

Spiritual care

The spiritual care and support that we offer isn't based upon any particular faith.

Our hospice chaplain provides advice that's appropriate to the needs of the patient, family member, or carer. Our team of volunteers – who come from a range of spiritual backgrounds including Buddhism, Christianity, Islam, Judaism, and inter-faith – do the same.

Support for bereavement

We offer bereavement support to everyone affected by the death of a loved one.

Our team of experienced family support workers and bereavement volunteers can help you individually, or through a bereavement group.

be aware

- what's the **cost** of these services?

We provide many of our services free of charge to patients, families and carers. The hospice is not part of the NHS but works closely with other service providers including the NHS.

St Elizabeth Hospice is an independent charity and around three quarters of our income comes through fundraising and donations from our local community.

be vocal

– what's your view?

Hearing about your experience of St Elizabeth Hospice can help us to improve our services and provide better care and support for those who need it.

To make a comment or complaint, or to compliment us on something we've done well, please write to us or visit stelizabethhospice.org.uk

be connected

– how to get in touch

01473 727776

enquiries@stelizabethhospice.org.uk

stelizabethhospice.org.uk

- **St Elizabeth Hospice**
565 Foxhall Road, Ipswich, Suffolk IP3 8LX
- **All Hallows Hospital**
Station Road, Ditchingham, Bungay, Norfolk NR34 9NQ
- **Headway House**
Trafalgar Road East, Gorleston-on-Sea,
Great Yarmouth, Norfolk NR31 6NX



St Elizabeth
Hospice

Reg. Charity No. 289154



Therapy services overview be yourself



be informed – services overview

This leaflet gives you an overview of our services, which we'll discuss with you in more detail while you're in our care.



Art therapy

Sometimes it's impossible to express your emotions in words and this is when art therapy can come into its own.

You don't need to have any artistic ability to benefit, since art therapy lets you express your feelings – and ease the burden of difficult emotions – through drawing and painting.

Complementary therapy

You can also benefit from our range of complementary therapies – such as aromatherapy, reflexology, and reiki – that we tailor to your needs.

Emotional wellbeing team

Coping with illness, loss and change isn't easy for anyone.

We can help you, your family and your carers to deal effectively with the practical, social and emotional aspects of living with a progressive illness.

Larch group

School children are invited to visit the hospice once a week for a month and take part in group activities with day care patients. You can take part in these activities if you wish.

We find that patients and children alike find these sessions enjoyable and rewarding.

Music therapy

This kind of therapy uses music to help you express difficult emotions.

To reap the benefits, you don't need to be an expert on an instrument – simply playing along or listening can have the desired effect.

Occupational therapy

Occupational therapy focuses on maintaining your independence and quality of life.

The treatment can help in various aspects of your daily routine, such as dressing and making meals, as well as social activities. If you need extra equipment in your home to help you stay independent for longer, our team can provide what's needed.

Physiotherapy

Physiotherapy can help maintain your movement, function and independence.

Our physiotherapists will chat with you to agree a treatment plan that meets your needs and supports your rehabilitation.

Services for children and young people

The illness or death of someone in the family can be a painful, bewildering and lonely experience for a child or young person. We offer one-to-one counselling to help those affected, and occasionally run group workshops where individuals discuss what's happening – or happened – to them.

If you're a parent, we can offer advice on how to share difficult information and lend you books that can help you talk about what you're facing together as a family.

We also help young people with a progressive illness by supporting them over a period of time as they move from children's services to the hospice. This means they can join a group and attend events with their families at the hospice before starting to use our services.

