe that our Therapy and Wellbeing Services can benefit everyone, our aim being to add life to days.

If you have a life-limiting illness, these services which take place in our beautiful hospice building and gardens on Woodborough Road, are designed for you.

Our Therapy and Wellbeing services follow the GRACE model of care.

Our GRACE clinic is the gateway to our services where you can meet our clinical team of physiotherapists, occupational therapists, registered nurses, complementary therapists, counsellors and emotional support volunteers.

When you come to our GRACE clinic we'll assess your needs, talk to you about your goals and work with you to design a programme of therapy and support.

Lots of patients tell us how scary stepping through the hospice door is for the first time; our 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 touch to let us know if we can support you or your care in any way. We can then arrange for you to pop in and see what goes on here!

Rachel McCarty

Director of Care, Nottinghamshire Hospice

0115 962 1222

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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 their last year of 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 a therapy-based model of care including compassionate nursing care to help meet physical needs and social support to help tackle loneliness or isolation.

At Nottinghamshire Hospice we are 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 GRACE clinic review:

Nottinghamshire Hospice
384 Woodborough Road
Nottingham
NG3 4JF

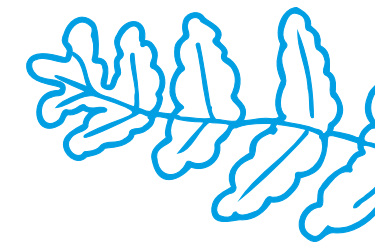
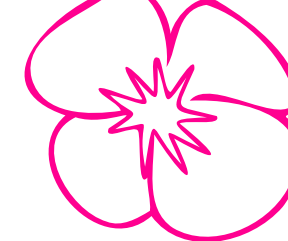
Tel: 0115 962 1222
www.nottshospice.org

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. 509759)



adding life to days
Nottinghamshire
Hospice



Our Care

Therapy and Wellbeing

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





Complementary Therapy

We offer a range of therapies based around massage as well as acupuncture where appropriate. Our complementary therapies are designed to help you maintain movement to joints, reduce pain and offer a relaxation space.

Emotional Support

We can help you cope with feelings which may be isolating or overwhelming. We're here for you no matter how you're feeling. It's a safe space to be heard. We also offer spiritual support for you and your family.

GRACE

What to Expect

All our services involve assessment, planning and review and are time limited. We'll offer a programme of therapies and activities that could include some of the following:



Occupational Therapy

Our occupational therapists will work with you to help you manage symptoms such as fatigue, breathlessness, anxiety and depression through relaxation, education and creative therapies. We can also recommend adaptations and specialist equipment to help you stay as independent as possible in and out of your home environment. We'll discuss what's important to you and look at ways you can continue with everyday activities.

Goal Setting

We'll work with you to set meaningful goals around what's important to you, then offer a tailored programme of one to one or group therapy sessions to help you achieve them.

Reablement

Maximising patients' potential to live as independently as possible, regain old skills and develop new ones.

Assessment

We'll discuss your current situation and explore ways we may be able to help. This might be symptom control, thinking about your future wishes or connecting you to your community healthcare team.



Creative Therapies

Our occupational therapists and experienced volunteers will lead sessions designed to focus the mind as well as improve hand eye coordination. The sessions may help you develop a skill or discover a latent talent such as creative writing, arts and crafts or singing!



Physiotherapy

Our physiotherapist will give you advice to help you maximise movement and function and relieve pain and other distressing symptoms such as breathlessness and anxiety. They can design an exercise programme for you to boost your physical and mental wellbeing and to help you live as independently and fully as possible.



Yoga and Tai Chi

You may benefit from our programme of gentle exercise to improve range of movement and boost wellbeing.



Relaxation

We can teach you relaxation techniques which combine breathing with relaxing the muscles, helping to relieve stress. Relaxation can also improve your concentration and mood, reduce fatigue and pain and help you manage anger and frustration.



Breathlessness Management

We can give you advice and support to manage breathlessness, helping to alleviate the fears and anxieties associated with your symptoms. We will teach you techniques to manage your breathlessness at home and provide advice for those who care for you.



Falls Prevention, Education and Advice

If you are at risk of falling due to your illness, we offer a falls prevention programme of exercises and practical guidance to help reduce

the risks of falling, including tips on what to do in the event of a fall and ways to rebuild your confidence.

Emotional Wellbeing



Counselling and emotional support

Our trained counsellors and support services volunteers offer a private space at the hospice or over the phone - where you can talk about your feelings and concerns, and explore ways of coping with your diagnosis. This service is also available to carers, family and friends.



Support for Carers

Being a carer can be exhausting and lonely. We recognise the vital role that your carer plays in your life so we provide support for them too! We offer practical and emotional support as well as advice and signposting to other services such as legal and benefits advice.



Spiritual Support

Spiritual support is an important part of palliative care. We can help you express and explore what is happening to you, and work through thoughts and feelings. Our inclusive spiritual support is offered to people of all religions and none. We can put you in touch with our chaplains if you would find that helpful.



Mindfulness

This is an integrated mind and body technique that helps you understand and manage your thoughts and feelings during difficult times. It is often described as a way of 'finding peace in a frantic world.' Mindfulness helps you think about things without being self-critical and to be gentle with yourself.

Complementary Therapies



Massage

Our therapists can perform massage which helps 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 to help relieve pain and control symptoms associated with your illness.



Aromatherapy Massage

Along with traditional massage techniques, we use essential oils made from pure, fragrant plant essences to deliver a wonderfully relaxing therapy which benefits your body and mind.



Reflexology

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



Acupuncture

This 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. You might find acupuncture helps with pain and/or stress related symptoms.

Nursing Support



Our qualified registered nurses are on hand to offer physical and psychological support. They work

closely with you to co-ordinate your care, advise on managing your symptoms and help you maintain your independence and quality of life. They can also signpost you to other services in the community as well as at the hospice to ensure you are supported at home.

Our drop in café runs daily and is where you and your family or carer can chat to volunteers and staff members over a cup of tea and find out more about the services we offer.



At times there may be an opportunity to take part in creative sessions or support groups. Contact us or drop in to find out more.

If you or someone you know might benefit from our Therapy and Wellbeing services, please call our Care Coordinators on 0115 962 1222 who will be happy to answer your questions and take your referral. We are always here to help.