



*Caring for you,
wherever you
call home*

*because
you matter*

St Nicholas
Hospice Care

A Registered Charity No. 287773

**For an alternative format or
language, please contact:**
enquiries@stnh.org.uk

Help and support for you wherever you live across West Suffolk and Thetford

If given a choice of where they would like to receive care, most people would say in the comfort of their own home, surrounded by the people and pets they know.

We support your wish to stay at home by helping you maintain your independence. We aid with mobility, managing symptoms and promoting wellbeing by helping with the small things that can become difficult.

St Nicholas Hospice Care provides palliative and end-of-life care and support wherever you live, including care homes, prisons, and sheltered housing.

Our team of highly trained staff and volunteers includes: Hospice doctors, specialist practitioners, advanced practitioners, nurses, physiotherapists, occupational therapists, healthcare assistants, rehabilitation assistants, and hospice neighbours.

We work alongside your existing professional support such as your GP, district nurse and social carers.

The team recognises that each person's situation is different and we provide a range of support to reflect this.

- [Independent Living Team](#) can help with household adjustments such as installing hand grips in the bathroom, or giving advice and exercise tips.
- [Physiotherapy](#) can help with mobility and breathing.
- [Complementary therapy](#) can ease symptoms and increase wellbeing. (Only available at the Hospice site)
- Visits by [Hospice Specialist Nurses](#) help with symptoms and provide hands-on care, and support to with the daily challenges of living with an illness.
- [Hospice Doctors](#) can offer specialist medical advice and work closely with your GP.
- [Patient and Family Support Team](#) (PFST) can help family carers or friends who are finding it hard to cope.
- [Hospice Neighbour volunteers](#) offer companionship and help with tasks such as picking up prescriptions, light gardening or walking the dog. Best of all, they are always ready for a friendly chat over a cuppa.
- [Chaplaincy and Spiritual Care team](#), offer pastoral, religious and spiritual support for all. We provide home visits to wherever you call home.

Hospice **Advice line**

Call our 24/7 advice line for health care professionals and families if you need support with symptom management and end-of-life care.

enquiries@stnh.org.uk

www.stnicholashospice.org.uk

01284 766133

Your Experience **Survey**

We're always looking to improve what we do, and your feedback can really help us. Please consider filling in our survey, it is available online or paper form by request.

www.stnicholashospice.org.uk
/your-experience-survey



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