

# Welcome to the Heart of Sandwell Day Hospice

Information and advice for patients

## Connected Palliative Care Team

### What is Day Hospice?

Day Hospice provides support with physical, emotional, spiritual and social concerns, which come with a life limiting illness, over a structured 12 week programme.

### Staff at the Heart of Sandwell

#### Day Hospice:

Day hospice is led by an Occupational Therapist (OT) and a Clinical nurse specialist (CNS) from the Connected Palliative Care Service.

- The Day hospice is open every week day from 10am until 3pm
- There is space for up to 12 people every day

### Who is Day hospice for?

Day hospice is for anyone with a life limiting illness that requires specialist palliative care support. During your first week at the day hospice, you will be assessed by a CNS and OT, we are happy for you to make an informal visit if you wish before attending the 12 week programme. The assessment will provide staff an opportunity to evaluate your needs and begin to design your 12 week programme at Day hospice.

### What to expect?

You will have the opportunity to discuss your symptoms and concerns with a member of the Day Hospice Team CNS and OT. In order to support your initial assessment, please bring a list of all of your medications on your first visit. To ensure you have the best from this service you will be given a questionnaire to complete, this will contribute to support your initial assessment of your individual needs.

There will be opportunities at the day hospice to address symptom management and advance care planning, thinking about your future wishes, either in groups or as an individual.

As part of your symptom management you will have the opportunity to take part in complimentary therapies, compassionate mindfulness relaxation, OT group sessions including arts and crafts, gardening and fellowship with the day hospice staff and patients. The therapeutic activities on offer will change during the programme.

### Meals

You will be offered drinks and snack throughout the day and a choice of hot meal at lunch time, please ensure you provide us with all your dietary requirements including all allergies in advance or on your first day.

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### Transport

The expectation is that you make your own way to the day hospice, or consider ring and ride. However, we do have some limited spaces available on NHS transport and/or via volunteers. Please speak to a member of the day Hospice team if you would like to access this service.

### Address

Rowley Regis Community Hospital\*  
Moor Lane  
Rowley Regis  
West Midlands  
B65 8DA

\*Parking is available at the site at a cost, free drop offs in 15 Mins. For more information about parking charges, please visit our website at <http://www.swbh.nhs.uk/patients-visitors/before-you-arrive/car-parking/>

### Medication

When attending the day hospice, please bring any medication you take during the day. If you are able to take your medications, we will ask you to take responsibility for this and sign a form to do so. In order to support your initial assessment, please bring a list of all of your medications on your first visit.

### Property

Please do not bring valuables with you to the Day Hospice.

Please only bring the medication that you require for the day, the staff will ask you to keep all medication with you while in day Hospice.

### Smoking

Day hospice patients are not allowed to smoke in the day hospice or surrounding buildings, however smoking is permitted at the front the main Hospital building.

### What should I bring with me?

- List of all medications taken
- The medication you may need in the day
- Any supplementary drinks or artificial feed you may require

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- Any walking aids normally used
- Oxygen if required
- Next of kin contact details
- Any relevant paperwork

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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