

## About Nottinghamshire Hospice

Our aim is to add life to days for people who have been told that their illness cannot be cured. We support 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 more about this service and how we can help you.

**Nottinghamshire Hospice**  
**384 Woodborough Road**  
**Nottingham**  
**NG3 4JF**

**Tel: 0115 962 1222**  
**[www.nottshospice.org](http://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**

# Young Adults Services

*Adding Life To days*



# Welcome to Nottinghamshire Hospice

We've designed a pathway to support young adults moving from children's hospices into Nottinghamshire Hospice services, making the transition as smooth as possible.

We also want to ensure that young adults, who have been newly diagnosed with a life-limiting condition, feel supported and welcome.

This leaflet tells you more about the services we've created especially for adults aged between 18 and 40.



**Jo Polkey**  
Director of Care, Nottinghamshire Hospice



## What's on offer?

On the first Thursday of every month we have our Young Adults' group, running from 16:30 – 19:30.

### The sessions include:

- A chance to relax with other young adults and get to know each other
- Games - we have consoles with accessible controllers as well as a wide variety of board games
- Virtual reality headsets
- Music
- Great food
- Support and advice  
...and it's all free!



Whether you've transitioned from children's hospice services, or you have a newly-diagnosed condition, we'd love to have you join us at our monthly group.

If you're aged between 18 and 40, living with a life-limiting condition and you live in Nottinghamshire or Nottingham City (with a Nottinghamshire or Nottingham City GP) you are welcome to join our young adults group.

Your interests and support needs will be individual to you, and where possible, we'll tailor the young adults group to suit you. Just let us know what you're interested in doing and we'll work with you to put a support plan together.

You'll need to bring along a family member or carer to support with your personal care if needed. They'll also be made welcome, and will be able to relax in one of our quieter rooms with a cuppa, books and magazines, and staff and volunteers to talk to.

The Young Adults service provides a bridge into our current hospice services, which are available for all adults, aged 18+.

## Weekly Wellbeing Workshops

Every Friday from 10am-2pm we have a series of workshops designed for people with a life-limiting illness, and also for their carers. Come and join us for a drink and a piece of cake, or join in with workshops such as yoga and art therapy as well as health advice sessions.

## Complementary Therapy

Our complementary therapists are qualified in numerous traditional holistic techniques, providing an individualised programme such as massage, aromatherapy, reflexology, relaxation and acupuncture.

## Emotional Wellbeing

Sometimes we all struggle with how we're feeling. You may be experiencing all kinds of emotions, from anger to fear to disbelief. We're here for you, no matter how you're feeling. We offer face-to-face support, advice over the phone and counselling. You can give us a call and arrange the type of support you'd find helpful and at a time and location that's convenient to you.

## Carer Support

Carers can access free impartial advice, information and support from our Support Services Team.

If you'd like to know more, please contact us via:

telephone **0115 962 1222**

email **[info@nottshospice.org](mailto:info@nottshospice.org)**

or visit **[www.nottshospice.org](http://www.nottshospice.org)**

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