



St Joseph's
Hospice

Physiotherapy

Maintaining your independence and wellbeing through rehabilitation and exercise can improve your quality of life.

Our Physiotherapy Team will support you in working towards the goals you may have, to help improve your quality of life and maintain independence within the limitations of your illness. This may be in one to one sessions, in a group exercise and education class or in your own home.

We can support you in a number of ways so that you can understand your condition and take steps to manage your symptoms. We provide specialist advice and guidance on managing shortness of breath, pain,

fatigue, strength and mobility. We can help you to learn new techniques to reduce your symptoms and improve your overall well-being.

We also have a volunteer led Empowered Living Team where we train volunteers to work with you in your home using a programme designed for you by our Physiotherapy Team.

We also have a number of groups that will help you with your balance and reduce falls and that will help you to self-manage your symptoms.

To refer call the First Contact Team on 0300 30 30 400 if you are not seeing another St Joseph's team.

If you are already known to a professional from St Joseph's, you can ask them to refer you.

Founded in 1905 by the Sisters of Charity, St Joseph's Hospice is one of the oldest and largest hospices in the UK, supporting a population of around 2.1 million people in our core boroughs of City and Hackney, Tower Hamlets, Newham and the surrounding areas.

We are dedicated to providing free of charge, high quality, specialist palliative care and support to people in our community nearing the end of their lives. We take a holistic approach to care, looking after the well-being of the whole person, as well as supporting their loved ones.

Our range of services includes:

- Inpatient care
- Palliative care at home
- Community and day services
- Therapies
- Counselling and advice

For 24 hour advice and support call First Contact on 0300 30 30 400.

St Joseph's Hospice is committed to celebrating and promoting diversity and inclusion. If English is not your first language, please let us know so that we can arrange an interpreter.

All of our leaflets are available in multiple languages on our website stjh.org.uk

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