



# The Day Hospice



**B** 

**St Barnabas  
House**

{ Hospice }  
{ Care }

# Day Hospice activities and therapies

- Entertainment
- Aromatherapy massage
- Reflexology
- Relaxation
- Physio-led exercise class
- Crosswords and word games
- External musicians and guest speakers
- Group discussions
- Art, using various materials
- Watching topical DVDs
- Access to a computer
- Day Hospice themed parties
- Outings

There is no pressure to participate in these activities. You can just enjoy coming along and being amongst a supportive group. An optional multi-denominational service is held in the Chapel on Friday afternoon.

*"I love the Day Hospice, it keeps my spirits up and the people are fantastic."*



The Day Hospice Team consists of clinical support staff and volunteers, and offers patients the opportunity to engage in a range of activities. The Day Hospice provides a place for wellbeing, relaxation and friendship for those living with a life-limiting condition, and we are able to offer a range of treatments to help with these.

## Referral system

Referrals to the Day Hospice are accepted direct from the hospice's community nurse specialists and doctors, as well as from surrounding hospitals.

Please note that you remain under the care of your GP whilst attending the Day Hospice. The GP, not the hospice, remains responsible for prescribing your medication.

## Day Hospice Referral Clinic

Following your referral to the Day Hospice, you may be offered an outpatient appointment, where you will be seen by one of the Day Hospice nurses. This offers an opportunity to start to get to know us prior to your first visit to the Day Hospice. It also gives us a chance to find out what you would like to gain from attending the Day Hospice, with regard to your wishes about your treatment and your wellbeing.



# What the Day Hospice offers

The Day Hospice enables patients to socialise with others in a similar situation and can provide:

- Symptom management, including blood transfusions
- Emotional, social and spiritual care
- Respite care
- Access to other hospice services, including complementary therapies, our social workers, counsellors, physiotherapists, occupational therapists and chaplaincy team

## Attendance

The Day Hospice is open from Tuesday to Friday. We will discuss which day you are able to attend at your initial appointment.

If you are too unwell on the morning of your attendance, please call between 8.30am and 9am on 01903 706316.

The Day Hospice is unable to accommodate relatives or friends during its daily session. However, they are very welcome to attend the Creative Space art group held in the art room on a Monday.

## Transport

If a relative or friend is unable to transport you to the Day Hospice, we may be able to provide you with volunteer transport. This can be discussed with you at your first outpatient appointment.

## Refreshments

Hot and cold drinks are provided throughout the day. Lunch includes a choice of hot meals and desserts. Tea and cakes are offered in the afternoon. All food and drink is supplied free of charge.



## Resuscitation

In the event of someone suffering a sudden collapse, the hospice nurses and doctors are able to provide basic resuscitation.

The success rate for this procedure is not good, particularly if the person who has collapsed already has a serious illness. This is a clinical decision. If you want to be involved in the decision, please let us know.

It is important for us to find out what your wishes would be regarding resuscitation. If this has not previously been discussed with you, then the doctor may talk with you about it at your first appointment in the Day Hospice Referral Clinic. You may wish to bring a family member or friend with you on that occasion.

## Tablets

You will need to bring any medicine you would usually take or you might need during your day in the Day Hospice.

## Smoking

Smoking is not permitted within the hospice building and grounds.

## Review of attendance

We generally provide an initial attendance of six months in the Day Hospice and this will be reviewed with you, according to your needs, at the end of this time.

# Complaints, concerns and feedback

In order to continually review and improve the service we offer, we would welcome your views and feedback. Whilst we aim to provide an excellent service, we recognise that sometimes things can go wrong.

If you wish to make a formal complaint you can do so by contacting:

Hugh Lawson, Chief Executive  
St Barnabas House, Titnore Lane,  
Worthing, West Sussex, BN12 6NZ

Email: [h.lowson@stbh.org.uk](mailto:h.lowson@stbh.org.uk)



 St Barnabas House, Titnore Lane,  
Worthing, West Sussex BN12 6NZ

 Switchboard: 01903 706300

 Fax: 01903 706396

 [www.stbh.org.uk](http://www.stbh.org.uk)

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