

Our experienced team aim to help and support patients regarding any symptoms they may have, maximise their energy and help them overcome their concerns.

ellenor offers a chance to meet others and a change of environment. They will also have the opportunity to talk about their own particular situation.

Day Therapy aims to improve the quality of life for patients in a supportive environment.

Attending Day Therapy gives patients the opportunity to:

- Have an individual assessment of needs.
- Access clinical support and interventions as needed.
- Participate in diversional activities, learn new skills and crafts.
- Participate in therapeutic groups, such as breathlessness, exercise and relaxation.
- Access therapies and treatments to improve a sense of wellbeing.
- Be signposted to other services.

Sessions are held throughout the week and visits can be flexible according to their needs. It also enables them to meet other patients, manage their condition and maintain independence, as well as offer respite support for carers.

Outpatient Clinics

Patients who are able to come to the Hospice can also be seen in a clinic setting as an Outpatient. The consultation will normally last about 60 minutes on the first visit, but follow up visits tend to be shorter and will be carried out by a member of our team. It is also possible to see other services at this appointment if necessary.

This allows patients to access our services whilst remaining independent, allowing access at an earlier stage in your illness.

It would be helpful to bring all current medications, and someone may accompany the patient.