



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

Dementia Wellbeing East London

A sensory programme for people living with dementia
– delivered at home by volunteers

What do we do?

Dementia Wellbeing East London provides person-centred social and emotional support to people living with advanced dementia in the boroughs of Hackney, City of London, Tower Hamlets, and Newham.

Dementia wellbeing volunteers

Our trained and supervised volunteers visit people to provide ten dementia wellbeing sessions - in their own home / in their nursing or care home / in hospital.

The volunteers offer meaningful activities and sensory stimulation, embracing any individual or cultural needs or interests.

Dementia wellbeing sessions may include:

- Connecting through gentle touch
- Reminiscence activities
- Playing favourite music
- Reading favourite books/poems
- Encouraging gentle movement
- Games and other playful activities

How to access the service

This is a free service. If you know or provide care for someone living with dementia in the boroughs we serve, you can make a referral to this service on their behalf.

We will assess the person's needs and identify how they and their family might benefit from this programme.

To find out more

Please contact the Dementia Wellbeing East London Team on 020 8525 3165 or email dementiawellbeingeastlondon@stjh.org.uk.

Making a referral

To make a referral please call the First Contact Team on 0300 30 30 400 or email 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

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

St Joseph's Hospice, Mare Street, London E8 4SA
020 8525 6000 info@stjh.org.uk
stjh.org.uk   [@stjohospice](https://www.facebook.com/stjohospice)
Advocacy Compassion Justice Quality Respect

Charity No. 1113125



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