

Caring for you wherever you call home

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

*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773



Need to talk?

01284 766133

stnicholashospicecare.org.uk

Caring for you wherever you call home

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. One of our primary aims is to make this happen, wherever possible.

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 become difficult.

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



We can support you to have more independence
in your own home.

Our team of highly trained staff and volunteers includes: Hospice doctors, specialist practitioners, advanced practitioners, nurses, physiotherapists, occupational therapists, care assistants, rehabilitation assistants, bereavement visitors and Hospice Neighbours.

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

Ways we can help

The team recognises that each person's situation is different and we provide a range of support to reflect this, always delivered by the most appropriate professional.

Our **Independent Living Team** can help with household adjustments to make things easier, such as installing hand grips in the bathroom, or with advice and exercises to make daily living more comfortable.

Physiotherapy at home can help with mobility and breathing to improve your quality of life.

Complementary therapy can help to ease symptoms and increase wellbeing.

Visits by **Hospice specialist nurses** and **Hospice nurses** provide help with symptoms and making difficult decisions. **Hospice healthcare assistants** help with hands-on care. Both offering support to help you deal with the day-to-day difficulties of living with a long-term and life-threatening illness.

Hospice doctors can offer specialist medical advice and work closely with GPs.

Family Support Team can help family carers or friends who are finding it hard to cope.

Hospice Neighbour volunteers can offer companionship and help with practical tasks such as picking up prescriptions, doing a spot of light gardening or walking the dog. Best of all, they are always ready for a friendly chat over a cup of tea or coffee.

Self referral



If you think you or someone you know could benefit from our services, please get in touch with our First Contact Team to self refer. The team are the first point of contact for people who have a diagnosis of a long-term or life-threatening condition.

Referrals are welcomed from patients and their families and also from doctors, hospitals and community staff.

01284 766133

firstcontact@stnh.org.uk

www.stnicholashospicecare.org.uk

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This leaflet is available in different formats upon request.
Please contact the Marketing and Communications
Department for further information on 01284 766133.

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