

# Zest Services





## About our Zest Services



Zest is a young adult service and part of the St Elizabeth Hospice family.



Zest helps young people aged 14 and older who have illnesses that get worse over time.



We make sure young people get the right care and help.

This helps them enjoy their lives as much as possible.



We make sure we are giving the right care to young people by working with:



Young people



Families



Children's services



# The Zest Service



## Transitional care

Moving from children's services to adult services



- Transition support and advice



- Annual Zest transition review in partnership with children's services



## Groups



- X-Change group (a monthly social group)



- A parent support group



- Regional monthly Zest family drop-in



- Family social events



## Hospice services



- Zest annual review clinic



- Symptom management and medical advice, including emergency and advance care planning



- Access to OneCall 24 hour advice line



- Access to therapy team



- Emotional wellbeing support for the whole family



## Enhanced Zest Services



Zest care helps young adults with lots of care needs.



They work with local health and social care services.



They offer short breaks and Zest days.



Your care plan will include these services if needed.



Some of the cost is covered by NHS or local social care funding.



Zest can help you find out who will cover the cost.

Zest can offer advice and support to explore funding options.



This makes it easier for you to access our services.



Zest services are at St Elizabeth Hospice in Ipswich.



We have many facilities like:

- Bedrooms
- A sensory room
- Accessible gym
- Wheelchair accessible garden



Everything is wheelchair accessible, making it easy for everyone to use.



## Zest Short Breaks



- Residential short breaks care managed by a nurse



- For 2 or 3 young adults



- Up to 4 short breaks at the weekend per year



- Planned and unplanned activities and outings for everyone of any ability



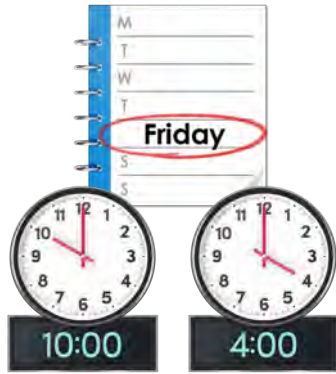
## Zest Days



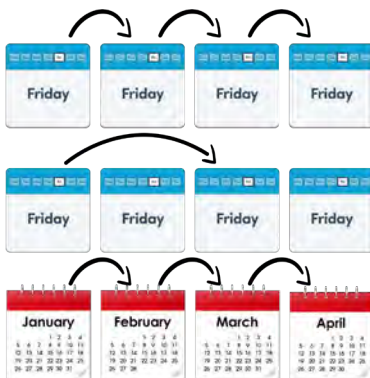
- A day service for young people with lots of care needs managed by a nurse



- Zest days are for young adults 18 years and older.



- Zest Days are on Fridays
- from 10:00am to 4:00pm



- You can come:
  - Every week
  - Every 2 weeks
  - Every month



- Planned and unplanned activities for everyone of any ability



- You can choose to have:
  - Group support
  - Your own carer to come along
  - A Zest care assistant to support you 1 to 1



## Contact us



To learn more about costs or how to use Zest services, contact our team **01473 707 032.**



You can tell us yourself if you want to use the Zest Services or someone else can do it for you.



Visit **[wearezest.org.uk](http://wearezest.org.uk)** to tell us you want to use the Zest services.

## You can contact us in a number of different ways.

Phone number: 01473 707032

Email: [zest@stelizabethhospice.org.uk](mailto:zest@stelizabethhospice.org.uk)

Address: St Elizabeth Hospice, 565 Foxhall Road, Ipswich, Suffolk IP3 8LX

Website: [stelizabethhospice.org.uk](http://stelizabethhospice.org.uk)

Facebook: St Elizabeth Hospice

Instagram: @stelizabethhospice

LinkedIn: st-elizabeth-hospice

## This document was adapted into easy read by Ace Anglia.

Website: [www.aceanglia.com](http://www.aceanglia.com)

Facebook: Ace Anglia

Instagram: @ace\_anglia

LinkedIn: ace-anglia

YouTube: @AceAnglia

Email: [info@aceanglia.com](mailto:info@aceanglia.com)

Date this was made: February 2026

Made  
with

**PHOTO  
SYMBOLS**

Licence  
Number  
350409883



**St** Adobe Stock

 flaticon