

Specialist palliative day care in Beccles Hospital

FAQs for patients

Here you can find answers to some of the most commonly asked questions about St Elizabeth Hospice's day care working in partnership with East Coast Community Healthcare at Beccles Hospital.

How can I find out more about your specialist palliative day care?

You can speak to any member of the St Elizabeth Hospice team (community nurses, doctors, counsellor) or call our **Advice Line on 0800 56 70 111**.

You can also visit our website: www.stelizabethhospice.org.uk

Where is day care and when?

Day services is open on a Tuesday from 10-3pm at Livingstone Ashford Unit, Beccles Hospital, St Mary's Road, Beccles, NR34 9NQ.

How often can I come?

Our day hospice team will discuss with you how frequently you will need to come (usually weekly, fortnightly or monthly). We will also guide you on how long for, usually for around 8 weeks.

What are the benefits of attending day care?

You will work with our day care team to agree what you would like to gain from attending. We will work together to set goals to ensure you get the most out of attending.

You will also receive support on managing symptoms that are affecting your life and help you to live as independently as possible. You will have access to a nurse, doctor, physiotherapist, occupational therapist and counsellor to help support you physically and emotionally.

What can I expect from day care?

Our day care team will be there to welcome you from 10am along with others who will be attending. You can stay for part of the day or until we finish at 3pm. The day allows your carers some respite and gives you the chance to talk to other people in a similar situation.

You can expect to see any of the following professionals depending on your goals:

- Specialist doctor
- Physiotherapist
- Occupational Therapist
- Counsellor
- Nurse

You are welcome to join any of the following services that will also be on offer:

- Symptom Support Group - provides practical and emotional support on dealing with fatigue, breathlessness, pain, anxiety, diet and nutrition
- Exercise group - seated class to encourage gentle movement
- Creative/interactive activities - e.g. creating a memory box

There is also space and time to be quiet and still.

Do I need to bring any refreshments with me?

No. We provide refreshments throughout the day as well as a meal at lunch time. Whilst there is no additional charge for this donations are welcome. Should you wish to bring in your own food please let one of the staff know on arrival.

What do I need to bring with me?

Please bring any medication that you may need to take during your time at day care. Should your doctor prescribe you with any new medication please bring these so that we can keep our information up to date. Please bring any walking aids you normally use. If you sit in a custom made wheelchair bring this for your own comfort.

How do I get to day care?

We encourage you to make your own way wherever possible. There is free parking at Beccles Hospital and there is also a drop off point at the entrance to day care.

If this is not possible and you meet our transport criteria then we will arrange transport for your attendance.