



Our Care

Founded in 1905 by the Sisters of Charity, St Joseph's Hospice is one of the UK's oldest and largest hospices, 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, looking after the well-being of the whole person, as well as their loved ones.

Our range of services includes:

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

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 for you.

If you would like one of our leaflets in your language, please ask.

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

Inpatient and respite care

We currently have two wards, Lourdes and St Michael's, which have 17 beds each. Many patients who stay on these wards will return home after a brief period of medical and nursing help and many will return home following a short period of intervention. We have a large team of professionals who will work with the patient and their family/carer. Some patients become too unwell to be able return home or may choose to die here at the Hospice.

We have single rooms, rooms for two people and rooms for four people. All are single sex.

Our Respite and Rehabilitation service can offer those with specialist palliative care needs a planned 1-2 week stay following an assessment of need. The teams will work with you, for example enable you to find ways to maintain independence and improve wellbeing.

Community palliative care

Our Community Palliative Care Team (CPCT) provides care, advice and support to people facing life-limiting conditions and terminal illnesses in a variety of locations including patients' own homes, care homes, and other residential settings.

CPCT works closely with GPs and district nurses in the community to help deliver your care.

The team includes a range of professionals who support both physical and spiritual needs clinical nurse specialists, occupational therapists, social workers, physiotherapists, specialist doctors and counsellors. They may be involved at various stages of your illness.

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.

When you come to Day Hospice we tailor your day to meet your needs, and focus on how you are coping. This will include helping 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, play games and host parties.

Physical therapies

Our team of physiotherapists, speech and language therapists and dietitians can help you achieve personal goals within the limitations of your illness. Whether you want to be able to dress yourself or visit the shops on your

own, our Empowered Living Team can design a programme to help you, either in the Hospice or in your own home.

A good diet and nutrition are essential for people with a life-limiting illness and we can help you make the most of what you are eating to improve your strength. Our occupational therapists can support you to manage symptoms of breathlessness, pain or fatigue.

Bereavement support

The death of a family member or friend can be painful and distressing. You may need to speak to someone about how you feel and the changes you are facing. At St Joseph's we have a team of highly trained and experienced counsellors who can help.

We offer bereavement counselling in a number of different settings so that you can find one that suits your particular situation. We have consulting rooms at the Hospice, we can support you by telephone or with family therapy and we also have support groups or social clubs.

Psychological therapies

Emotional distress and worries are not unusual among people affected by life-limiting illness and are an understandable reaction to what can be a painful and challenging experience. Family members and friends, including children, may also be finding things difficult. Our team of experienced counsellors and therapists can help you and your family talk about your situation in

a safe and sensitive way through individual, group, family or art therapy.

Social work and benefits advice

Our social work team can provide practical and emotional support for patients and carers, in the Hospice or in the community. We can provide referral support to help you with debt, maximise your income by claiming DWP benefits and obtain taxi cards, blue badges and health related discounts.

Complementary therapies

We care for the whole person, which means supporting your mental wellbeing as well as your physical needs. We offer a wide range of complementary therapies, such as acupuncture, aromatherapy, mindfulness and reflexology, to help you cope with some of the stresses caused by illness. It can be relaxing and also help relieve some of your symptoms.

All of our treatments are free of charge to our patients, their families and carers, and are carried out by volunteers who are fully trained professionals.

To find out more about these services, or to book an appointment please call the First Contact Team on 0300 30 30 400.

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Charity No. 1113125



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