

How we are funded

Our care and emotional support is totally free of charge for both patients and their families; but not without cost.

Severn Hospice is part of health services offered to people living in Shropshire, Telford & Wrekin and North Powys but we are not part of the NHS. We are a completely independent charity and have to raise over two-thirds of our running costs each year.

Our services are funded through a combination of kind donations from local people, fundraising activities, our lottery and shops, gifts in people's wills and grants from the NHS.

There is more information about our services and ways to support us on our website.

Shrewsbury
Bicton Heath
Shrewsbury
SY3 8HS

01743 236565

Telford
Apley Castle
Telford
TF1 6RH

01952 221350

Newtown
Back Lane
Newtown
SY16 2NH

01686 623558

severnhospice.org.uk



Information about taking strong Opioids

Strong opioids can be used at different stages of a person's illness and does not necessarily mean that the person is reaching the end of their life.

You will start on the lowest possible dose of strong opioids. This may have to be increased if your pain is not controlled. There is no maximum dose of strong opioids; the amount needed varies from person to person.




Constipation



Sickness


Drowsiness

 **Jerking**

This is not a common side effect; if it occurs contact your specialist nurse or GP.

This is very unlikely. However do not stop strong opioids without talking to your specialist nurse or GP.

Your medication will be reviewed on a regular basis. If you do have less pain the strong opioid can be reduced or even stopped. However, if the cause of your pain continues, you are likely to need to continue to take strong opioids.

Although strong opioids are good painkillers, some pains need different painkillers. You may need to take several different types of painkillers to control your pain.

Strong opioids should be kept in the original packaging and stored at room temperature. It is advisable to keep them in a cupboard (locked if possible) and out of reach of children.

You can continue your day-to-day activities. You may find that things are easier when taking strong opioids because you have less pain.

A small amount of alcohol should be fine. If you do become drowsy, however, it is best to avoid alcohol.

You must not drive when feeling drowsy. This may occur when starting strong opioids or when your dose is increased. We have produced a separate leaflet with more information about driving and strong opioids, or you can contact the DVLA on 0300 790 6806

Contact either your specialist nurse or your GP.
If it is out of hours, you can ring 111.