



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

Nutrition and Dietetics

Enjoyment of food and good nutrition are important for those with a life-limiting illness. Our specialist hospice Dietitian can help you to enjoy eating, whilst maximising your nutrition and wellbeing.

Our Dietitian works with inpatients, outpatients and those visiting the Day Hospice, liaising with doctors and nurses, our speech therapist and other professionals to ensure you feel well supported.

We can help you to find foods you are able to enjoy, whether you are staying at the Hospice or at home. We can help your loved ones to understand your needs and give practical advice and ideas of foods to prepare for you.

You may benefit from seeing a Dietitian at St Joseph's Hospice if:

- You are taking oral nutritional supplements or receiving nutrition via a tube
- You have lost weight or have a reduced appetite
- You are concerned about how your condition or treatment is affecting your nutrition
- You have any questions about eating or nutrition

We may refer you to your local community dietitian, with your consent if we feel this would be the best way to meet your needs.

- You are not enjoying food or have symptoms that make eating difficult

**To find out more please call
the First Contact Team on
0300 30 30 400 or ask your health
professional to make a referral.**

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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stjh.org.uk   [@stjohospice](https://www.facebook.com/stjohospice)
Advocacy Compassion Justice Quality Respect

Charity No. 1113125



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