St Joseph's Hospice
Serving East London and the City

Empowered Living Team

Helping people with serious, life-limiting illness self-manage their condition, maintain independence and get more out of life.

Are you currently:

- Living with a life-limiting illness?
- Living in Newham, Tower Hamlets or Hackney?
- Unable to do some physical activities you used to?
- Less independent than you would like to be?
- Willing to take part in 8 regular support sessions with a trained volunteer?

Our Empowered Living Team (ELT) can help you get more out of life through supporting you to maintain independence within the limitations of your illness.

A trained volunteer will work with you in your home using a programme designed for you by our Physiotherapy Team to support you over 8 regular sessions on working towards your goals. Your personal goals might be visiting your local shops, dressing yourself or spending time in your garden. We can support you in a number of ways to self-manage your symptoms, such as providing techniques for managing breathlessness, fatigue, pain and mobility issues.

Your rehabilitative exercise programme can help you build confidence to address these symptoms, overcome challenges you are facing in your daily life and continue to do the things that you enjoy.

Working with a volunteer can provide that little bit of extra motivation, companionship and fun to keep you on track and achieve your goals.

If you are already known to a professional from St Joseph's, you can ask them to refer you.

Alternatively, you can refer yourself by calling the First Contact Team on 0300 30 30 400.

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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Charity No. 1113125

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