



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

Day Hospice

Day Hospice gives people with a life-limiting illness access to a wide range of services. You will come into the Hospice one day a week for 12 weeks to spend the day with other people who are in a similar situation to you.

What is Day Hospice?

When you come to Day Hospice your day will be tailored to meet your needs. We will focus on how you are coping and will help you with some of the physical, social, spiritual and emotional difficulties you may be experiencing because of your illness. Our experienced staff are available if you need a bit of help or have any worries.

Day Hospice is a friendly, caring environment where you can make new friends and participate in fun activities. We have volunteers who regularly join us to lead groups, like arts and crafts and games. We also have entertainment and parties.

Who can attend?

Day Hospice is for people aged over 18 with a life-limiting condition, living in City and Hackney, Tower Hamlets and Newham.

What can I expect from Day Hospice?

At Day Hospice you can make new friends and enjoy lots of laughter. We will also be there for:

- Symptom advice
- Advance care planning
- Emotional and social support
- Arts activities
- Gym group
- Social work or benefits advice

- Complementary therapies (e.g. massage and acupuncture)
- Counselling
- Physiotherapy
- Spiritual support from our chaplains
- An opportunity to talk to us about any issue

How can I be referred to Day Hospice?

Most of our patients are referred to us by their GP, district nurse, community palliative care nurse or a 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 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

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