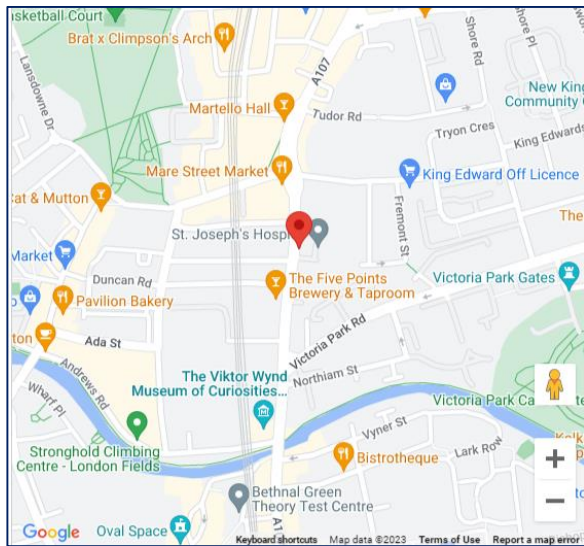




To find out about our services call  
**0300 30 30 400**



Or you can email  
**stjosephs.firstcontact@nhs.net**



You can get the bus to the Hospice  
**D6, 26, 55, 106, 254 or 388 bus**

St Joseph's Hospice, Mare Street, London E8 4SA  
**020 8525 6000 info@stjh.org.uk**  
**stjh.org.uk @stjohospice**  
**Advocacy Compassion Justice Quality Respect**  
Charity No. 1113125



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



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Serving East London and the City

# Short term Respite stay at the Hospice





You can come to the Hospice for 1 to 2 weeks so we can help make you feel a bit better.



When you are staying with us you will be seen by different members of our team such as doctors and nurses, social workers and therapists.



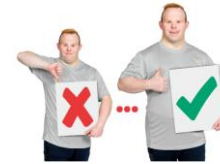
While you are here we can talk about the help you will need day to day.



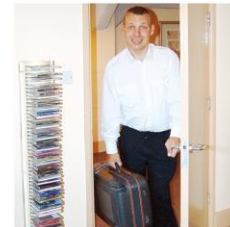
We can help you reach important goals and to be more independent.



We can help you to enjoy your life.



We can make you feel a bit better by helping to treat your symptoms.



We can give your carer a break or a rest when we are looking after you.



You can refer yourself.  
Your family member or carer can refer you.  
Your GP or other health professional can refer you.