



**St Joseph's
Hospice**
Serving East London
and the City

Community Palliative Care

Many people with a serious or life-limiting illness prefer to remain in their own home rather than receiving their care at the Hospice.

Community Palliative Care Team

Our Community Palliative Care Team (CPCT) provides care, advice and support in a variety of settings to people facing life-limiting illness including, patients' own homes, care homes, and other residential settings. They work closely with GPs and district nurses in the community to help deliver your care.

The CPCT includes a range of professionals who will support your physical and spiritual needs; clinical nurse specialists, occupational therapists, social workers, physiotherapists, specialist doctors and counsellors.

They provide expert guidance on symptoms such as pain,

breathlessness, tiredness and loss of appetite, and can also provide supportive care on social, emotional and spiritual matters. They may be involved at an early stage of your illness or at a later stage.

What happens if I am referred to the CPCT Team?

The team will meet to talk about your health and the care you need now and may need in the future. They will also decide which professionals you will need to see. This might be a clinical nurse specialist (CNS), a physiotherapist or a social worker, or another member of the team.

The team will contact you to make an initial assessment. This is likely to be by telephone. They will listen and get

to know what is important to you, providing the support and advice you need. After this first contact, you will be able to speak to the team at St Joseph's Hospice at any time by telephone and if appropriate a home visit will be arranged.

How can I access these services?

St Joseph's Hospice provides community palliative care nursing across City and Hackney, Tower Hamlets and Newham. All of our services are free of charge.

Will my GP still be involved in my care?

Yes. Your GP remains in charge of your care at home. They will continue to take responsibility for your prescriptions and we advise you to ask your GP for any repeat prescriptions you may need. We will work closely with your GP but it is important you let us know about any changes to your medications or treatment plan. Please contact your GP or district nurse if you have run out of medication or need dressings.

Does the team do hands on care?

The team is there to give you advice and support but they do not provide practical hands on care. If the team feel you could benefit from having carers, they will ensure a referral is made to enable you to receive this care.

If you or someone you know has a life-limiting condition and might benefit from St Joseph's Hospice community palliative care, call the First Contact Team on 0300 30 30 400.

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

Feedback helps us improve our services. While receiving our care, patients and family will be offered the opportunity to provide feedback. Or you can tell us how we are doing at iwantgreatcare.org

St Joseph's Hospice, Mare Street, London E8 4SA
020 8525 6000 info@stjh.org.uk
stjh.org.uk   [@stjohospice](https://www.facebook.com/stjohospice)
Advocacy Compassion Justice Quality Respect

Charity No. 1113125



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