



## What a difference a day can make

New innovative and therapeutic services from  
our Day Therapy & Creative Living team



[20yearsofcare.org](http://20yearsofcare.org)

**ST CLARE**  
HOSPICE

# Day Therapy and Creative Living at St Clare Hospice – Services offered

The Day Therapy and Creative Living Department at St Clare Hospice offers a holistic approach in supporting patients and their families living with a life limiting illness.

As well as Day Therapy, we have also developed a range of supportive group programmes and workshops aimed to help patients and families throughout their illness with symptom management of disease as well as consideration of their psychological and spiritual wellbeing.

A summary of the services offered follow:

2010 TIMETABLE OF SERVICES OFFERED	
<b>Day Therapy</b>	<p><b>Open on Tuesdays Thursdays and Fridays. Offered to patients one day a week for 12 weeks. Patients will be allocated a day following initial assessment.</b></p> <p>Patients will have access to all members of the clinical team at St Clare. Day Therapy helps patients to address issues of change and loss through individual support, therapeutic art activities, relaxation and complementary therapies, and offers practical advice and symptom management of disease. The day allows patients to support each other, normalise their situation and is a place where they can just be for a while. Open to patients throughout their palliative diagnosis.</p>
<b>Breathlessness Group</b>	<p><b>Four week half day programme: March 17th – April 7th, June 16th – July 7th, September 22nd – Oct 6th</b></p> <p>In this programme patients learn therapeutic techniques, empowering them to manage their breathless symptoms with recognition and solution, empowering them to maintain control of their disease.</p>
<b>Brighter Living Programme</b>	<p><b>Four week half day programme: March 24th – April 14th, June 14th – July 5th, August 25th – September 15th, October 20th – November 17th</b></p> <p>This programme provides education and empowerment tools to help patients manage symptoms of fatigue and anxiety. They will be offered advice with coping strategies and tools such as relaxation, pacing techniques and reassurance to enable them to continue their interests and daily activities in ways that are manageable to them and their condition. Practical needs will be addressed including assessment for equipment to allow them to maintain independence, improving quality in their lives.</p>
<b>Here for you</b>	<p><b>Six week half day programmes: April 28th – June 2nd, August 18th – September 22nd, November 10th – December 15th</b></p> <p>Led by our Psychological Therapist for patients and significant others who have recently received the news of a palliative diagnosis. A forum which offers: psychological support with changing roles; financial and practical information and advice including benefits, insurances, helpful agencies etc.; managing symptoms of disease; the opportunity to ask questions, discuss, share and explore fears and concerns in a supportive and safe environment.</p>

## 2010 TIMETABLE OF SERVICES OFFERED (CONTINUED)

<p><b>Complementary Therapies</b></p>	<p>We offer patients and carers a six week course of complementary therapy as an patients aid to symptom control, relaxation and simply time to be for a while. Once referred patients will be contacted for an initial assessment appointment.</p>
<p><b>Talking to children about illness and death</b></p>	<p><b>One half day workshop</b>  <b>April 26th, July 26th, October 25th</b></p> <p>Led by our Social Worker, this half day workshop is for parents, grandparents, close family or friends who are struggling to find the right words to say when talking to children about life-limiting illness, death and dying. This day will offer practical information, advice and reassurance to those attending. It will also be a forum for the group to explore the issues they face in a safe environment.</p> <p><b>We also run workshops for health/social care professionals.</b>  <b>Please telephone (01279) 773 764 for details.</b></p>
<p><b>Carers Group</b></p>	<p><b>Six week half day programme:</b>  <b>February 10th – March 17th, June 9th – July 14th,</b>  <b>September 29th – November 3rd</b></p> <p>Led by our Day Therapy Staff Nurse, this six week programme provides a supportive group for carers. The opportunity for carers to discuss and share their fears, feelings and changing roles. They will be offered practical advice in providing basic nursing care, understanding and recognising symptoms, medical and nutritional advice and tools to help them cope and care for their patient, as well as financial advice and details of support agencies there to help. Allows carers to explore their frustrations in a safe environment, a forum which listens and understands their needs.</p>
<p><b>Carers Drop-in Group</b></p>	<p><b>Monthly drop-in group runs every third Monday morning of the month open to carers who have accessed the carers group or other services/programmes.</b></p> <p>Led by our Social Worker, this a monthly drop-in group for carers who have accessed the six week programme or other groups, offering continued support.</p>
<p><b>Creative Writing</b></p>	<p><b>Half day programme over four weeks</b>  <b>May 5th – May 26th, July 28th – August 18th,</b>  <b>November 8th – November 29th</b></p> <p>Patients wishing to express their thoughts and feelings through writing poems, letters, personal stories and reflection about their life journey are able to do so in our creative writing programme.</p>
<p><b>All about you days</b></p>	<p><b>One day events</b>  <b>May 24th, August 2nd, December 6th</b></p> <p>Led by our Complementary Therapist, these days offer patients and a guest to enjoy some relaxation with pampering therapies including facials, manicures, massage. An opportunity to relax together and just be for the day.</p>
<p><b>Bereavement support group</b></p>	<p><b>Monthly drop-in group runs every second Wednesday of the month. Available to bereaved carers who have been assessed by our Bereavement Co-Ordinator.</b></p> <p>Led by our Bereavement Co-ordinator and Volunteer Bereavement Support Worker, bereaved carers of patients known to St Clare have the opportunity to attend a monthly drop-in group to remember their loved ones and express their grief with others that share similar experiences.</p>

If you feel that you, as a patient or carer, would benefit from one of these services or to find out more, please do not hesitate to contact us on the number below.

If you are a healthcare professional and feel that your patient or their family may benefit from any aspect of our services please call or make a referral.

Our referral form can be downloaded from [www.stclarehospice.org.uk](http://www.stclarehospice.org.uk)

Beth Burton, Day Therapy and Creative Living Team Manager DD (01279) 773 765, or call our Day Therapy & Creative Living Team Administrator (01279) 773 768 or email [beth.burton@stclarehospice.org.uk](mailto:beth.burton@stclarehospice.org.uk)



Our care is provided free of charge to patients and their families. It costs £2.3 million per year to provide our full range of services and 74% of this has to be raised from voluntary sources; that means our local community needs to help us raise £4,600 every single day of the year.

If you would like to find out more about fundraising for St Clare Hospice, playing our weekly lottery, about our shops or our events, please contact the Fundraising team on (01279) 773 750; we will welcome your support.



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