



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

# Dementia Care – Namaste

Namaste is a support programme designed to improve the quality of life for people living with advanced dementia and their families.

## What is Namaste?

Namaste offers person-centred care, social and emotional support through meaningful activities and sensory stimulation.

The word 'Namaste' means to 'honour the spirit within', and expresses this special way of providing comfort, connectedness and wellbeing.

## How can Namaste Care help?

Our Namaste Care Team will assess an individual's needs and identify how they and their family might benefit from this programme.

Trained and supervised volunteers will visit regularly to provide Namaste care in their own home, nursing or care home, in hospital or at the Hospice.

## Volunteers carry out activities such as:

- Giving hand massage
- Making a memory box
- Playing favourite music
- Reading favourite books/poems
- Encouraging gentle movement

## How to access the service

We offer FREE Namaste Care in City and Hackney, Newham and Tower Hamlets.

If you know or provide care for someone living with dementia in these boroughs, you can access this service on their behalf.

**Please contact our Namaste Care Team on 020 8525 3165 or email [namaste@stjh.org.uk](mailto:namaste@stjh.org.uk)**

**To make a referral call the First Contact Team on 0300 30 30 400 or email [stjosephs.firstcontact@nhs.net](mailto:stjosephs.firstcontact@nhs.net)**

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](http://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](http://iwantgreatcare.org)

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Charity No. 1113125



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