Day Hospice at St Joseph’s Hospice
What is Day Hospice?
Day Hospice at St Joseph’s Hospice gives people with a life-limiting condition the opportunity to spend an enjoyable, lively day with others in a similar situation, in a friendly and caring environment. We will tailor your day to meet your individual needs, focusing on how you are coping and helping to ease some of the physical and emotional difficulties you may be experiencing as a result of your illness. We want you to feel like you can be yourself as we help you to make new friendships, manage your condition and maintain your independence.

Who can attend?
Day Hospice is for anyone aged over 18 years with a life-limiting condition, living in the City of London and the boroughs of Hackney, Tower Hamlets and Newham.

“Day Hospice makes me feel less isolated and gives me a purpose to life.”

St Joseph’s Day Hospice helps people with a life-limiting condition to live as normal a life as possible.
How Can I be Referred to Day Hospice?

You can be referred to Day Hospice for a number of reasons, including:

- carer respite
- pain management
- psychological support
- social isolation
- symptom control.

Most of our patients are referred to us by their GP, District Nurse, Community Palliative Care Nurse or hospital consultant. If you feel you would benefit from attending Day Hospice, please talk to your healthcare provider.

Alternatively, you can refer yourself by calling the St Joseph’s First Contact Team on **0300 303 0400**.

What happens once I’ve been referred?

On your first visit to Day Hospice, we’ll sit down with you to discuss your illness and your care needs. We’ll plan a 12-week programme to suit you, taking account of your goals and personal interests. We’ll also recommend the services we think you would most benefit from.

People are often nervous about coming to the Day Hospice for the first time and this is completely normal. After a few visits you will have made new friends and developed bonds with the staff and volunteers who work here. The most important thing about coming to Day Hospice is that you feel comfortable and at home.

What Can I Expect From Day Hospice?

As a Day Hospice patient, you will have regular access to our full range of Hospice services to help with your physical, emotional, spiritual and social needs.

Below you can see some of the services that we provide:

- symptom advice
- advance care planning
- emotional and social support
- arts and crafts (e.g. pottery, painting, sewing and printing)
- gym group
- social work or benefits advice
- complementary therapies (e.g. aromatherapy and acupuncture)
- counselling
- physiotherapy
- chiropody
- spiritual support from our chaplains
- bathing or showering (when available)
- an opportunity to talk to us about any issue.

We also have lots of social activities to help you get to know and build friendships with your fellow Day Hospice patients. You’ll meet other people in a similar situation which can boost your sense of well-being.

At Day Hospice you can make new friends, have fun and enjoy lots of laughter.
General information
1. We’re open Tuesday, Wednesday and Thursday from 10.00am to 3.00pm.

2. Patients come into Day Hospice one day per week for 12 weeks. This is usually on the same day each week giving you the chance to get to know the volunteers and other people attending that day.

3. All the services and activities, including refreshments and lunch, are free. Our Garden Restaurant offers a wide selection of food, including vegetarian, kosher, and halal options.

4. Patients must bring any medication they might need during the day.

5. There are wheelchair accessible toilets in the Hospice.

6. We may contact members of your family, your GP, District Nurse or hospital team to discuss your condition and care. We may also discuss your care during our monthly meetings to ensure we are meeting your needs. Please tell us if there is anyone with whom you would not like us to discuss your care.

Arranging transport
7. Most patients arrange their own transport to Day Hospice. If this is not possible our ambulance may be able to collect you from your home.

If English is not your first language
8. If English is not your first or preferred language, we’ll try our best to use health advocates or interpreters when necessary.

If you feel unwell
9. If you’re planning to come to Day Hospice but are feeling unwell, please stay at home and contact your GP who remains your primary care provider.

10. If you feel unwell while you are at Day Hospice, please tell a member of staff immediately.
Important Information

Preferred language
Please let us know if English is not your first or preferred language. We will try our best to have an interpreter or health advocates at meetings.

Your views
We strive to ensure that the service you receive is of the highest quality. If you have any feedback, comments or complaints regarding your care please get in touch.

Call us on: 020 8525 6000
Write to: Micaela Loveridge, Clinical Governance Lead, St Joseph’s Hospice, Mare Street, Hackney, London E8 4SA.

Support your local Hospice
St Joseph’s Hospice is an independent charity and our services are offered FREE OF CHARGE. We rely on the community’s generosity to continue providing our care. If you would like to support our services, please visit our website or call us at the reception number below.

Contact us
Reception: 020 8525 6000
First Contact Team: 0300 303 0400
(for referrals and 24/7 advice and support line)
Email: info@stjh.org.uk
Website: www.stjh.org.uk