

Hospice services in Haverhill

Supporting people living with long-term and life-threatening illnesses across Haverhill.



*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773



Need to talk?

01284 766133

stnicholashospicecare.org.uk

St Nicholas Hospice Care in Haverhill

Since it opened in 2014 St Nicholas Hospice Care's outreach Hub in Haverhill has been offering light touch support for those living in the town and surrounding areas with long-term and life-threatening conditions, as well as help for their families, loved ones and those who have been bereaved.

The Hub has continued to develop enabling the Hospice to bring together a variety of its services under one roof.

The Hub is home to a shop and a café, creating a place for customers to come view fashion and furniture, as well as enjoy hot drinks and food whilst bring people closer to our services. This gives our community the opportunity to learn more about what the Hospice's work, and the help we could offer them or someone they care about.

“ The Hub and the services it offers are there to enable people to live as independently as possible for as long as possible. We will be involved as much as you want us to be. ”



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On a day-to-day basis a variety of groups are run at the Hub, anything from Open House sessions, which offer the opportunity for people to come together for peer support enabling them to have a chat with others similar situations while enjoying refreshments in an informal setting, to more focused groups supporting people with a specific need.

The hub's bereavement support group is there for those who have lost somebody close to them. As well as peer support, during these sessions trained staff and volunteers from the Hospice Family Support Team are also on hand to offer further advice and support as required.

“ I feel that by being part of the group there is a lot of things you can get off your chest that you couldn't necessarily say to other people and as it's all confidential you learn a lot from other people.

That is the biggest thing, regardless of what illness you have got or whatever problems you have got if you can sit and talk about it I think you are helping yourself.



With Men's and Women's Groups also taking place fortnightly further peer support is available for those who may feel uncertain about attending some of the Hub's bigger support sessions.

In addition Physiotherapists, Occupational Therapists and Complementary Therapists from the Hospice's Independent Living Team also visit the Hub throughout the week to offer specialised support to those who have been referred to the Hub, either by the Hospice, their GP or through our self-referral process.

Support groups for people in Haverhill

- **Men's group**
An opportunity for men to come together and share any thoughts or problems and offer each other support
- **Women's group**
A chance for women to speak to others who are experiencing similar situations
- **Open House drop-in**
Drop in sessions offering a chance to meet others facing similar situations in a comfortable and relaxed space
- **Mindful movement**
Tai Chi inspired exercise class
- **Move it!**
Dancing & movement group
- **Dementia support group**
Open to anyone living with Dementia, a family member, carer, or a person who has been bereaved as a result of Dementia
- **Bereavement group drop-in**
An opportunity to meet regularly with other people who have similar experiences or concerns



The Haven Café

A warm welcome awaits visitors to the hub's Haven Café and with a selection of savoury and sweet snacks on offer the café is the ideal place to enjoy a morning treat, lunch or an afternoon pit stop.

The café boosts a range of freshly cooked baguettes with a selection of sandwiches all served on either white, brown or granary bread on offer.

As well as all of the fillings you would expect customers can also choose to enjoy the café's sandwich of the day, which could be anything from ham salad to chicken mayonnaise or tasty bacon and brie combination.

Alongside all of its delicious savoury nibbles the café also has a vast selection of homemade cakes to choose from all of which go perfectly with a pot of tea or cup of coffee.

The café is open from 10am to 4.30pm on a Monday, Wednesday, Thursday and Friday as well as 10am to 3pm on a Tuesday and from 10am to 4pm on a Saturday.



“ We come here because we like it and it's very friendly and it's also very open and bright and the staff here are very good to us. Nothing is ever too much trouble for them and they make us very welcome ”

Our shop

The charity's Haverhill Hub shop is stocked with a selection of pre-loved items, including rails filled with a wide selection of fashions, accessories and jewellery as well as books and a collection of furniture, bric-a-brac, pictures, DVDs and CDs with household and new goods also available.

In fact, the shop has a reputation locally for being **the place where you can find almost anything.**

For those wanting to browse for a bargain the shop is spaciouly fitted out with easily accessible entrance points and plenty of space in between the items on display.

The shop is open from 9am to 5pm Monday to Friday and a friendly smile and good customer service is also guaranteed.



Get in touch

If you have any further questions about St Nicholas Hospice Care, please get in touch:

01284 766133

enquiries@stnh.org.uk

www.stnicholashospicecare.org.uk



We offer a **24 hour telephone advice line**

01284 766133

for all patients and family members as well as healthcare professionals including general practitioners, district nurses and carers.

St Nicholas Hospice Care

Hardwick Lane, Bury St Edmunds,
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Haverhill Hub

Camps Road, Haverhill, Suffolk CB9 8HB
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Donations Centre

Unit 4A & B Chapel Pond Hill, Bury St Edmunds,
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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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