## Severn Hospice Day Services

#### About us

Our care lives beyond our wards and includes services people can use without staying at the hospice.

Our approach to care is to help people live as well as possible within the limitations of their illness, so we offer a wide range of services which provide emotional, physical and spiritual support enabling you to maintain your independence for as long as possible.

Our team is made up of qualified nursing staff, complementary and creative therapists, doctors, health care assistants, occupational therapists, physiotherapists, social workers, chaplains and volunteers.

#### All our day services are free.

### How we would help you

We will contact you once you have been referred by the healthcare professional involved with your care.

So we understand your needs, we will talk to you about them and how we can work together to best help address them.

We have a number of different specialist services on different days, giving you flexibility and choice.

We will provide your care in a professional, friendly, relaxed environment.

Our day services are provided as part of your overall care, and will complement your continued care at home.



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### Living Well with Severn Hospice

We will give you the best help we can.

We'll take the time to get to know you over a number of sessions and assess which services are best for you.

Our care looks after your overall wellbeing, covering everything from managing fatigue and sleep, to mindfulness, to relaxation techniques, personal matters and coping with anxiety.

There are also specialist services and specific clinics that will help you as well as more informal drop-in activity and social sessions.

Visit us online now at <u>severnhospice.org.uk</u> for more details about how we will help you live well.

